**RCA assessment (Recorded Consultation Assessment)**

**Why do we need it?**

The Covid-19 pandemic means it is impossible to run the CSA at present. Something that does the job of the CSA - tests a prospective GP’s application of knowledge, clinical and consultation skills in patient scenarios - is needed to allow trainees to progress to complete their training. All stakeholders in GP education and training, including trainees, were involved in the decision to make this replacement an assessment of recorded consultations and you can [**read the letter here**](https://www.rcgp.org.uk/-/media/Files/GP-training-and-exams/exams-covid-19-files/Joint_Communication_MRCGP_20200506.ashx?la=en)

**Who can enter and when?**

Trainees who still need to pass the CSA and are due to CCT on or before the **30th of September,** can enter the RCA.

One attempt at the RCA in before 30th September “**will count as an additional attempt to the four normally permitted attempts** “.

Basically, this means that if you fail, it won’t count towards the maximum number of exam attempts.

Timeline for applications isn’t out yet, keep an eye on the website and your inboxes.

**What is it?**

The RCA assesses the ability to integrate and apply clinical, professional, communication and practical skills appropriate for general practice. It is undertaken by candidates in their normal working environment (including at home if required) and should provide an objective assessment of their real-life practise.

* **Thirteen** recorded audio or video consultations
* Expected to be **approximately ten minutes** long
* These can be any combination of captures of **face-to-face, telephone, or video** consultations
* An **IT solution** to facilitate upload and capture will be provided
* You can **use previously recorded consultations**, so long as not used as a COTs before
* Cases should demonstrate the **breadth** of the curriculum, with different levels of **challenge**
* The consultations will be marked by RCGP examiners using **CSA standards and criteria**

**Where can I find out more?**

When the official guidance and FAQs is finalised and published it will be on the RCGP website and that is the most important place to check for up to date information.

The RCGP website can sometimes be difficult to navigate, but I would keep an eye on the [**MRCGP exam page**](https://www.rcgp.org.uk/training-exams/mrcgp-exam-overview.aspx)and your inboxes.

**What cases should I choose?**

I’ll offer more guidance on this, but for now just think that to demonstrate your readiness to be a GP, it makes sense to choose a **selection of cases** from across **different curriculum areas**. Also, whilst some cases could be relatively simple, submitting 13 ingrowing toe nails is unlikely to pass…

**How much does it cost?**

Unconfirmed but likely to cost the same as the CSA

Check back for more advice and videos coming soon. Until then, here are some tips:

1. Yes, the way that we are consulting has changed and the way that this is being assessed is different, but **this is basically still the CSA**, so prepare for it in the same way
2. That means **practice**, **practice**, **practice**
3. Do as many **consultations** as you can; get as much **feedback** as you can
4. **Start recording now**, the consultations you are doing now can be used
5. Get used to the **feeling of being recorded**, make it feel normal.
6. Watch the **clock**, learn what **ten minutes** feels like
7. **Listen** to and **trust** your **educators**, work with them to develop a learning plan and work on that there [**growth mindset**](https://www.brainpickings.org/2014/01/29/carol-dweck-mindset/)
8. [**Read up**](https://www.rcasupport.co.uk/resources)on telephone and video consultations
9. Don’t forget to still **focus** on your **clinical** **knowledge**
10. Develop, know and apply your consultation **structure**

Some useful links below to support digital and remote primary care.

There are a huge (overwhelming?!) number of links at: [**Primary Care Pathways**](https://primarycarepathways.co.uk/covid19)**.**

**Telephone and video consulting advice**

* [RCGP - Remote consultation and triaging advice](https://elearning.rcgp.org.uk/mod/page/view.php?id=10551#RCGP)
* [RCGP telephone triage podcast series](https://elearning.rcgp.org.uk/mod/page/view.php?id=10558)
* [NB Medical Hot Topics Top Tips for Telephone Triage & Video Consulting](https://www.nbmedical.com/NBWebinarSelection?ID=a0K1p00000c0ODVEA2&title=Hot%20Topics%20Top%20Tips%20for%20Telephone%20Triage%20#38;%20Video%20Consulting)
* [Bradford VTS - telephone consulting](https://www.bradfordvts.co.uk/communication-skills/telephone-consultations/)
* [PODCAST - Primary Care Knowledge Boost](https://podcasts.google.com/feed/aHR0cHM6Ly9wcmltYXJ5Y2FyZWtub3dsZWRnZWJvb3N0LnBvZGJlYW4uY29tL2ZlZWQueG1s/episode/cHJpbWFyeWNhcmVrbm93bGVkZ2Vib29zdC5wb2RiZWFuLmNvbS9jYmY5YjU5OC1jNmI3LTViOGQtYWQ3MS1kMjE5MWFmOGE0NDM?ved=0CBEQzsICahcKEwjAhtiIkp_pAhUAAAAAHQAAAAAQBQ) - Telephone and video tips
* [BJGP Video consultations PDF](https://portal.e-lfh.org.uk/Component/Details/634681)
* [eLearning for Health - Handbook for remote consultations](https://portal.e-lfh.org.uk/Component/Details/634689)
* [Medico legal advice](https://www.gponline.com/telephone-consultations-advice-gps/article/1376349) - GP Online
* eGP learning [tips for examining people over video](https://l.facebook.com/l.php?h=AT1haRxBiwM9SI2PgSb0xwJY6ufAwJ_AgwOGqFVfOw3skD6NTVb1xxp8JU0GskyysE8BpsinsrB4DmvhgjPNmDxabRirVy30rr-NGGYOjNoEPz2mVIQuWy-3lOmeNYPtZv9HVyxZ743fXZfo8lMUsLs5xhvgHHJcNqxz6UUvrjjAisLBdqguWDz5CQLNlo788036Q7t5b6Iq5pB7xAdNflKC7lLYrbEIeB2UPiCSVfWmjLoLtvKlnj5HZvxi31ZaJUIzPF116exZy9HLmXUsyifRu6FusUeIlZGsYvJ9i4q_dMlK1Ng2-9qWqy6lWu8gFdin3eFNBKtZqZV3J1cIqtVZU0XvpAlfh459c5a1EKEmEphRAh6ZRBRuNEFY82Gr-XwC2Xmc1FDGlHzlGwoMiF9fRydyERtJsQn5gvE5zo6fZMAsghFInhF-nk2EKKT28EVgYVV1JLXbU4LaQQAAS1-zjm9VUbbJ0XTEjx8pmio-2Lpg2G0YOcf8HvMI9z3-lzMWFULYMqSX4kp9DY1ntvycvuq1MMkRzwZIxJmYl3futkzLuk4i0R_Fdyj5piU9LUX2SLU7baQ3uup2T4P75xbz1EL0LDv6QK4gOUdWACGFwF3EvTWhBxSr3a6kvCg7PFDeUlbN9Juqm9ERxIQ0ydjk-QzaAC_2zAhwAs45R0bUzNMUlNQO&u=https%3A%2F%2Fegplearning.co.uk%2F5-quick-tips-to-examine-a-patient-by-video-consultation%2F%3Ffbclid%3DIwAR2yApsSWhuQBHt5WuSw8UFewNB_lAwpFIfdCrChxLY08mEqvlJsNe7_72M)

**Clinical resources for remote consulting**

* Paediatrics
  + [Clinical pathways for remote assessment](https://what0-18.nhs.uk/professionals/gp-primary-care-staff/clinical-pathways/clinical-pathways-remote-assessment)
  + [Webinar on remote paediatric consulting](https://www.youtube.com/watch?feature=youtu.be&v=L1dVWqR_mVI)
* Mental Health
  + [An introduction to mental health consulting via video](https://www.youtube.com/watch?app=desktop&v=u7rnbejcEeI)
  + [Managing anxiety remotely](https://www.youtube.com/watch?app=desktop&v=-Rp2JKvtaQg)
  + [Suicide risk](https://www.youtube.com/watch?app=desktop&v=LacjzZ5nWjI)
* Common problems
  + [Back pain](https://www.youtube.com/watch?feature=youtu.be&v=P4gcJFHZuJs)
  + [Otitis Media](https://www.youtube.com/watch?feature=youtu.be&v=Mv5ZKWS_eYo)
  + [Sinusitis](https://www.youtube.com/watch?feature=youtu.be&v=nYj7sU2Faqg)﻿

**General communication skills resources**

* Bradford VTS [database of communication skills resources](https://www.bradfordvts.co.uk/communication-skills/)
* [The amazing Pennine VTS website and videos](https://www.pennine-gp-training.co.uk/csa-courses-and-resources.html)

**Resources for Digital Primary Care**

* Look no further than [eGP Learning ‘Digital Primary Care’](https://egplearning.co.uk/resources/digital-primary-care/?fbclid=IwAR34osYWSBt25ojYHd-ze1HWX1CS2DmK7LVvZxZ08EOJYfgq0snCoE3imMA)
* Primary Care Pathways [setting up for remote consulting](https://primarycarepathways.co.uk/covid-19/clinical-assessment/resources-to-support-remote-working-for-doctors)

**I like podcasts**

* [Wessex LMC - Top tips for video consultations for the beginner](https://portal.e-lfh.org.uk/Component/Details/634677)
* [RCGP Telephone triage podcast series](https://elearning.rcgp.org.uk/mod/page/view.php?id=10558)
* [PODCAST - Primary Care Knowledge Boost](https://podcasts.google.com/feed/aHR0cHM6Ly9wcmltYXJ5Y2FyZWtub3dsZWRnZWJvb3N0LnBvZGJlYW4uY29tL2ZlZWQueG1s/episode/cHJpbWFyeWNhcmVrbm93bGVkZ2Vib29zdC5wb2RiZWFuLmNvbS9jYmY5YjU5OC1jNmI3LTViOGQtYWQ3MS1kMjE5MWFmOGE0NDM?ved=0CBEQzsICahcKEwjAhtiIkp_pAhUAAAAAHQAAAAAQBQ) - Telephone and video tips

**Exam advice**

* [RCGP MRCGP page](https://www.rcgp.org.uk/training-exams/mrcgp-exam-overview.aspx)

If you have concerns, alert local IT and your practice NOW.