“Health risk screening and counselling of adolescents in primary care: a cluster randomised controlled trial”

The Primary Care P.A.R.T.Y. Project
Prevention, Access and Risk Taking in Young people

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Objectives
The PARTY Project will use a stratified, cluster randomised controlled trial to assess the effectiveness and acceptability of a screening, counselling and systems change intervention to address the problem of youth health risk behaviours presenting in general practice.

Proposed Methods

- Pilot Study
  - 1 metro & 1 rural practice
  - 1 community health centre
  - Baseline profile of practices and young people
  - Stratification and cluster randomisation

- RCT
  - 50 general practices
  - (40 Melbourne metro, 10 Victorian regional)

- Economic evaluation:
  - economic efficiency
  - incentives/disincentives

- Surveys of young people (YP):
  - risky behaviour
  - assessment of visit to GP
  - “youth friendliness” of practice
  - pathways to care

- Risky behaviour including:
  - smoking
  - alcohol use
  - marijuana and other drug use
  - sexual health
  - personal safety
  - mental health

- Practice nurse (PN) role:
  - intervention delivery
  - community linkage function

- Control:
  - Current best practice in:
    - engaging young people
    - interviewing re: health risk
    - “youth friendly” practice

- Intervention:
  - Current best practice plus:
    - health risk screening tool
    - GP and PN training in motivational interviewing, referral or integration
    - systems change for “youth friendly” practice

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- Baseline profile of practices and young people
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- 25 INTERVENTION Practices
- 25 CONTROL Practices

- 1500 young people recruited (14-24 y.o.)
- 3 month follow-up
- 12 month follow-up (~1200 young people after loss to follow-up)

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- Implications for Policy, Delivery or Practice
  - First evidence for effective primary care models of screening and preventive counselling – could be incorporated into current practice.
  - First Australian study to describe feasibility of practice nurse role in youth preventive & early intervention care plus linkage function.
  - First intervention study for young people to incorporate an economic evaluation.
  - Prevalence estimates for health risks in young people attending primary care – implications for resourcing preventive screening.

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