Preparing trainees for the CSA workshop outputs: 9.1.19
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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