

# Frequency and associations of substance use presentations in GP registrar training

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# Background

- GP registrars are qualified doctors completing GP specialty training - learn by an apprenticeship model
- Primary care screening and brief interventions are of demonstrated benefit
- Previous research - substance use presentations were managed less commonly by GPs than would be suggested by community usage
- Limited evidence regarding GP registrar exposure to substance use presentations

# Aim

To estimate the **frequency** with which GP registrars (trainees) are consulting patients with alcohol, tobacco, and other substance use, and explore factors associated with these consultations.



# Methods

- Cross-sectional analyses using data from the Registrar Clinical Encounters in Training (ReCEnT) study
- Included consenting participants from 2016-2024 → generalisable sample of Australian GP registrars.
- Estimated prevalence of alcohol, tobacco, and other substance use consults in registrar practice
- Multivariable binomial logistic regression to model patient, registrar, practice, consultation, and consult outcome associations with seeing these consults

# Results

- 8820 (0.9%) consultations by GP registrars involved substance use
- 51% involved tobacco, 26% alcohol, 23% other/unspecified substances

Variable		Adjusted OR [95% CI]
<b>Patient factors</b>		
Patient age (ref: 15-34)	0-14	0.01 (0.01, 0.02)
	35-64	1.48 (1.39, 1.57)
	65+	0.38 (0.35, 0.42)
Patient gender (ref: Male)	Female	0.46 (0.43, 0.48)
Patient status	New to registrar	0.74 (0.70, 0.79)
<b>Registrar/clinic factors</b>		
Registrar gender (ref: Male)	Female	0.89 (0.83, 0.96)
Australian medical graduate	Yes	1.22 (1.10, 1.34)
Socioeconomic index for areas (SEIFA)		0.97 (0.96, 0.99)

# Results

## Educational Factors

Variable		Adjusted OR [95% CI]
Learning goal generated	Yes	1.48 (1.38, 1.60)
Sought assistance	Other sources	1.52 (1.41, 1.64)
	Supervisor	1.01 (0.89, 1.14)

## Consultation Factors

Variable		Adjusted OR [95% CI]
Duration		1.01 (1.01, 1.01)
Number of problems		1.55 (1.51, 1.59)
Follow-up ordered	With self	1.51 (1.42, 1.60)
	With another GP	1.41 (1.23, 1.63)

# Conclusions

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Overall exposure is low

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Some groups are more likely than others to see substance use presentations

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Recognition of complexity and chronicity – continuity of care

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Actively seeking knowledge

# Future directions

- How do these results change when alcohol and tobacco are excluded?
- Qualitative explanatory study
- Educational implications for GP training



# Thank you for your attention

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