**Title**

Delivering clinical education in evidence-based non-drug therapy: the RACGP’s online Handbook of Non-Drug Interventions.

**Author and affiliations**

Prof Paul Glasziou, Bond University, Gold Coast & RACGP Quality Care Committee

**Background**

Despite evidence supporting many effective non-drug interventions, there has been no compilation or standardisation. As a result, GPs resort to pharmaceuticals though patients would often prefer equally effective non-drug alternatives often because of fewer side effects.

**Aims**

This presentation describes the development of the Handbook of Non-Drug Interventions (HANDI) - an online formulary of effective non-drug interventions - a project by the Royal Australian College of General Practitioners.

**Method**

The HANDI Committee considers two questions for assessing inclusion:

*Q1.Is the evidence strong enough? Q2.Is the intervention relevant to and practical for GPs?*

Generally interventions must be supported by at least 2 positive good quality Randomised Controlled Trials (RCTs) with patient-relevant outcomes.

**Results**

Since its launch in 2013, HANDI has published 65 freely available interventions on its website, receiving on average over 8,000 visits and over 1,000 downloads per month. With minimal promotion, these visits have grown yearly by around 2,000 visits/month. Some recent additions include: mandibular splints for obstructive sleep apnoea; citrate salts for prevention of recurrence of kidney stones; mobile phones apps for smoking cession; or cognitive behaviour therapy for panic disorder. In 2017 the top 5 items based on downloads were: exercise for acute low back pain, the Epley Manoeuvre, CBT app for insomnia, the Mediterranean diet, and exercises for knee osteoarthritis. Current plans include extending HANDI’s use in health pathways, patient versions with decision aids, and greater use in education.

**Conclusion**

The rise in webpage-views of HANDI is encouraging a provide an excellent resource to enhance a clinical educator's delivery of a curriculum of evidence-based non-drug treatments.

**References** [www.racgp.org.au/your-practice/guidelines/handi/](http://www.racgp.org.au/your-practice/guidelines/handi/)