

The RCGP Curriculum

The Curriculum Topic Guides

Super-Condensed Topic Guides 2021



People at the End of Life

The Role of the GP and emerging issues in primary care

- Early identification of patients approaching end of life
- Holistic care of the patient, their family and carers
- Understand the importance of the MDT
- Understand the importance of personalised care and support planning
- Understand your role in care after death
- The appropriate roles of Treatment Escalation Plan (TEP), Do Not Resuscitate Order (DNAR) and Advance Decision to Refuse Treatment (ADRT) documentation in allowing a dignified death and preventing unnecessary distress for all involved
- Application of an early palliative care approach for diagnoses other than cancer

Knowledge and Skills Self-Assessment Guide

Symptoms and Signs

- Pain
- Cachexia, anorexia and fatigue
- Psychological problems
- Gastrointestinal, neurological, respiratory and skin symptoms

Common and Important Conditions

- Pain
- Emergencies including haemorrhage, hypercalcaemia, SVC obstruction, spinal cord compression, sepsis

Examinations and Procedures

- Assessing and diagnosing the cause of symptom
- Pain symptom management
- Psychological support
- Ability to prescribe anticipatory medicines and syringe driver

Investigations

- Clear rationale for any investigations ordered

How this might be tested in MRCGP

AKT

- Recognising emergencies in palliative care
- Entitlement to benefits such as DS1500
- Management of different types of pain e.g.: neuropathic or metastatic bone pain

RCA

- A man with bowel cancer wants to discuss his care
- Phone call: A DN requests antiemetic for a dying patient
- A Muslim woman wants reassurance that her husband's EoL care and funeral will comply with his religious traditions

WPBA

- Log entry reflecting on organising home oxygen for a patient with end-stage COPD
- Consultation observation tool (COT) about DNAR
- Log entry about chairing the practice palliative care meeting

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

- Both adult and paediatric specialties
- Diagnostic services – radiology
- Oncology and Palliative Care
- Mental health and psychological support services including bereavement
- Hospice services

Acute

- Emergency attendances and referrals from primary care
- Urgent symptom control
- Acute complications, and their management
- Dealing with dying patients on the wards

Primary Care

- Day to day practice and Out of hours
- Attend Gold Standard Framework and MDT meetings
- Managing end of life care in the home, Care home visits
- Building relationships with care givers.

Community/MDT

- Palliative care specialist teams
- Hospital day care
- MacMillan / Marie Curie services.
- Charitable sector organisations
- Social care services

Core Themes

- **Communication and Consultation** -breaking bad news in an acute setting. Developing relationships to facilitate person-centred care
- **Prescribing** – Controlled and anticipatory drugs .Interactions including adverse interactions, compliance if required
- **Co-morbidity** - multiple pathology, psycho-social issues
- **Teamworking** - across health and social care, hospital and community. Working with a wide variety of specialities.
- **Ethical and medico-legal** - capacity, DNARs/patient autonomy, consent, confidentiality, determining competency

Tips

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