

The RCGP Curriculum

The Curriculum Topic Guides

Super-Condensed Topic Guides 2021



Older Adults

The Role of the GP and emerging issues in primary care

- Working *with* patients to promote health in old age
- Monitor and manage long-term health conditions and multimorbidity
- Consider the social and psychological impact of long-term disability and declining function
- Coordinate care with other organisations and work with other healthcare professionals for acute and chronic care including charities and voluntary sector
- Support patients, relatives and their carers to manage their illnesses
- Disease prevention activities including identifying and managing the risks older adults face e.g. falls, memory, continence, immunisations
- Ethics: Capacity, Consent, Advocacy
- Local Demography and potential healthcare inequalities

Knowledge and Skills Self-Assessment Guide

Symptoms and Signs

- Normal physical and physiological changes
- Adaptations older people make

Common and Important Conditions

- Cancer and red flags
- Cardiovascular e.g. AF, heart failure, hypertension, CAD, PVD
- Co-morbidity, polypharmacy, malnutrition, social isolation, communication
- End-of-life care: moral, ethical and emotional issues
- Musculoskeletal: falls, fractures, gait disorders, osteoporosis, osteoarthritis
- Neglect and abuse (emotional, mental and physical) in the elderly

- Neurological: Parkinson's disease, stroke and confusion
- Psychiatric: anxiety and depression, delirium, dementia
- Renal: CKD, hydration
- Respiratory: COPD
- Skin: pruritus, ulcers, skin malignancies + benign lesions, lichen sclerosis
- Urogenital: infections, incontinence, LUTS, BPH

Examinations and Procedures

- Consent and assessment of capacity
- Accurate measurements e.g. dementia screening, assessing for arrhythmias
- Appropriate monitoring and use of investigations
- Indication and administration of vaccinations (flu, pneumococcal, shingles)

Investigations

- Changes in the normal range of laboratory values
- Interpretation of ECG (e.g. diagnosing AF)
- Blood pressure (e.g. risk of hypertension and also postural hypotension).

How this might be tested in MRCGP

AKT

- Osteoporosis risks and prevention
- Drug interactions
- Prevention of illness
- Assessment tools

RCA

- An elderly patient experiencing side effects of their anti-hypertensive medications
- Family member phones to express their concerns about memory loss in a relative
- Advance care planning and Advance Directives discussions

WPBA

- Assessment of capacity and consent
- Reflection on ethical issues e.g. advocacy
- Reflection on the use of routine blood tests
- CAT - formulating Care plans

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

- Cardiac/Neuro/Orthopaedic/
Respiratory Rehabilitation
- Nutrition
- Complex neurological impairments
- Driving assessment
- Prosthetics and wheeled mobility
- Depression and cognitive impairment
- Sequelae of Alcohol & substance misuse

Acute

- Acute Confusional State
- Acute exacerbations of chronic illness
- Psycho-social issues and influences
- Stroke
- Falls
- Infections
- Acute nutritional crisis
- Agitation & acute behavioural disturbance

Primary Care

- Out of Hours in GP
- Outpatients/specialised clinics
- Home visits
- Day hospital
- Diploma in Care of the Elderly
- Long term conditions

Core themes

- **Communication and Consultation** - Adults incapacity, carers, breaking bad news, determining competency. Consent
- **Prescribing** - polypharmacy, compliance
- **Co-morbidity** - multiple pathology, psychosocial issues
- **Teamworking** - across health and social care, discharge planning/MDT
- **Safeguarding and protecting** - abuse, vulnerable groups
- **Ethical and medico-legal** - power of attorney, capacity, DNARs/advanced directives

Community/MDT

- Liaison, Co-ordination & Advocacy of elderly patient & carers
- HV, Social workers, police, physiotherapists, OT, community nursing homes, residential homes, assisted living
- Community rehabilitation resources

Tips

- Audit eg UTIs
- Significant Event Analysis
- Clinical governance eg blood tests
- Risk Assessment eg falls
- Dr as teacher
- Leadership eg care homes
- BNF eg drug interactions
- NICE guidelines