

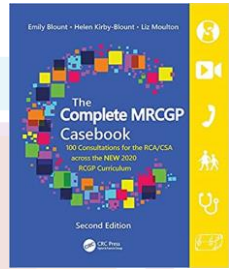


Complete MRCGP

RCA/CSA revision course

October 2021 Bulletin

Our NEW
RCA Casebook!



From the Authors of the NEW
Complete MRCGP Casebook
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In collaboration with RCA Examiners

In this month's bulletin we share tips on HOW to get into the RCA mindset and demonstrate great consultation skills

- Be structured** Revisit your structure but this time at an RCGP level with the RCA in mind!
E.g. Medical records data - make it clear you are including this within your Data Gathering.
"Looking at your records now... I see that your medicines include ... And your recent tests now ..."
- Connect** **Show** interest by asking about the person. **Social history** is not just asking about work and home...
"What's going on in your life at the moment? Any challenges or changes recently?"
We recommend asking ICE & impact after open questions. *"What does it **feel** like, living with diabetes?"*
- Explore cues** The examiner will pick them up, so make sure you do!
Repeat descriptive words they use or people they mention. Pause, look interested & let them tell you more.
- Empathise** Try reflecting back the following: *"symptoms + fears + circumstances... that sounds really tough"*
to **demonstrate** *"I hear you"* and **avoid** the words *"I understand!"*
- Signpost** This isn't asking permission, this is sharing the theme to your next group of questions or group of considerations within the management plan. It sounds slick and helps both you and the patient.
- Be concise** With short questions. The patient will fill the space.
Watch your videos – how might you rephrase your questions using as few words as possible?
- State your impression** *"Weather"* - you are confident *"It is raining"* or not ...
"It could be cloudy, it could be sunny, but I can reassure you there is no sign of snow."
If appropriate, use positive or negative red flag findings to help you explain your hypothesis.
- Specific plans gain points** Tests (& why), medicines (& side effects), referral (& what to expect), MDT input, what they can do, follow up and **safety net** (time & symptoms). Aim for offering at least 5 of these groups to help you gain points for your clinical management score.
- Be assertive** *"My recommendation is ..."*
- Involve** The patient in your management plan.
"What are your thoughts?" Pause. Listen. Refer to their initial concerns and expectations.

Found this helpful? We're just getting started! Come on our RCA Course! Get off to a great start with case selection!

Sunday November 14 2021, Thursday 13 January 2022, Sunday 06 February 2022

Complete RCA Courses delivered via Zoom by the Authors, RCA Examiners & Educators

2 hours	Interactive Webinar	Everything you need to know about the RCA. Listen to and discuss our case recording
2 hours	Case session	Small groups of 4. Simulated cases (RCA Examiner approved) designed for the RCA. The focus of the session is how to demonstrate skills (within the RCA marking scheme) in your future cases.
1 hour	Case discussion	Case selection & how to demonstrate consultation complexity skills.
1 hour	Ask the RCA Examiner	

Courses available to trainees UK wide so we recommend booking early! @ CompleteMRCGP.co.uk