

How to prepare for the exams

First step

Get organised – sort through your journals/magazines, talks from workshops and resources and pull them all together so you have your resources at the ready

Get back into proactive research – look up all the interesting/difficult cases you saw that day

Use RECENT data to see what areas you're missing in practice and either move practice or increase your study in those areas

Think about leave needs leading up to each of the exams

Remember the exam is meant to represent a day in practice, so a day at work is the best study

Next Step

Form a study group or plan your study independently. Decide how you study best, what is your learning style?

If working in a study group plan your format. For example someone researches a topic and presents a one page summary or each person research the same topic and come back together and discuss.

When picking your topics review the beach data and be mindful of all the domains of general practice. More information can be found the RACGP exam handbook

<http://www.racgp.org.au/download/Documents/Policies/Assessment/2014examhandbook.pdf>

Practice questions are available at GP learning, check, AFP clinical challenges, How to treat questions, Dermnet quiz, Practice papers (from gp learning when available or contact your RLO)

RACGP courses –

- KFP online pre-exam course

- Pre exam tutorial mini series

- Pre written exam and pre-clinical exam workshops

- Polish up simulated exam

- Clinical exam consultation skill workshop

- Check the RACGP website for times and dates

- <http://www.racgp.org.au/education/fellowship/exams/pre-exam-courses/#NSW>

RTP sessions – valley to coast will run a pre written and pre-clinical exam workshop

After the written exams

Have a break initially; give yourself a week or two off

Then ensure you have a study group – the only way to study for the clinical exam is practice, practice, practice!

Use clinical cases from Susan Wearne's textbook or GPRAs clinical cases online

<http://www.gpra.org.au/case-studies>

Focus on exam practice using the correct exam timing. That is 3 minute reading time and 8 minute for short cases and viva's. For long cases it's 3 minute reading time a bell at 8 minutes, a bell at 11 minutes and then final bell to finish at 19 minutes

Brush up using Murtagh's patient education book for great explanations you can use in the exam

Exam Resources

GPRA online exam tips

They have a great guide to exam preparation

<http://www.gpra.org.au/exam>

NPS (national prescribing service)

The national prescribing service has some great up to date information on the best management for common condition. Check out NPS news, and medicinewise news

http://www.nps.org.au/health_professionals/publications

How to treat – Australian Doctor

The weekly Australian Doctor magazines inside section on How To Treat can be a useful resource

<http://www.australiandoctor.com.au/education/how-to-treat>

Medical observer – Guide to guidelines

The other weekly magazine that comes out has a helpful inside section – the clinical updates.

They're difficult to find online, so it's best if you subscribe and tear out the middle section. They also have a list of all the up to date guidelines.

<http://www.medicalobserver.com.au/about/guide-to-guidelines>

Key guidelines

RACGP also has a comprehensive list of available guidelines

<http://www.racgp.org.au/publications/ordering/guidelines/>

Here are direct links to some of the more useful guidelines

Asthma Council Guidelines

<http://www.nationalasthma.org.au/handbook>

Diabetes book

<http://www.racgp.org.au/download/documents/Guidelines/Diabetes/201107diabetesmanagementingeneralpractice.pdf>

Hypertensions Guidelines

<http://www.heartfoundation.org.au/SiteCollectionDocuments/HypertensionGuidelines2008to2010Update.pdf>

COPDX

<http://www.copdx.org.au/>

Chronic kidney disease

<http://www.kidney.org.au//LinkClick.aspx?fileticket=vfDcA4sEUMs%3d&tabid=635&mid=1584>

Red book – guideline for preventative activities

<http://www.racgp.org.au/download/Documents/Guidelines/Redbook8/redbook8.pdf>

Green book – putting prevention into practice

<http://www.racgp.org.au/download/documents/Guidelines/Greenbook/racpgpgreenbook2nd.pdf>

Prevention in ATSI

<http://www.racgp.org.au/download/documents/AHU/2ndnationalguide.pdf>

SNAP (lifestyle management)

<http://www.racgp.org.au/download/documents/Guidelines/snapguide2004.pdf>

Australian Family Physician

Hopefully you are already receiving this if you are a RACGP member. This is the Australian GP specific medical journal. They have great quizzes linked to them as well including check

<http://www.racgp.org.au/afp>

GP learning – includes check and multiple choice questions

This is a good location for up to date multiple choice questions. It is renewed at the start of each triennium. GP learning is run through the RACGP and requires your usual RACGP log in to gain access.

Use the search function, and enter “multiple choice questions” for a full listing. You can also work through the “case of the month” series.

Check GP learning closer to the exams, this is where you will receive a practice paper which will be marked and feedback is available.

<http://www.gplearning.com.au>

Dermnet

This is a useful dermatology website for day to day practice. It also has summaries and quizzes when you access the health professional information.

<http://www.dermnetnz.org/doctors/index.html>

Foam 4 GP

Free open access medical education for GP's, with good range of exam focused resources

<http://foam4gp.com/>

Life in the fast lane

Online resource for emergency medicine specialists, but includes some great resources for GP's including their ECG library

<http://lifeinthefastlane.com/ecg-library/>

Think GP

You can subscribe to this for free; it takes you through a wide range of topics with questions attached. <http://thinkgp.com.au>

RRMEO tele-derm program (via email) and radiology cases

You should already be receiving this via email as a registrar; it is a great way to revise dermatology.

They have a list on their website of all the dermatology cases and also have some other good resources such as the radiology cases

https://www.rrmeo.com/rrmeo/dls_rrmeo.pl?a=welcome

CIAP

If you have a username and password you can access ciap. It has a wide range of resources including the therapeutic guidelines and interactive ECG tutorial.

<http://www.ciap.health.nsw.gov.au>

Up to Date

As a registrar with General practice training valley to coast you should all have access to this website. It's a great medical reference to check while studying

Therapeutic guidelines

This includes up to date guidelines for a wide range of health conditions, hopefully you're already using this on a daily basis.

<http://www.tg.org.au/>

Medicine Today

This is a journal you can access for free as a paper copy or online. Some articles are too detailed for the exam, but they also include useful summaries

<http://www.medicinetoday.com.au/home>

Text books and other resources

Murtagh's General practice – is essential reading for the exam. Its greatest use is for the diagnostic framework, approach to each clinical presentation, diagnostic triads and red/yellow flags

Australian Medicine Handbook – introductory pages in each section are a great way to revise management and medications

A good **dermatology textbook** is handy some examples are Fitzpatrick's Colour Atlas and Synopsis of Clinical Dermatology; Roxburgh's Common Skin Disease; "Skin Disease Diagnosis and Treatment" by TP Habib

Susan Wearne – **Clinical Cases for General Practice exams**. The best way to prepare for the clinical exam is to work through the cases in this book

GP Logic DVD – Preparing for your FRACGP Clinical Exam. This is available in the registrar library.

Tally and O'Connor - dig out those old textbooks from uni days