

**The RCGP Curriculum**

**The Curriculum Topic Guides**



**Super-Condensed Topic Guides 2021**

## **Dermatology**

### **The Role of the GP and emerging issues on primary care**

- Understanding the natural history of untreated skin conditions
- Recognition of normal variations throughout life
- Recognise the importance of the psychosocial impact of skin problems
- Appreciate the complexity of some skin problems, and shared management with secondary care where needed
- Appreciate that the skin often evidences underlying systemic disease
- Appreciate the skin changes in older people as well as increased exposure to sun damage in an older population
- Understanding and educating patients concerning risk factors and self-care
- Understanding how different skin conditions manifest across different skin types and the varying cultural and psychological implications
- The increased prevalence of aesthetic surgery
- Biological treatments for chronic skin conditions

### **Knowledge and Skills Self-Assessment Guide**

#### **Symptoms and Signs**

- Birthmarks
- Blisters
- Dry skin and scaling including the scalp
- Erythema
- Hair loss and hirsutism
- Hyperhidrosis

- Hyper-, hypo- and depigmentation
- Nail dystrophies
- Itchy skin and scalp
- Purpura, petechiae
- Pustules, boils
- Viral exanthema
- Wounds, scar formation and complications, especially variable expression in different skin types

#### **Common and important conditions**

- Acne rosacea + Acne vulgaris
- Blistering diseases including pemphigoid, pemphigus, porphyria
- Dermatological emergencies eg Stevens-Johnson syndrome
- Eczema: infantile, childhood, atopic, seborrhoeic, contact allergic, irritant, discoid
- Hair disorders
- Hidradenitis suppurativa
- Hypopigmentation (eg vitiligo) and hyperpigmentation (eg acanthosis nigricans)
- Infections: viral, bacterial, fungal, spirochaetal, TB, parasitic infestations, travel-acquired
- Lichen simplex, lichen planus, lichen sclerosus
- Light sensitive disorders
- Pityriasis rosea and Pityriasis versicolor
- Psoriasis: plaque, guttate, flexural, scalp, nails, pustular and erythrodermic
- Skin manifestations of systemic disease eg lupus, erythema nodosum/ multiforme, vitamin deficiencies
- Skin tumours
  - benign lesions eg naevi, dermatofibroma, cysts, seborrheic keratoses
  - lesions with malignant potential eg solar keratoses, Bowen's disease, cutaneous horns and keratoacanthomas
  - malignant lesions especially red flag features eg, malignant melanoma, SCC, BCC, metastases
- Ulcers and their causes – for example, arterial, venous, neuropathic, pressure, vasculitic, malignant, infectious
- Urticaria, angio-oedema and allergic skin reactions including adverse drug reactions

#### **Examinations and procedures**

- Common and obscure terminology used to describe skin signs, rashes and manifestations
- Examination of the skin, nails, scalp, hair, and other systems such as joints and eyes
- The variation in presentation and expression of skin conditions across a range of skin types

#### **Investigations**

- Skin and nail sampling

- Patch and prick testing
- Photography
- Dermatoscopy
- Relevant blood tests for underlying causes of skin conditions eg lupus, thyroid disease

### **How this might be tested in MRCGP**

#### AKT

- Recognition of a malignant skin lesion from photographs
- Management of psoriasis
- Differential diagnosis of alopecia

#### RCA

- A woman who has patchy hair loss and was advised to attend by her hairdresser (patient will provide photograph)
- A man with dark skin has dry itchy skin with areas that have become darker and roughened (patient will provide photograph)
- A waiter with excessive sweating on palms and axillae affecting his work

#### WPBA

- Consultation Observation Tool (COT) about a teenager with moderately severe acne
- COT about a mother whose baby has widespread infantile eczema
- Audio COT with a woman who has a rash which she thinks looks like Lyme disease following a weekend camping

# 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

- Dermatology outpatients
  - Light treatments
  - Biologics
  - Nurse specialists
- Nutrition especially vitamins
- Plastic surgery
- Aesthetic surgery

## Acute

- Systemic Illness
- Acute exacerbations of chronic illness
- Psycho-social issues and influences
- Skin infections
- New presentation of chronic disease

## Primary Care

- Review and ongoing support
- Annual reviews
- Chronic systemic illness
- Monitoring: Thyroid, Iron
- Psychological effects
- Diet

## Core themes

- **Communication and Consultation** – Chronic skin conditions, breaking bad news
- **Prescribing** – side effects and risks
- **Co-morbidity** – systemic illness, psychosocial issues
- **Different Skin Types** – different skin disorders, as well as different manifestations of common disorders across a range of skin types

## Community/MDT

- Shared care
- Psychology/counselling
- GPwSI clinics
- District Nurses
- Podiatry

## Tips

- Audit eg isotretinoin, moisturisers
- Annual dermatology Life Quality Index Assessment
- Clinical governance: SEAs, complaints
- Dr as teacher
- Pts as experts
- BNF eg drug side effects