

ARCP Requirements – Core Medical Training Year 1

To progress satisfactorily (i.e. achieve an Outcome 1) for CMT Year 1, each trainee needs:

1. A satisfactory end of year Educational Supervisor report
2. To have passed MRCP Part 1 at least
3. To have attended at least 20 clinics over the year
4. To have satisfied the following procedural requirements:
 - (i) Essential procedures part A – skills lab or supervised practice (any DOPS) for all of the following
 - a. Advanced CPR
 - b. Ascitic tap
 - c. LP
 - d. NG tube insertion and checking
 - e. Pleural aspiration (but support for USS allowed)
 - (ii) Essential Procedures part B – no requirements for CT1
 - a. Central venous cannulation
 - b. Intercostal drain insertion
 - c. DC cardioversion
5. To complete a MSF and a MCR
A valid MSF must have at least 3 consultant responses, a mix of medical and allied staff and be complete within 3 months of sending the tickets.

The MCR should not include the ES and can be spread throughout the year.

6. At least 10 **consultant-led** SLEs/WBPA including at least 4 **consultant-led** ACATs per year
7. To have the 5 following areas of their curriculum ratified by their ES
 - (i) Common competencies
 - Trainee to link evidence for at least 5
 - Trainee to ratify at the group level only (i.e. at the top)
 - ES to ratify at the group level only preferably with comments
 - (ii) Emergency presentations (must be achieved by end of CT1)
 - a. Cardio-resp arrest – ALS acceptable or DOPS
 - b. Shocked patient – skills lab but ideally SLE
 - c. Unconscious patient – skills lab but ideally SLE
 - d. Anaphylaxis/severe drug reaction – skills lab or SLE

- (iii) Top presentations
 - Trainee to link evidence for at least 11 (of the total of 22)
 - Trainee to ratify at group level
 - ES to ratify at group level

- (iv) Other important presentations
 - Trainee to link evidence for at least 15 out of 39
 - Trainee to ratify at group level
 - ES to ratify at group level

- (v) Essential CMT procedures (see section 4 above)
 - Part A – skills lab or supervised practice for all 5
 - o Trainee to ratify at group level
 - o ES to ratify at group level
 - Part B – no requirements for any at end of CT 1
 - Part C - optional section – no targets required

This can be done with as few as 5 ticks/ratifications each by trainee and ES.

8. Quality Improvement Projects (QIPs)

A Quality Improvement Project (QIP) plan, report and QIP assessment tool (QIPAT) should be evidenced within the portfolio.

9. Others

Valid ALS cert uploaded into portfolio

Evidence of teaching attendance and ideally of teaching given with feedback

All trainees must complete a Form R prior to attending ARCP

Any complaints or serious incidents must be addressed on the Form R with a dated reflection in the portfolio