

MRCGP and the Registrar Year
Dr Joanna Collyer

The Registrar Year

- Busy, busy, busy!
- Get organised
- Need to contact
 - Primary Care Authority
 - Criminal Records Bureau
 - Performer's List
 - Defence Union
 - KSS Deanery

Arriving in Practice

- Get to know everyone
 - Practice staff
 - Primary Care Team i.e. DN, HV etc
- Computer software i.e. Vision, EMIS etc
 - Choose and Book
- Telephone Book

Hoops to Jump Through

- Summative Assessment
- MRCGP

Summative Assessment

- Audit
- MCQ
- Video
- Trainer's Report
- Out of Hours

Audit

- Time consuming no matter what the deanery says!
- Start early
- Keep it simple
- Get Criteria and Standards ready first-the whole audit depends on it
- Whole idea is to try and demonstrate change
- Try and submit early so in case the worst happens you still have time to finish it

MCQ

- COGPED
 - 3 hours long
 - Pass rate 94%
 - Free
- MRCGP
 - 3 hours
 - Pass rate ~75%
 - £295
- Core topics
 - Ophthalmology
 - ENT
 - Dermatology
- Mental Health Act
- DVLA
- Sick Certification
- Statistics

Video

- Single route or separate?
- Start early to get over stage fright
- Get familiar with the criteria
- Get plenty of tapes
- If you've got a good video guard it with your life-keep tape separate
- Log book
- Beware of deadlines

Trainer Report

- Be brilliant for a year!
- Download early
- Start filling in at start of year
- Regular updates in tutorials so no gaps in knowledge or evidence
- Send off 6 weeks before the end with VTR form

Out of Hours

- Start early
- Download workbook
- Vary person who supervises you
- Try different shifts
- Watch the website for free shifts

Courses

- Very little money for courses therefore try and do as an SHO
 - DFFP, Child Surveillance, Minor Surgery, DRCOG etc
- Dermatology-2 day course in Brighton £60
- GP refresher courses
- MRCGP
 - RCGP: 5 days extensive
 - KSS Deanery
 - Pastest
 - Una Coles etc

MRCGP

- Look at website for application dates and exam dates (beware change to nMRCGP)
- Have a go.....only money to lose!
- 4 components
 - MCQ
 - Written paper
 - Video
 - Viva

Written paper

- 3 - 3½ hours
- Tiring
- 3 types of questions
 - Hot topics
 - Critical reading
 - Issues
- Learn basic constructs to answering Q's
- Start reading BMJ, DTB, BJGP early

Viva

- Get marking sheet
- Find a friend
- Look at past questions
- Learn basic constructs and key phrases
 - "This raises a number of ethical and legal issues"
- Two 20 min sections
- Don't commit too early to a yes or no answer

Websites

- www.gpkss.ac.uk
- www.nosa.org.uk
- www.rcgp.org.uk
- www.doctors.net.uk/forum


