

The RCGP Curriculum

The Curriculum Topic Guides

Super-Condensed Topic Guides 2021



Population Health: Promoting Health and Preventing Disease

The Role of the GP and emerging issues in primary care

- Contribute to the health of populations as well as individuals
- Participate in the key public health functions of health improvement, health protection, and health service design or reform
- Understand the social determinants of health, and address health inequalities
- Assess and address the needs of local population groups, in particular vulnerable and marginalised communities
- Assess and communicate risk
- Pandemic response.

Knowledge and Skills Self-Assessment Guide

Health Improvement

- The multiple determinants of health and their relationship to health inequalities
- Lifestyle factors affecting health (e.g. nutrition, sleep, exercise, smoking, alcohol) and actions to address them
- Approaches to behaviour change, promoting good health, and self-care
- Ethical issues around prevention, testing and treatment in pre-symptomatic or asymptomatic individuals, lifestyle choices, and individual versus community needs.

Health Protection

- Disease prevention programmes for common and important communicable and non-communicable diseases
- Health surveillance and notifiable diseases
- Occupational and environmental health issues in primary care
- Screening and immunisation, including individual risk-benefit conversations, ethical issues, and delivery of services.

Health Services

- Role of public health organisations in the UK
- Role of third sector, voluntary, and non-governmental organisations in population health
- Effect on health of government policies (e.g. housing, environment, infrastructure, taxation, tobacco control)
- Locally agreed health programmes (e.g. exercise on prescription, alcohol and substance misuse, smoking cessation, psychological therapies).

Evidence, epidemiology, and global health

- The scientific discipline and evidence-based practice applied to healthy as well as sick people
- The health of minorities and marginalised populations (including but not limited to refugees, asylum seekers, institutionalised groups, sex workers, the homeless, travellers, undocumented migrants, and victims of trafficking and torture)
- Global factors affecting the health and wellbeing of individuals and populations (e.g. climate change, air quality and pollution, health systems, pandemics, conflict and migration (including migration of health workers)).

How this might be tested in MRCGP

AKT

- Natural history of minor illnesses e.g. URTI
- Screening programmes
- Appropriate advice for self-care.

RCA

- CVD Review of overweight Asian man who smokes e-cigarettes and has impaired fasting glycaemia
- Woman in early pregnancy wants to discuss routine antenatal screening and monitoring care programme, stating that she wants minimal intervention
- Middle-aged man, who is in temporary accommodation and not permanently registered with a practice, has COPD with frequent exacerbations due to poor medication adherence.

WPBA

- Log entry about the baby immunisation clinic
- Consultation Observation Tool (COT) on discussing the benefits/risks of having a PSA test
- Case discussion on the health beliefs of a patient who is convinced he has cancer.

How to learn this topic

This section describes *examples* of opportunities for learning.
We recognise that Covid-19 restrictions have significantly affected their accessibility



Other relevant specialties

- Occupational Health
- Public health
- Health protection Unit
- Local Authority
- Social care
- Urban planning/ environmental health
- Prison/ probation service

Community/MDT

- Specialist clinics for vulnerable groups e.g. homeless, refugee, veterans, victims of torture/ trafficking, prisoners, FGM
- Voluntary Sector
- Screening e.g. breast
- National & global policies & programmes e.g. government, WHO

Core themes

- **Communication and Consultation** – notifiable diseases; using evidence appraisal skills to communicate risk/ benefit; communicating health information to groups (e.g. practice population); advocacy & policymaking
- **The normal and the abnormal** – concepts of health & wellbeing; case finding; screening
- **Prescribing** – primary prevention
- **Teamworking** – teams outside the GP practice
- **Health promotion & prevention** - behaviour change; address social determinants of health & inequalities
- **Medico-legal/Ethics** – pre-symptomatic testing; treatment in asymptomatic individuals, lifestyle choices; individual vs community needs; resource allocation.

Acute

- Consider social determinants of health/ inequalities when seeing acute presentations, hospital admissions, discharge planning etc.
- Take a social history
- Opportunistic health promotion
- Infection & Environmental Hazard Control
- Communicable disease management
- Response to public health emergencies

Primary Care

- Day to day practice & OOH in GP
- In-house clinics e.g. DM, COPD
- Health promotion
- Vaccination programme delivery
- Screening delivery e.g. cervical
- Locality primary care strategy and development meetings
- Health visitors and midwives
- Sustainable practice

Tips

- Audit/QIP
- Significant Event Analysis
- Clinical governance
- Risk Assessment
- Dr as teacher
- Leadership
- PHE guidelines