

## Supporting Children and Families in General Practice After a Natural Disaster or Community Trauma e-learning course

This short course is for GPs working with families and children affected by natural disasters such as fire, floods or storms, or by community trauma events.

It offers practical guides and tips for supporting children and families in the immediate aftermath, the short-term and long-term following a natural disaster or community trauma.

### Why was the course developed?

This course was developed in response to the growing number of Australian families who are impacted by natural disasters or community trauma.

It is based on the understanding that natural disasters and community trauma can have a profound impact on children's social and emotional wellbeing, and that GPs are well placed to work with children, parents and families to protect children from the impact of these events.

### How were the courses developed?

This course has been specifically designed for GPs, and is based on their experiences. It recognises the realities of general practice, the broad context of doctor-patient relationships, and the array of circumstances that GPs work in.

The course incorporates an understanding of:

- the unique role GPs play in disasters as community members and local health professionals
- the pressures and complexities that GPs face
- the challenges of long-term continuity of comprehensive family care.

The information in the course was developed in collaboration with GPs, stakeholders from academia, children and family services, child mental health experts and with parents with lived experience of trauma and



other coexisting issues. A comprehensive literature review was undertaken into the effects of trauma on Australian children.

### Course duration

This course will take approximately one hour to complete, and includes readings, videos and reflective activities. It is designed to be undertaken individually, but can also be used as a prompt for conversations between colleagues.

Learners can undertake the course at their own pace, in one sitting or several. The last page visited will be bookmarked so that learners can jump straight back to where they left off.

### Learning outcomes

As learners progress through this course, they will be able to:

- explain the potential impact of trauma caused by natural disasters or community trauma on children across various ages and stages
- recognise child responses to natural disaster trauma and community trauma in the immediate aftermath, short-term and long-term after the event
- explain ways that you can support children and families to recover from a natural disaster or community trauma in the immediate aftermath, the short-term, and the long-term
- incorporate into your practice, and across your whole practice team, specific guidance and tips for supporting children and families following natural disasters or community trauma.

The National Workforce Centre for Child Mental Health (NWC) is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program.

The NWC is led by Emerging Minds and delivered in partnership with the Australian Institute of Family Studies (AIFS), the Parenting Research Centre (PRC), the Australian National University (ANU) and the Royal Australian College of General Practitioners (RACGP).

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