

The RCGP Curriculum

The Curriculum Topic Guides

Super-Condensed Topic Guides 2021



Musculoskeletal Health

The Role of the GP and emerging issues in primary care

- Support self-care and prevention of MSK problems
- Intervene urgently with emergency presentations
- Coordinate care with other healthcare professionals.
- Take into account the psychosocial impact of MSK problems
- Ageing population and advances in MSK treatments
- The long term sequelae of MSK problems on physical and mental health including work.
- Move towards urgent referral for inflammatory arthritis.

Knowledge and Skills Self-Assessment Guide

Symptoms and Signs

- Extra-articular symptoms e.g.: skin, eyes, gastrointestinal
- Falls and Trauma
- Joint pain, stiffness, swelling, redness
- Lumps and deformities of bone, joint and soft tissue
- Muscle pain and weakness

Common and Important Conditions

- Arthritis e.g.: inflammatory, reactive,
- Bone cancers

- Cervical spine deformities
- Chronic pain
- Congenital MSK disease
- Crystal arthropathies
- Hand disorders
- Infections
- Metabolic bone disease e.g.: Paget's disease
- Rheumatological disease e.g.: PMR
- Spinal disorders e.g.: cervical spine diseases, spinal stenosis, cauda equina
- Trauma, fractures and wounds.

Examinations and Procedures

- Spine and joint examinations
- Steroid injections

Investigations

- X-rays, CT, MRI, DEXA, Bone scans, Blood tests
- Scoring systems such as FRAX or Oxford knee/hip scores

How this might be tested in MRCGP

AKT

- Risk factors for osteoporosis
- Differential diagnosis of MSK pain
- Recognition of acute inflammatory arthritis

RCA

- Deaf patient has injured leg while training for marathon
- Elderly man with back pain keeping him awake in the night
- Teenage boy with groin/knee pain and a new limp

WPBA

- COT regarding diagnosis of fibromyalgia in patient with pain and normal investigations
- CEPS on a swollen knee joint
- COT on a patient who has been started on methotrexate and needs blood tests.

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

- Paediatric -the sick child and long - term care
- A&E fractures and trauma
- Medicine and medicine for elderly
- Psychiatry.

Acute

- General management of trauma; dislocations, fractures, including pathological.
- Acute spinal disorders including cord compression
- Crystal arthropathies
- Acute joint and soft tissue infections, osteomyelitis
- Compartment syndromes

Primary Care

- Day to day practice
- Joint injections / minor ops
- Out of hours in GP
- Home visits
- MSK and Sports injury clinic

Community/MDT

- Physiotherapy
- Occupational therapy
- OOH, minor injuries unit
- Rehabilitation units
- Podiatry

Core themes

- **Communication and Consultation** - explaining risk of surgery and complications, education of patient re-lifestyle. Focussed history taking, effective handover
- **Prescribing** - chronic pain management, wound dressings, appliances
- **Co-morbidity** - multiple pathology, psychosocial issues
- **Teamworking** - across health and social care, hospital and community. Working with a wide variety of specialities, A&E, GP OOH, pain management clinics
- **Ethical and medico-legal** - consent, confidentiality, patient autonomy; use of resources e.g. Radiology imaging for diagnosis, injury and compensation
- **Prevention** - of DVT in the mobile, of joint damage in the obese and inactive

Tips

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