Useful tutorials for AKT preparation

There are a number of ways that trainers can help trainees to prepare for this exam. Ideas for tutorials are listed below.

The fourteen fish AKT package is available to all trainees from ST1 - funded through their study leave budget. Trainees should be encouraged to engage with this resource.

There is also some helpful documentation on the RCGP website which can be found on the following link

<https://www.rcgp.org.uk/training-exams/mrcgp-exam/mrcgp-applied-knowledge-test-akt.aspx>

Overview and super condensed guides (clinical)

<https://www.rcgp.org.uk/training-exams/training/gp-curriculum-overview.aspx>

Document version professional topic guides (practice management and data and evidence interpretation)

<https://www.rcgp.org.uk/training-exams/training/gp-curriculum-overview/document-version.aspx>

General

Discussion about timing of sitting, plans for preparation.

Ideally trainees should have experience of general practice before sitting the exam as this will help them to get into the mode of “thinking like a GP”.

Ensure they have sufficient time to prepare. For most trainees this is around three months, but for some longer time may be needed.

Discuss with them how they can build time for smart learning into their week.

Ensure that trainee knows where to find the RCGP curriculum for data and evidence interpretation and practice management (link above)

Watching a fourteen fish video in advance of a tutorial can be helpful.

Clinical (80%)

1. How to identify weaker areas. (see confidence rating)
2. Look at the resources available including super condensed curriculum (link above) CKS, essential knowledge updates, 14 fish videos and BNF.
3. Look at and discuss RCGP AKT feedback reports and how these may generate some areas for learning.

<https://www.rcgp.org.uk/training-exams/mrcgp-exam/mrcgp-applied-knowledge-test-akt.aspx>

1. Eye conditions in GP including retinal photos (geeky medics a helpful resource for this often tested area), red eye video on 14 fish also.
2. Common skin conditions rashes and lesions in general practice. This is really useful to discuss management, role play discussions with patients. Primary care dermatology society is an excellent source of guidance and photos.

<https://www.pcds.org.uk/>

1. Notifiable diseases, school exclusion, infectious disease in pregnancy eg chicken pox. This could also include discussion around covid issues.

<https://www.england.nhs.uk/south/wp-content/uploads/sites/6/2019/09/spotty-book-2019-.pdf>

<https://www.publichealth.hscni.net/sites/default/files/Guidance_on_infection_control_in%20schools_poster.pdf>

1. Chronic diseases including management according to guidance, next step up and next step down in treatment. This can also include discussion on prevalence and evidence-based prevention.

<https://cks.nice.org.uk/>

1. Contraception including UKMEC, FSRH and applying to the workplace

<https://www.fsrh.org/home/>

1. sexual health – BASHH, apply to workplace.

<https://www.bashh.org/>

1. Review of daily prescription requests. This can be a really useful tutorial to highlight prescribing requirements and monitoring of medications including why this is important for various drugs.
2. Common side effects of medications, indications, interactions, calculations. Beginning of BNF and RCGP professional topic guide – “improving quality, safety and prescribing” are helpful resources. This is an area which is regularly tested and features in examiner feedback.

<https://bnf.nice.org.uk/>

1. Similarly, a review of results including bloods, scans, ECGs, spirometry, 24 hour BP etc. Trainees often struggle with identifying what is normal and managing mild abnormalities in tests.
2. Review of the surgery. List cases seen and link to guidance, weaker areas and learning plan. Think about next steps with management and how the trainee will learn what these are.
3. It is helpful to do some questions with the trainee to look at how they process and make decisions. You can also spend some time thinking about the alternative answers and what the question stem may look like. This may highlight weaker areas that the trainee can go back to and will also help you to understand the trainee exam technique. GP self-test is probably the most similar to the AKT. The trainee has access as AIT. Trainers will have access if RCGP member, also EKC, and fourteen fish (although there is a limited number of questions on fourteen fish)

Data and evidence interpretation (10%)

1. review the document on the RCGP website on clinical evidence and data interpretation in the how to prepare section. (link above)
2. Discuss any documentation, data and graphs received from medicines management, CCGs etc. PHE fingertips

<https://fingertips.phe.org.uk/>

1. lLook at resources for preparation which include 14 fish. – the videos have been updated and are excellent.

Practice management (10%)

1. RCGP curriculum professional topic guide provides an excellent list of what knowledge is needed.
2. Discuss daily admin tasks that GPs have including sick notes, forms, mental health assessments safeguarding, death certification etc

<https://www.gov.uk/browse/benefits>

1. Practice policies such as chaperone, safeguarding, complaints. CQC mythbusters helpful here.

<https://www.cqc.org.uk/guidance-providers/gps/gp-mythbusters-full-list-issue-number>

1. DVLA, GMC guidance, CQC MythBusters all excellent resources and provide material for discussion at tutorials which can be linked to cases.

<https://www.gov.uk/government/publications/assessing-fitness-to-drive-a-guide-for-medical-professionals>

<https://www.gmc-uk.org/ethical-guidance/ethical-guidance-for-doctors>