

BEST EXAM PREPARATION TIPS

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This presentation will focus on RACGP Fellowship Exams

*(However, many of the clinical resources will be
suitable for ACRRM study, particularly for MCQ Exam
and StAMPS Exam)*

RACGP Fellowship Exams

1. AKT (Applied Knowledge Test)

- Multiple Choice Questions and Modified Extended Match Questions

2. KFP (Key Feature Problem)

- Short Answer Questions

3. OSCE (Objective Structured Clinical Examination)

- Role-play clinical scenarios

There's a lot of fear
mongering out there...



The Sydney Morning Herald
New South Wales

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General practitioners exam: more than half the candidates fail



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1. RACGP fellowship exam failures spark outrage

6 May, 2015 Tessa Hoffman 231 comments Read Later

Let's get back to the basics.

What is likely to come up on exams?

What should I study?

What resources are recommended?

Where can I find them?

What tips will help me perform well on exams?

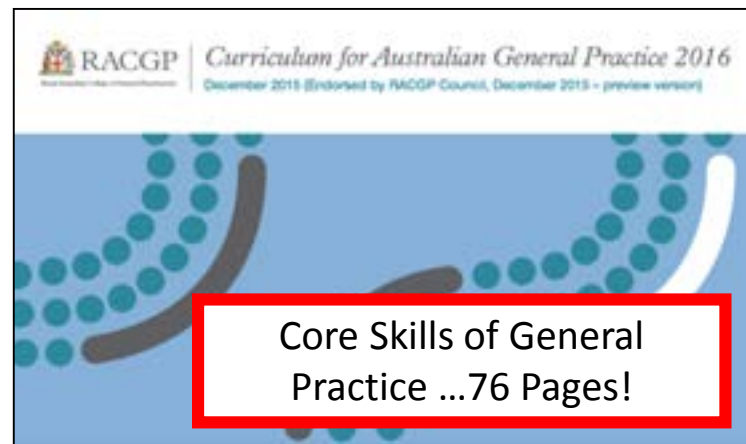
What is Examinable?

New RACGP Curriculum 2016 →

5 Domains of General Practice

- 1. Communication and the doctor-patient relationship
- 2. Applied professional knowledge + skills
- 3. Population Health and the context of general practice
- 4. Professional and ethical role
- 5. Organisation and legal dimension

Competent to practice “Anywhere in Australia”



What Should I Study?

- Clinical topics are included in set proportions in the exam, to reflect an 'ordinary day in general practice'.
- These figures are approximately based on **BEACH Data** (next slide).
- If you normally wouldn't diagnose / investigate / manage the problem in a General Practice setting, it probably won't be on the exam.

Example: The exam might ask a diagnostic question where Multiple Sclerosis is a differential, but you probably won't find a detailed management question specifically on MS.

BEACH Study

Frequency and Patterns of Problems in General Practice, 2013-14

Reason for Encounter	% of Encounters	Reason for Encounter	% of Encounters
1. General / Unspecified	39.2	11. Ear	3.2
2. Respiratory	16.5	12. Pregnancy and Family Planning	2.9
3. Skin	14.9	13. Urology	2.5
4. Musculoskeletal	14.4	14. Eye	1.9
5. Circulatory	9.6	15. Blood and Blood-forming Organs	1.7
6. Digestive	8.7	16. Male Genital System	1.2
7. Psychological	8.4	17. Social	1.1
8. Endocrine and Metabolic	6.0		
9. Female Genital System	4.4		
10. Neurological	4.5		

Using BEACH to your advantage

Dedicate your study time to topics **LIKELY** to come up on exams.

Create a list of 'commonly encountered problems' under each BEACH category.

→ Know these ***inside out***

Create a list of 'serious / not to be missed' problems

→ Know these ***competently***

EXAMPLE:

BEACH Data = Respiratory will be approximately 17 % of the exam.

What common Respiratory Presentations do you see in your rooms?

- *Asthma, COPD, Pneumonia, URTI, Ear infections, Tonsillitis/Sore Throat, Bronchitis, Croup, Bronchiectasis, Allergic Rhinitis, Sinusitis, Allergies/Anaphylaxis, Infectious (eg. Influenza, Pertussis, Mycoplasma), Obstructive Sleep Apnoea, Bronchiolitis*
- *Non-specific presentations like SOBOE, chronic cough, globus sensation, hoarse voice*

What are the rarer, but serious disorders not to be missed?

- *Pneumothorax, Pulmonary Embolism, Pulmonary Hypertension, Respiratory Failure, Lung Cancer, Mesothelioma, Restrictive & Interstitial Lung Diseases, Sarcoidosis, Tuberculosis*

Using BEACH to your advantage

Does your practice reflect the Beach Data demographics?

Are you seeing the 'usual' amount of:

- Women vs. Men
- Children vs. Adults
- Presenting Problems of each topic?

Tailor your study accordingly to cover your 'weak areas'.

Example Weak Areas for Candidates

Women's Health

Neonate and Infant Health

Breastfeeding Problems

Musculoskeletal

Dermatology

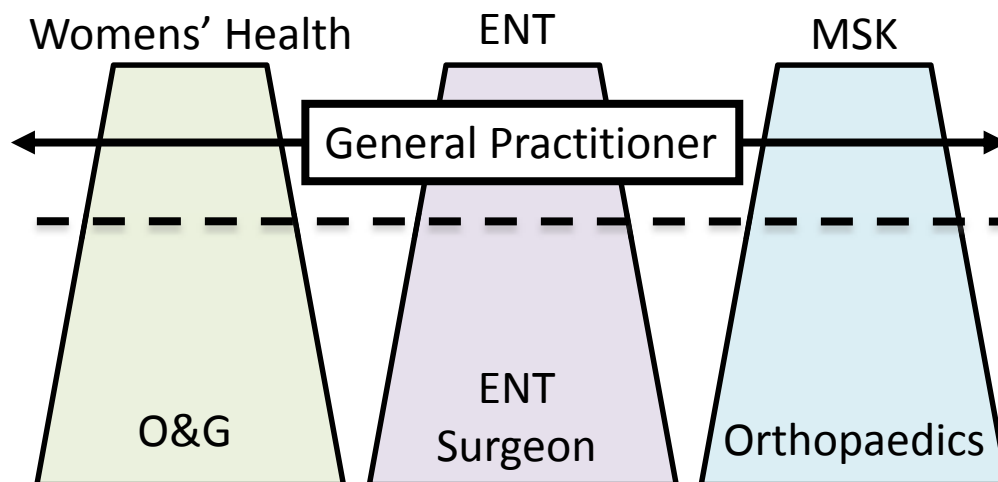
Geriatrics / Aged Care

Public Health

Occupational Health

How in depth should I study each topic?

Remember you are studying General Practice. Don't get bogged down in subspeciality detail!



How long should I study for?

Well, that depends.....

Help - I don't know where to start!

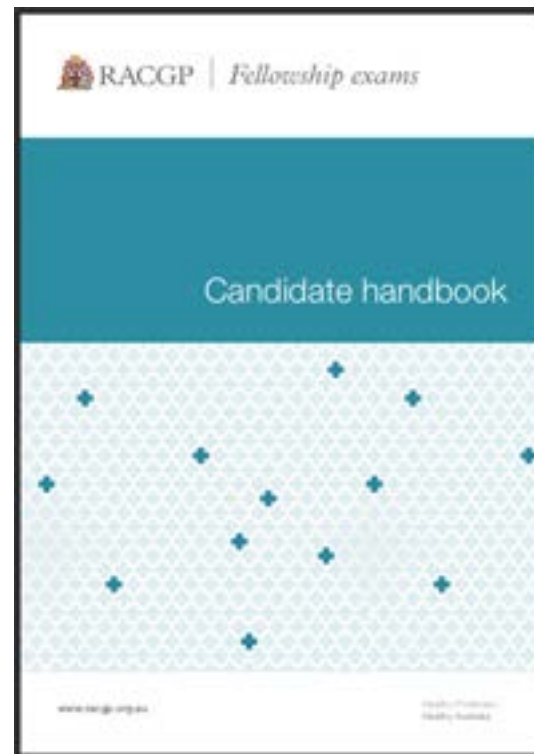
TAKE STOCK.

1. Read / attend everything available to understand the exam better. Know thy enemy.
2. Have a go at official practice questions to understand the 'depth' of information tested.
3. Make a list of your weak spots.

The Technical Stuff

RACGP Fellowship Exams 'Candidate Handbook'

- Updated March 2016
- Covers practical / logistical topics:
 - Overview of the Fellowship Exams
 - Eligibility to Enrol in Exams
 - Enrolling in the Exams
 - Exam Rules
 - Submitting an Incident Report



New Resource – Really Useful!!

RACGP ‘Examinations Guide’

- New - March 2016
- PDF available on RACGP website
- Question & Answer Style topics on:
 - AKT
 - KFP
 - OSCE
 - Standard Setting
 - Results
 - Preparation



RACGP Exam Reports

New concept! Starting 2016.1, each exam will have a summary report of the outcomes.

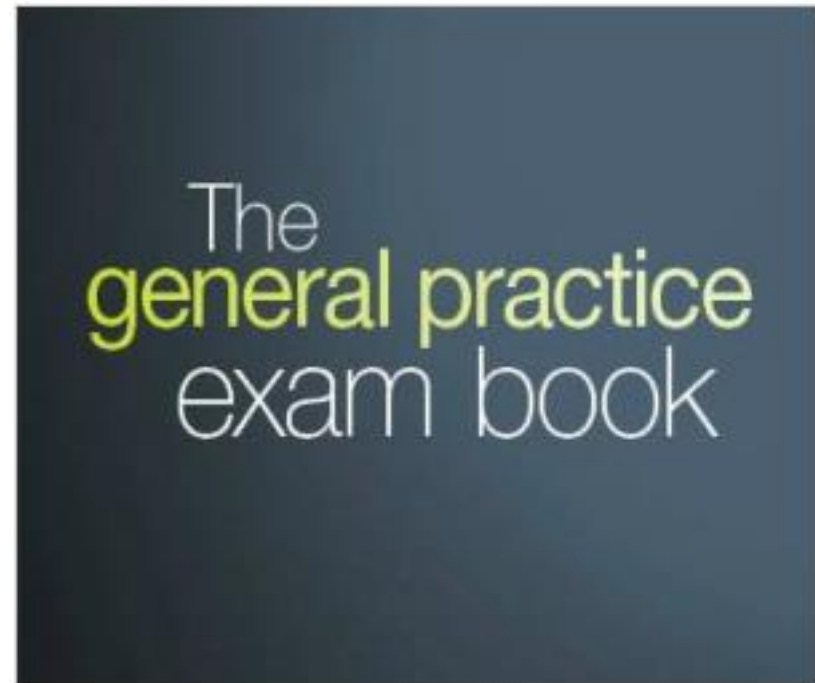
- 2016.1 AKT Report is available
- 2016.1 KFP Report pending



GPRAs advice book

The General Practice
Exam Book

Prep advice, hints and
tips, practice questions



Clinical Content Resources:

Australian Family Physician (AFP) Magazine

- Peer reviewed articles / research on clinical topics
- Published by RACGP
- Available online



Australian Doctor Magazine

- 'How To Treat' Articles
- Yearbooks of HTT articles available in hardcopy
- Available online

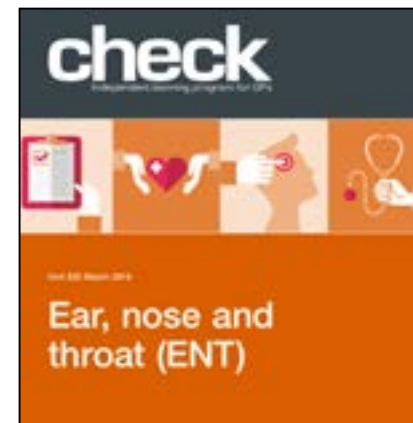


Clinical Content Resources

RACGP gpLearning Portal – access to guidelines / AFP articles / Check

RACGP's Check Program

- Online via gpLearning, and in PDF or hardcopy
- Each topic contains 5-8 clinical scenarios, education + MCQs



Clinical Content Resources

RACGP Handbooks, for example:

- General Practice Management of Type 2 Diabetes
- ‘The Red Book’ Guidelines for Preventative Activities
- ‘The Silver Book’ Medical Care for Older Persons in Residential Care
- ‘The White Book’ Abuse and Violence: Working with our patients
- ‘HANDI’ Handbook of (evidence based) Non Drug Interventions



#FOAMED

(free open access medical education)

FOAM4GP (GP educational resources)

www.foam4GP.com

LifeInTheFastLane (Emergency / Crit Care)

www.lifeinthefastlane.com

BitsAndBumps (O&G for GPs)

www.bitsandbumps.org

BroomeDocs (Rural Medicine / Emergency)

www.broomedocs.com

GP Trove (GP Registrars)

www.gptrove.net

KI Doc (Rural Medicine)

www.kidocs.org

RACGP-Endorsed Textbooks

RACGP

COLLEGE APPROVED PUBLICATIONS

- Cautionary tales: authentic case histories from medical practice, 2nd edn**
John Murtagh

- Clinical cases for general practice examinations, 3rd edn** *Susan Wearne*

- Clinical sports medicine, 4th edn (revised 2011)** *Peter Brukner, Karim Khan*

- Dermoscopy: an atlas 3e** *Scott Menzies, Kerry Crotty et al*

- Fitzpatrick's colour atlas and synopsis of clinical dermatology, 7th edn**
Klaus Wolff et al

- General practice, 6th edn** *John Murtagh*

- General practice psychiatry** *Grant Blashki, Leon Piterman et al*

- Lifestyle medicine, 2nd edn** *Garry Egger, Andrew Binns et al*

- Paediatrics manual: the children's hospital at Westmead handbook, 2nd edn**
Henry Kilham et al

- Patient education, 6th edn** *John Murtagh*

- Practice tips, 6th edn** *John Murtagh*

Preparation Courses

In order of likely accuracy;

1. RACGP State-based Exam Prep courses (online or in person)
2. Regional Training Organisations courses
3. External for-profit courses

PRACTICE EXAMS

Interesting statistic from AKT 2016.1:

2016.1 AKT online practice exam				
Attempted the practice exam?	Proportion of candidates	Passed the real exam (#)	Total (#)	Pass rate
No	8%	31	93	33%
Yes	92%	680	1015	67%
Grand total	100%	711	1108	100%

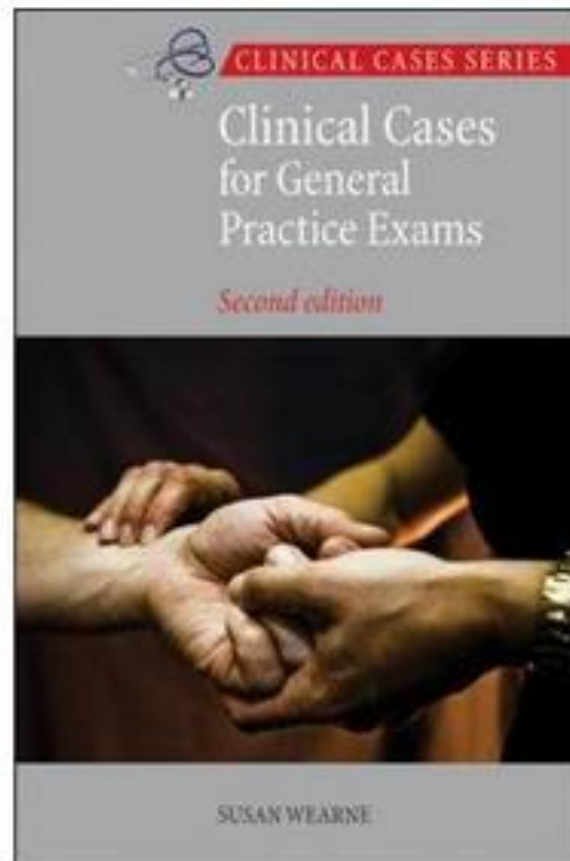
EXAM TIPS: AKT

- STEM
 - Every detail in the clinical scenario is relevant.
 - CONTEXT IS EVERYTHING.
- QUESTION
 - Read the question, carefully + slowly.
 - Eg. Most serious is different from Most likely
- ANSWERS
 - There may be more than one plausible answer.
 - What would you usually do in your rooms?

Exam Tips: KFP

- CONTEXT IS EVERYTHING, read carefully.
- This is not a theory paper. It's a practical 'day in the life of a general practitioner' and requires practical clinical reasoning.
- If an question asks for 3 answers, don't give 9 answers.
- 'What would I do in real life if I saw this case in my rooms?'

OSCE practice cases



Exam Tips: OSCE

- Practice, Practice, Practice!! 8 minutes is nothing like a real consult.
- Non-clinical scenarios - ethical / legal / communication / statistics stations. Practice!
- Read prompts. Which parts are they asking for?
 - History
 - Examination
 - Diagnosis
 - Investigations
 - Management

SELF CARE

Seek support from your supervisor, GPLO or RTO if you are having difficulties

You're all in this together – get a study group to lighten the load

Schedule time off study and work, don't burn yourself out before the big day.