

SPEX AKT Workshop Collaborative Aid for Patch Post Exam Fail Discussions

This document was produced by bringing together ideas from all educators at the AKT workshop at the educators' conference. Please use this as much or little as is helpful for your discussions with trainees.

Ahead of Meeting

Review the trainee's e-portfolio - focusing on educator notes, and exam/AKT data including each attempt scores and breakdowns (n.b. you can ask the trainee to bring this information to the meeting)

At the start of the meeting

- Advise the trainee that the plan is to understand their individual learning needs, their journey through GP training in particularly their exam attempts and to discuss their approach to the AKT.
- Advise the trainee that at the end of the meeting you will add an entry onto educators' notes. If there is something confidential, we can talk about what you are happy to share in this entry.

Factors affecting performance

Discussion starters:

- Tell me about your journey to GP so far?
- What was going on in your life inside and outside of medicine whilst you were revising and sitting the last AKT attempt? What is going on in your life at the moment? Health/mat leave/home/ stress/ work/political unrest in home country/family worries
- Was there something on the day that affected things?
- Is this your first experience of MCQ's/failure of exams?
- Who have you told? (stigma)
- Who can you talk to about it?
- Could you take any study leave/ protected time?
- Have you been offered any help/ suggestions? Is there any insight
- How was your timing in the exam?
- How were you scoring on mocks before exam when prepping?
- How are you using your question banks?
- What do you think you need to change?
- Are they feeling overwhelmed by amounts of emails/offers of help/not knowing what they need to do first?

- Did they have adaptations for exam if needed for reasons such as dyslexia/dyspraxia etc?
- When do you think would be a good time to resit?
- Let's think about where you are in training? (lozenges on e-portfolio ticked off)

Tips/Support available:

- Proforma of above questions before 1:1 with TPD – Somerset proforma separately on shared resources
- Consider neurodiversity influencing and consider dyslexia using simple checklist to see if scoring high (some areas screen all trainees who have 2+ fails at AKT) -need to allow time for assessment through PSW and apply for adjustments early and official diagnosis needed for this.
- Near peer fellows' support
- Occupational Health
- PSW
- Trainer's input/other trainers as a resource/admin/ PM etc
- Peer help/study groups/splitting work up – avoiding social isolation
- SPEX AKT course/1:1's if 3 fails
- Grab every opportunity

Exam Technique – Routine/Study Plan/Study Environment

Discussion starters

- Why have you chosen this time to do the exam?
- When did you start preparation?
- How are you studying? What have you done so far?
- How do you go through the questions?
- Do you change your answers?

Tips

- Exam technique
 - o Cover test
 - o Reading question careful including wording – highlighting negatives
 - o Time management
- Study plan
 - o Study smart – focus on learning gaps
 - o Using question banks but not too many questions at once and learning around them
Protected time/space/short - 20-30mins . Use GP self test curriculum wide assessment to see how you are doing
 - o Review learning

- Relate learning back to curriculum
 - Use resources such as GP curriculum/CKS/BMJ best practice
 - Using time within working day productively eg AKT Qs after seeing patients/in long lunch break
 - PUNs/DENs
 - Ranking most/least confident then focus on those less confident in
 - Taking study leave pre AKT
- Study Environment
- Be organised – family, kids, work
 - Support/chat to peers doing exam at same time
 - Group learning
 - Consider any adjustments early

Active learning/enhancing applied learning

In daily practice

- ask your ES to phrase questions about the case you are discussing in an AKT way.
- focus discussions with ES on organisational skills (10% of the marks) - hard to learn this via text books.
- Use tutorial time with ES to look at 5 questions each time. Using this time to explore the wording and phrasing/how to read the questions rather than the specific knowledge.
- Spend a day with PM, take a list of 'management' AKT questions, and use this time to try and answer/discuss these.
- Discuss with ES when you are considering taking the AKT.
- Take list of areas of improvement required from GP Self-Test and share with practice to see if can provide learning opportunities/help focus learning needs to develop these further
- Use focused questions from a question bank around the cases you have just seen in practice, to encourage linking the knowledge to a patient, rather than just learning a guideline.

Supporting trainers

- Educating ES's re resources available to support AKT preparation.
- Encourage the trainers to ask the DiT to complete the GP self-test, and then help focus their cases/learning opportunities around learning needs.
- What is included in the AKT. Division of marks. Encouraging trainers to feel empowered e.g. ECGs, picture diagnosis for skin lesions, thresholds for BPs. Apply the knowledge/facts to 'regular practice'. Consider this for a topic at the trainer workshops.

Tips

- Engage Learning groups to condense knowledge and to continue active learning.
- Ensure you cover curriculum but don't focus on minutiae/become embroiled in guidelines.
- Complete learning needs analysis, and rank in order of confidence. Use this to filter/consider cases. Repeat 1/12 later to review progress.
- Consider using chat GPT to create questions around areas for development – with awareness the answers may be incorrect.
- Write own AKT questions based on current scenario or case presented in practice.
- Is statistics a problem area for you? Is this something that you need to focus on, as is 10% of marks.
- Use 14 fish to focus learning/gaps.
- <https://www.rcgp.org.uk/mrcgp-exams/applied-knowledge-test/akt-preparing> -new stats tutorial for exam prep

N.B.

Don't forget as per all our other patch meetings, make sure this meeting is recorded in Educators notes