



SONIC  
HEALTHCARE



## Information for Doctors

# Foundation Certificate of Men's Health

General practitioners are in a position to contribute to the health of men in Australia, as they are the major health service providers for men in our society. The Foundation Certificate of Men's Health will equip GPs with a comprehensive understanding of men's health issues, including crucial areas, such as prostate conditions and prostate cancer, STDs, smoking and alcohol use and the health impacts of these behaviours on health and wellbeing in men.

There is a continuing life expectancy gap between men and women in Australia, with men's average lifespan running to 80 years, while the average woman can expect to reach the age of 84. In addition, men are more likely than women to die of lung cancer, cirrhosis and other liver diseases, and ischaemic heart disease. Men also die from suicide at a rate three times higher than that of women. Furthermore, it is difficult to single out a particular age group or sub-population of males that requires special attention, because different age groups have different health concerns.

GPs can play a vitally important role in the maintenance of their male patients' health and welfare by the early identification of these conditions, either to prevent them or manage them early.

### Course information

Work through the online e-learning workshop at your own pace. The format of the course requires GPs to work through the modules, participate in each case discussion, complete the predisposing and reinforcing reflective activities and successfully complete the exams.

**Predisposing activity** - GPs complete prior to commencing the modules.

**Course modules** - includes video lectures, downloadable PDF slides and a recommended reading list.

**Case discussions** - provides an opportunity for GPs to interact with other participants and discuss the presented cases.

**Assessment details** - two types of assessments after each module: the knowledge and the application of knowledge MCQs.

**Reinforcing activity** - GPs reflect on the course once the e-learning workshop is completed.

**Course completion and evaluation** - completion of the evaluation questionnaire is a mandatory RACGP course requirement.