

The RCGP Curriculum

The Curriculum Topic Guides

Super-Condensed Topic Guides 2021



Respiratory Health

The Role of the GP and emerging issues in primary care

- Recognise that the identification, assessment, diagnosis and treatment of most respiratory diseases are a primary care issue
- Consider how respiratory diseases affect various groups such as children, some occupational and ethnic groups, those with social and mental health challenges, and those nearing the end of their life
- Promote, and offer treatments for, smoking cessation
- Holistically manage chronic respiratory disease, including implementing systems for monitoring and review
- Encourage self-management and other person-centred models, for example in the management of minor respiratory illnesses or exacerbations of chronic illnesses
- Covid-19 – participate in the clinical spectrum of prevention, diagnosis, management (including co-morbidities) and service delivery/improvement.

Knowledge and Skills Self-Assessment Guide

Symptoms and Signs

- Chest pain
- Cough
- Dyspnoea
- Haemoptysis
- Lymphadenopathy
- Pleural effusion

- Signs of respiratory distress in children
- Stridor and hoarseness
- Systemic symptoms such as fever, malaise
- Tachypnoea
- Wheeze.

Common and Important Conditions

- Asthma-COPD overlap
- Asthma: acute and chronic in children and adults
- Bronchiectasis
- Causes of pleural effusion
- Chronic obstructive pulmonary disease
- Connective tissue diseases affecting the lung (e.g., rheumatoid arthritis, SLE and sarcoidosis)
- Covid-19: acute and post-acute
- Cystic fibrosis
- Emphysema including α 1-antitrypsin deficiency
- Immunosuppression affecting the respiratory system
- Lower respiratory tract infections and sepsis
- Lung fibrosis and associated causes
- Occupational respiratory diseases
- Pneumothorax
- Pulmonary embolism
- Respiratory failure and methods of ventilation such as CPAP for sleep apnoea
- Respiratory malignancies, including laryngeal, bronchial and pleural. Primary and secondary lung malignancies, and related para-neoplastic syndromes
- Upper respiratory tract infections including tonsillitis, peri-tonsillar abscess, epiglottitis, laryngitis, pharyngitis and tracheitis.

Examinations and Procedures

- Appropriate focused clinical examination to identify respiratory disease
- Specific procedures, such as peak expiratory flow rate measurement
- Demonstrate the correct use of a dry powdered and metered dose inhaler and check that a patient can use their device properly

- Administration of inhaled bronchodilators with spacer or nebuliser.

Investigations

- Primary care investigations such as peak expiratory flow rates, spirometry, exhaled nitric oxide testing (FeNO), pulse oximetry, blood tests and sputum culture
- Disease scoring tools (e.g., for community acquired pneumonia)
- Indications for chest-x-rays, CT and MRI scans, and bronchoscopy.

Other

- Key medications including oxygen; their indications and common side effects
- Inhaler devices, including types of devices and their ease of use
- Patients' understanding of prescribed inhaled medication, both routinely and in an emergency, including its appropriate use and technique
- Smoking cessation and pulmonary rehabilitation.

How this might be tested in MRCGP

AKT

- Interpretation of spirometry results
- Symptoms of lung cancer
- Aetiology of community-acquired pneumonia.

RCA

- Blind woman has recently been diagnosed with asthma and was prescribed salbutamol, but she is still symptomatic
- Carer requests a house visit to an elderly man who has a dry cough and become slightly confused over the past few days
- Man with COPD has been stable on three inhaled medications but is now complaining of increasing cough and dyspnoea. Examination expected by patient.

WPBA

- Log entry about your involvement in the asthma clinic and the indications for the different asthma inhalers available
- Consultation Observation Tool (COT) about a woman with a persistent cough whose chest x- ray suggests sarcoidosis
- Audit on the use of high-dose steroid inhalers against current national guidelines.

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

- Respiratory physiotherapists
- Exercise trainers
- Occupational Health
- OT and rehab
- Oncology
- Palliative care
- Genetic clinics (e.g., cystic fibrosis)
- Public health teams e.g., disease surveillance and notifiable diseases; addressing air pollution, obesity, smoking etc that impact on respiratory disease in populations.

Community/MDT

- Outpatients/specialised clinics e.g., TB clinic, bronchoscopy
- Community specialist respiratory teams
- Community weight management and smoking cessation services
- Patient groups and organisations e.g., Asthma UK

Core themes

- **Communication and Consultation** – person centred approaches & patient education e.g., around exacerbations & preventive care; behaviour change approaches e.g., smoking cessation; breaking bad news
- **The normal and the abnormal** – self care in minor illness; timely recognition of serious conditions e.g., lung cancer, sepsis; impact of co-morbidities
- **Prescribing** – inhalers & technique; medication adherence; prescribing oxygen
- **Teamworking** – role of MDT in respiratory disease management
- **Health promotion & prevention** – weight management, smoking cessation, health inequalities
- **Medico-legal/Ethics** occupational lung diseases & financial compensation; end of life; patient autonomy

Acute

- Learning from hospital emergency attendances and referrals from primary care, for example:
 - recognising late/preventable presentations
 - delivering emergency medications e.g., nebulised, treatment of anaphylaxis
 - understanding acute procedures such as chest drain
- Being a member of the 'Arrest Team'
- Using scoring systems to assess severity e.g., for pneumonia
- Following the patient journey e.g., via ward rounds, multidisciplinary meetings, and discharge planning.

Primary Care

- Day to day practice
- Out of hours/ urgent care in GP
- Walk in centres/ minor illness hubs
- Practice nurse led respiratory clinics - asthma management plans, lung function assessments, correct inhaler technique, chronic disease review.

Tips

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