

RCA - supporting your GPST in their preparation

Three Consultation Analysis/ST3 Top Tips sessions/SOX



Getting ahead in ST1/2

RCA (or any future exam replacement) preparation starts at the earliest opportunity!

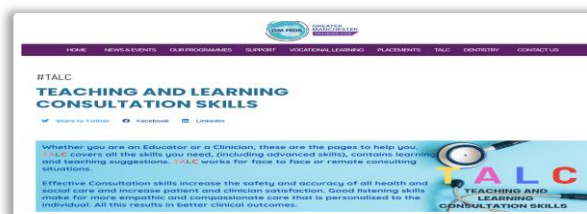
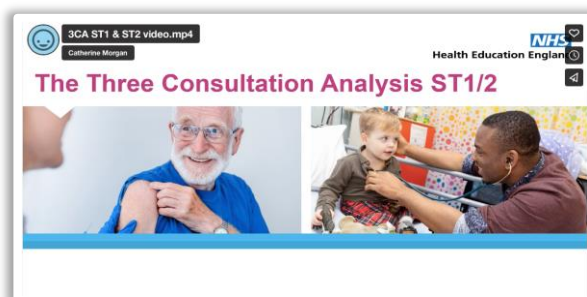
GPST1s (& GPST1 Clinical Supervisors) have access to **Virtual Primary Care (VPC)** - 150 consultation videos with associated links to clinical topic guidelines - do encourage your GPST1 to plan out their strategy, working through the wealth of learning opportunities to make the most of this resource (VPC is not accessible after ST1)!

The **Three Consultation Analysis (3CA)**. All GPST1/2s can submit 3 consultations to a SOX educator, who will offer tips for all and tutorials for those requiring additional support, for their stage of training. All GPST1/2s will have received an email offering them this opportunity if they are in a GP post - please encourage them to participate!

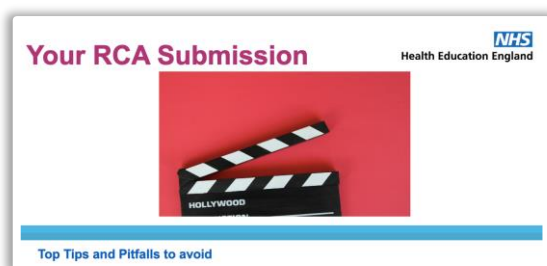
The **Teaching and Learning Consultation Skills (TALC)** resource is an excellent set of modules with detailed guidance on specific areas of the consultation - do signpost your GPST to make the most of these.

The **Healthy English** site is a valuable resource on linguistics, designed to help to address the language and communication needs of international GPSTs - if you think your GPST would benefit from using this resource to the site.

Click on the image to take you through to the site:



RCA Preparation in GPST3 & Extension



ST3 Top Tips

GPST3s and those on extension are regularly emailed about attending a lunchtime online session led by RCGP RCA examiners and experienced educators. They should attend one of these sessions for the latest tips and guidance on preparing for the RCA.

RCA Plus Package

This is an exam preparation package available for GPSTs to purchase and claim the cost back from their study leave budget. It also gives them access to the North West Consultation Toolkit. All ST3s should ensure they can access and benefit from this site.



Three Consultation Analysis 3CA & Guides

3CA usually accessed in ST1/2 to maximise the opportunity for early support. However, if for some reason your GPST hasn't previously participated, then they can access this, prior to their first RCA attempt in ST3. There are guides on the RCA on the Deanery website (*click the adjacent image to the page*)

RCA SOX

RCA SOX support is automatically offered to a GPST if they have unfortunately failed the exam (after each failed attempt). This is where a SOX educator will join you and your GPST in 3 spaced out tutorials, providing additional support. It involves feedback on submitted consultations and general guidance on a range of holistic areas, to support RCA preparation. RCA SOX has been very successful and trainer input is key.

Case title:		North West England Consultation Task	
Date:	Trainee name:	Your name:	
Global Skills		Tasks	Interpersonal Skills
Structures consultation		Opens consultation and explores problem	Generates report
Avoids repetition		Discovers patient's psychosocial context	Uses open questions appropriately
		Identifies cues	Clarifies and explores cues offered
		Discovers patient's ICE	Listens and shows curiosity
Progresses through tasks		Generates / tests diagnostic hypotheses	Uses closed questions appropriately
		Rules in / out certain disease	Verbalises thinking
Finishes data gathering by 6 mins		Undertakes appropriate examination and tests	
Uses clear language		Makes a working diagnosis	Seeks informed consent
Remains responsive to the patient		Offers a safe patient centred management plan	Verbalises diagnosis and rationale
		Provides follow up / safety net	Shares and uses ICE in plan
			Negotiates and uses psycho-social information in plan
			Supports in decision making
Total for Global Skills		Total for Tasks	Total for Interpersonal Skills

If you or your GPST require any support on accessing or utilising these opportunities,
please email: gpstraining.nw@hee.nhs.uk