

# The RCGP Curriculum

## The Curriculum Topic Guides

Super-Condensed Topic Guides 2021



## Gastroenterology

### The Role of the GP and emerging issues in primary care

- Diagnose, investigate and manage digestive symptoms and refer when appropriate
- Consider the social and psychological impact of digestive problems
- Recognise and act on gastrointestinal emergencies
- Coordinate care with other organisations and work with other healthcare professionals for acute and chronic digestive disease management
- Support patients, relatives and their carers to manage their gastrointestinal condition
- Primary care has an important role in assessing cancer risks and early referrals
- Increasing incidence of liver morbidity and mortality and importance of the GP in preventing liver disease

### Knowledge and Skills Self-Assessment Guide

#### Symptoms and Signs

- Abdominal masses and distension
- Abdominal pain
- Bowel issues: constipation, diarrhoea, changes in bowel habit, tenesmus and faecal incontinence
- Dyspepsia, dysphagia, bloating
- Jaundice
- Weight loss and weight gain

#### Common and Important Conditions

- Gallbladder disease: gallstones, cholecystitis, cholangitis, biliary colic

- GI malignancy
- Liver disease: hepatitis, drug-induced, cirrhosis, autoimmune
- Lower GI Conditions: constipation and diarrhoea, infections, IBD, IBS, coeliac disease, rectal problems
- Nutritional problems and disorders of weight: obesity and weight loss (thyroid disease and endocrine disorders), PEG and parenteral feeding
- Pancreatic disease: acute and chronic pancreatitis, malabsorption,
- Upper GI Conditions: Gastrointestinal bleeds, GORD, peptic ulcer disease, hiatus hernia, benign oesophageal conditions

#### **Examinations and Procedures**

- GI examinations – importance of dignity, respect and putting the patient at ease and where appropriate chaperone

#### **Investigations**

- Stool tests: culture, faecal calprotectin, FIT
- Tests of liver disease and function: immunological tests and markers of cirrhosis and malignancy
- Scans and imaging: endoscopy, colonoscopy, ultrasound
- Screening programmes for colorectal cancer

#### **Other**

- Appropriate tailoring of treatment to cater for the patient's GI function and preferences
- GI symptoms can be a side effect of medicines commonly used
- Drug and alcohol misuse can result in a range of associated gastrointestinal, liver problems and other complex issues
- Important role of health beliefs and the impact of social and cultural diversity relating to the presentation of GI disorders

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

#### **AKT**

- Investigation of rectal bleeding in different patient scenarios
- Drug therapies for inflammatory bowel disease
- Interpretation of liver function tests.

#### **RCA**

- Obese man has a cough which is worse overnight and first thing in the morning. Examination expected by patient
- Young woman complains of recurrent abdominal pain and bloating

- Elderly woman asks for an explanation and advice after a hospital outpatient attendance. The consultant's letter (provided) gives a diagnosis of diverticular disease

#### WPBA

- Case discussion about a man who continues to have upper abdominal pain following a recent cholecystectomy
- Log entry about a referral for a woman with dysphagia through the urgent cancer pathway
- Quality Improvement Project (QIP) looking at how effective your GP practice is at suggesting suitable interventions to patients who may potentially be at risk of liver disease.

# 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

- Rehabilitation post abdominal surgery
- Management of poor nutritional state
- Oncology and Palliative care

## Acute

- Recognition and management of the Acute abdomen
- Vomiting, rash, fever, abdominal pain, diarrhoea, acute shock
- Acute exacerbation of chronic illness: IBD, diverticulitis, liver failure, gallstones,
- Early and ongoing diagnosis /early management of cancer conditions

## Primary Care

- Day to day practice
- Out of hours in GP
- Outpatients/specialised clinics e.g. IBD, liver disease clinics
- Care home visits – nutritional care, parenteral feeds
- DNAs – stoma care
- Living with IBS

## Tips

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

## Core themes

- **Communication and Consultation** – Breaking bad news, explaining diagnosis of conditions and negotiating management plans: alcoholic liver disease, IBS, fatty liver
- **The normal and the abnormal** – abdominal examination, weight loss/gain
- **Prescribing** – evidence-based prescribing and shared care medication such as immunologics, monitoring and side-effects
- **Teamworking** - general surgery, specialist services
- **Health promotion & prevention** – Lifestyle modifications, bowel screening
- **Medico-legal/Ethics**-Capacity, alcohol intoxication requests for further investigations: IBS

## Community/MDT

- IBD and stoma care nurses
- Community Dietitians
- Alcoholics anonymous