

Preparing trainees for the CSA workshop outputs; 9.1.19

S. Gupta and C. Giles

Groups previous experiences;

- Repeated failure (leading to increased anxiety)
- Identifying risk factors for failing the CSA
- Big variation in trainee skills
- 10 minute consulting (time pressure)
- CSA courses; which ones are useful?
- Simulated consultations
- Joint consultations with trainer
- Not just about consultation skills

Group tasks;

What is the CSA testing?

- Being safe to work as an independent GP- GMC
- Effective communication
- UK- GP style consultations
- Knowledge
- Data gathering- facts and managing
- Resource; efficient use of time
- Management; knowledge
- Prioritisation
- Structure of consultation, the “flow”
- Dealing with uncertainty, and human responses
- Person centred consulting
- Negotiating
- Variety, leads to holistic assessment of a trainee overall
- Listening skills; no need to type!
- English language skills
- Use of resources, understanding of the NHS system
- Professional conduct

What factors may suggest to you that a trainee may need intensive support to prepare?

- Confidence level; too little, too much
- Knowledge gaps
- Poor network
- Past failures
- Personal factors
- Stressors eg complaints (patients, staff)
- Cultural factors.

- Language problems
- Lack of insight (trainee, trainer)
- Lack of engagement with ePortfolio
- External factors; personal (commute, childcare), sickness, hormones (male and female)
- Attitude – poor professionalism
- Asking for help; too often, too little
- Poor at exams; anxiety, poor technique
- Unsatisfactory ESR / ARCP

What resources could you advise a trainee about to aid preparation?

- Study groups; create a CSA group with fellow trainees (ensure group is effective, maybe check in with TPD re this)
- Speak to fellow trainees / colleagues in practice (eg salaried doctors) who have passed the CSA recently
- Time management; get used to 10 minute consultations
- Use every patient encounter as a learning resource
- Role play; use fellow trainees/ members of staff/ patients
- Observed consultations; joint surgeries, video surgeries
- RCGP case cards to practice explanation
- RCGP web-site; look at the advice, and look at the last 3 year feedback which is published there
- RCGP web-site virtual tour of the examination centre/ visit the RCGP
- VTS mock exams
- Hot topics / Red Whale course
- CSA prep' courses
- Know the CKS /NICE guidelines
- Bradford and Pennine VTS web-sites
- Books; eg CSA symptom sorter
- RCGP CSA case workbook
- csarevision.com
- ST3 top tips
- Ciris connect video (licence £100)
- Simpatico; company providing role players, Cambridge based (charged per session per trainee)
- CSA f2f courses
- Performance Support Unit

How can you help a trainee that you have concerns about/ who has failed the CSA?

- Identify cause; ? use CSA marking scheme
- Identify any personal issues
- Clinical knowledge; find and improve clinical deficiencies
- Communication skills course; deanery, TPD, trainers

- Role playing
- Inform the TPD
- Verbalise thoughts; differential diagnosis, must not miss, red flags.
Probability of illness. Management
- COTs
- Joint consultations
- Is the CSA practise group effective?
- ?CSA courses