

AKT resources – The where!

This is intended to be an active document and contribution to useful resources are welcomed.

General

RCGP Curriculum including super condensed guides - accessible on RCGP website main page under training and practice tab. Super condensed guides are simple and clear but rather than working through the list, we suggest focusing on conditions listed which are either common or important not to miss.

RCGP Feedback on individual sittings and Feedback summary 5 years - find on RCGP website under AKT section

Podcasts – 1) Primary care knowledge boost - pckb.org, there are many topics including one on AKT (July 2020) and RCA. Also other clinical topics which are really informative.

2) RCGP e learning podcasts

Both are free to access online.

Fourteen fish videos – there are a large number of useful videos on the fourteen fish AKT package. They cover common topics and also those which are less well performed in the AKT. They contain a lot of important detail so set aside time to watch them and stop and start the video whilst making some notes. You may need to watch them more than once.

Ethical guidance - there may be questions on ethics. Link to GMC full set of guidance is here.

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

Clinical

Workplace learning – invaluable. Suggest focusing on areas identified in patient consultations or workplace tasks which highlight learning needs. Consider how these areas may be tested in the exam.

NICE/CKS

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

There have been questions on making a diagnosis in a patient with diarrhoea on recent papers. There is Nice guidance on CKS above on assessment of adults, children, acute and chronic diarrhoea, which should help in this common GP presentation.

RCGP

RCGP essential knowledge updates and challenges (EKU and EKC)

Innovait (RCGP journal for trainees available on line – includes AKT example questions)

<https://journals.sagepub.com/home/ino>

BNF – excellent guidance summaries at beginning of paper version or in “guidance” area on app. This includes rules and responsibilities around prescribing and prescribing in palliative care. The beginning of each chapter is also a good introduction to prescribing and monitoring in specific conditions.

Opioid conversions in palliative care

<https://bnf.nice.org.uk/medicines-guidance/prescribing-in-palliative-care/#pain-management-with-opioids>

Guidelines/eguidelines – paper version, on-line or app.

BASHH - sexual health guidance

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

FSRH – general contraceptive guidance on website summary sheet link below

<https://www.fsrh.org/standards-and-guidance/documents/ukmec-2016-summary-sheets/>

Fundoscopy appearances

<https://geekymedics.com/fundoscopy-appearances-of-retinal-pathologies/>

Dermatology - www.pcds.org.uk

Finger tip units

<https://www.pennine-gp-training.co.uk/res/Eczema%20finger%20tip%20units.pdf>

School/nursery exclusion guidance -

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

PHE Spotty book – notifiable diseases and school exclusion

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

Drugs requiring monitoring

<https://www.sps.nhs.uk/home/guidance/drug-monitoring/>

Practice management

RCGP Curriculum professional topic guide – pages 29-47

<https://www.rcgp.org.uk/-/media/Files/GP-training-and-exams/Curriculum-2019/Curriculum-Topic-Guides-300819.ashx?la=en>

Fourteen fish video on practice admin

CQC mythbusters

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

This is a wonderful resource for practice management and other areas. The link above takes you to the full list of mythbusters which are succinct summaries of each area.

Fitness to fly/drive

There is a fourteen fish video on the practice management section of the AKT package on fitness to fly. This is likely to be sufficient for the exam

<https://www.caa.co.uk/passengers/before-you-fly/am-i-fit-to-fly/guidance-for-health-professionals/assessing-fitness-to-fly/>

The above link is for medical professionals. Possibly a little too detailed for AKT but a handy reference.

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

Fitness to drive link – I would suggest learning diabetes, cardiovascular, epilepsy and drugs and alcohol.

Oxford handbook GP – Trainees find the introduction section especially useful. If you have a copy then by all means use it in your preparation, but I wouldn't buy a copy just for this purpose.

Evidence and data Interpretation

Curriculum professional topic guides data and evidence interpretation page 20-29

<https://www.rcgp.org.uk/-/media/Files/GP-training-and-exams/Curriculum-2019/Curriculum-Topic-Guides-300819.ashx?la=en>

RCGP website AKT section - how to prepare for the AKT – PDF

<https://www.rcgp.org.uk/training-exams/mrcgp-exam/-/media/B4406D5D2E9A492B86AD74BC3FEFD08B.ashx>

PHE fingertips – great for graphs but also for incidence and prevalence of common chronic diseases and also cancers.

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

Fourteen fish – new videos on data and evidence interpretation which are excellent.

Cancer risk assessment tools <https://www.cancerresearchuk.org/sites/default/files/rats.pdf>

Good website looking at some areas of EBM

<https://www.thennt.com/>

