

# GPSTR ST1/ST2 Specialty Guide

## MEDICINE

### Royal Derby Hospital

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GPSTR Doctor:

DATE OF COMMENCEMENT	
CONSULTANT/S	
DATE OF COMPLETION	

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**NOTES**

## ACUTE PROBLEMS

Some acute problems will rarely be seen by a GP but you will still need to be able to recognise and deal with them.

It is helpful for you to gain experience in as many of these problems as possible during your medical post:

- Diabetic Keto Acidosis
- Hypoglycaemia
- Epileptic fits
- The collapsed patient
- Drug overdose
- Acute Left Ventricular Failure
- Acute asthma
- Exacerbation of COPD
- GI bleed
- Meningitis

## COMMON PROBLEMS

Medicine related problems a GP frequently encounters are listed below:

- IHD
- Diabetes
- COPD
- Asthma
- Arthritis
- Hypertension
- Cerebrovascular Disease
- Cancer

Patients frequently have more than one chronic problem.

Try to gain experience of managing these patients (e.g. in clinic) in your hospital post.

## INTRODUCTION

Medicine related problems account for a large part of a GP's workload, particularly in the elderly, so a hospital medicine post provides very relevant training.

## TRAINING AIMS

The Derby GP Specialty Training Medicine ST1 and ST2 posts at RDH provide jobs giving an ideal mix of experience for a future GP.

This guide is designed to help you identify the clinical learning opportunities within the post.

The department of Medicine team will be able to help you define and remedy any gaps in your knowledge or experience.

They will provide you with a series of clinical assessments (see below). You are responsible for making sure these take place and that they are properly documented in your e-portfolio.

Your overall aim is to gain experience to enable you to care for patients with medical problems in General Practice.

The Medicine team have kindly agreed to ensure that you will be able to attend the GP Training Half Day Release Teaching Sessions. At times this will inevitably clash with your on-call responsibility.

Apart from the Wednesday afternoon GP Training sessions you should try to attend the in-house educational meetings which are usually at lunch time.

## ASSESSMENTS

### RECORDING ASSESSMENTS

All assessments should be recorded in your e-portfolio. This is your responsibility although your Clinical Supervisor and Educational Supervisor will also have to complete assessments on your e-portfolio. The e-portfolio forms a continuous record of your progress and will be submitted to the Deanery to “sign you off” at the end of your training. If you are having technical problems with the e-portfolio please contact the e-portfolio Enquiries/Help.

### WORKPLACE BASED ASSESSMENTS

A series of workplace based assessments are also needed. These are similar to the foundation post assessments you may have already done.

During your 4 months post you will need to do the following Assessments:

- ⇒ **2 x Mini-ces** (Clinical Examination exercises)
- ⇒ **2 x CBDs** (Case-based Discussions)
- ⇒ **1 x MSF** (Multi-source Feedback ) 5 Clinicians only
- ⇒ **2 DOPS** (Direct Observation of Procedures)

Suggested DOPS that may be considered in this post are:

1. Rectal exam / prostate examination
2. Aspiration of effusion
3. Proctoscopy

Your **Consultant** will also need to complete a **Clinical Supervisor’s** Report which he/she will discuss with you before submitting.

### PRACTICAL SKILLS

*You may be able to do some of these, assist with some and observe others*

Be able to interpret ECG CXR and blood test results	Unsure <input type="checkbox"/>
	Satisfactory <input type="checkbox"/>
	Confident <input type="checkbox"/>
Cardio respiratory resuscitation	Unsure <input type="checkbox"/>
	Satisfactory <input type="checkbox"/>
	Confident <input type="checkbox"/>
Arterial blood gas sampling	Unsure <input type="checkbox"/>
	Satisfactory <input type="checkbox"/>
	Confident <input type="checkbox"/>
Lumbar puncture	Unsure <input type="checkbox"/>
	Satisfactory <input type="checkbox"/>
	Confident <input type="checkbox"/>
Liver biopsy	Unsure <input type="checkbox"/>
	Satisfactory <input type="checkbox"/>
	Confident <input type="checkbox"/>
Pleural tap	Unsure <input type="checkbox"/>
	Satisfactory <input type="checkbox"/>
	Confident <input type="checkbox"/>
Temporary pacemaker	Unsure <input type="checkbox"/>
	Satisfactory <input type="checkbox"/>
	Confident <input type="checkbox"/>

## CLINICAL MANAGEMENT SKILLS

Understand, identify and provide first line management for common medical emergencies	Unsure <input type="checkbox"/>
	Satisfactory <input type="checkbox"/>
	Confident <input type="checkbox"/>
Be clear about the role of other members of the team especially nurses, physiotherapists and occupational therapists	Unsure <input type="checkbox"/>
	Satisfactory <input type="checkbox"/>
	Confident <input type="checkbox"/>
Be able to link a differential diagnosis to a preliminary management plan	Unsure <input type="checkbox"/>
	Satisfactory <input type="checkbox"/>
	Confident <input type="checkbox"/>
Be able to make appropriate reviews of ward patients	Unsure <input type="checkbox"/>
	Satisfactory <input type="checkbox"/>
	Confident <input type="checkbox"/>
Appreciate the process and issues related to discharge from hospital	Unsure <input type="checkbox"/>
	Satisfactory <input type="checkbox"/>
	Confident <input type="checkbox"/>
Be able to use investigations in an appropriate manner	Unsure <input type="checkbox"/>
	Satisfactory <input type="checkbox"/>
	Confident <input type="checkbox"/>

**Remember: “The E-portfolio is King”  
You must keep a copy of all assessments as they will be needed in the future**

## HOSPITAL JOB ASSESSMENTS

You will be contacted by the Deanery (via your E-portfolio) to complete an on-line assessment of your hospital post. (Bristol on-line Survey) This is mandatory and is a requirement of training.

## INDUCTION & ORIENTATION

Identify your clinical duties and responsibilities and make sure you are aware of the various clinical guidelines and protocols for dealing with clinical problems.

Be sure you are clear who is supervising you at all times and be sure you know how to contact them.

Check that you know what documentation you need for clinical records and for discharge summaries.

**On-Call Rota:** You need to be clear about your on call responsibilities and the process for swapping for annual leave etc.

## SKILLS

The GP Curriculum is keen to divide skills into three categories.

- ⇒ **Communication Skills**
- ⇒ **Clinical Management Skills**
- ⇒ **Practical Skills**

There is obviously considerable overlap.

## COMMUNICATION SKILLS

Be proficient in taking a competent technical history about a patient's symptoms	Unsure <input type="checkbox"/> Satisfactory <input type="checkbox"/> Confident <input type="checkbox"/>
Be able to tune into the patient's agenda and concerns	Unsure <input type="checkbox"/> Satisfactory <input type="checkbox"/> Confident <input type="checkbox"/>
Be able to address this agenda as well as the immediate clinical agenda	Unsure <input type="checkbox"/> Satisfactory <input type="checkbox"/> Confident <input type="checkbox"/>
Be able to recognise the effect a clinical problem may have on a patient and his/her family	Unsure <input type="checkbox"/> Satisfactory <input type="checkbox"/> Confident <input type="checkbox"/>
Be able to appreciate the psycho-social context of clinical problems	Unsure <input type="checkbox"/> Satisfactory <input type="checkbox"/> Confident <input type="checkbox"/>
Be able to communicate diagnosis, natural history and management plans to a patient (and their relatives) in a way which the patient understands	Unsure <input type="checkbox"/> Satisfactory <input type="checkbox"/> Confident <input type="checkbox"/>