

GPSTs EXAM TIPS

(Collated from session on 18.06.14)

AKT TIPS

- 1) Which revision sources are useful?
 - NICE Guidelines for common conditions (BP, CKD, COPD, Diabetes, etc)
 - Pass Medicine
 - BNF chapters
 - Oxford Handbook of GP
- 2) When should I take it?
 - Better during GP job
- 3) Areas to focus on?
 - Pass Medicine does good topic selection, chronic disease. Revise statistics shortly beforehand
- 4) Is there a best interval between AKT and CSA?
 - Generally felt that no, doesn't really matter
- 5) Any useful revision courses?
 - Severn Deanery Revision Course
- 6) What is the format of the exam?
 - 3 hours long, 200 questions, 160 are clinical
- 7) When to start revising?
 - Opinions varied, generally 6 weeks-3 months before exam
- 8) How much does it cost?
 - Approx £465

CSA TIPS

- Preparation:
 - Pick a consultations structure and stick to it
 - Try and incorporate revision into routine surgeries and joint surgeries
 - Work on getting timing to 10 minutes
 - Group work is essential
- Useful resources:
 - Penine and Bradford VTS websites
 - MRCGP CSA Guide
 - CSA videos
 - RCGP website has useful video introduction to the exam
- On the day:
 - Prepare before
 - List of equipment to bring is on RCGP website, can bring BNF
 - Travel down the night before and stay in London
 - Be calm and be nice

