Resources for Preparation for the AKT

A. General Points
The AKT is designed to assess application of knowledge to problem solving in general practice. The best preparation is a thoughtful approach to the patients you see and use of reflective aids, such as a discomfort log to help focus on areas that you need to work on. You will need to have suitable resources to find information which can answer your questions quickly and effectively, and there are some outlined below.

Your trainer will be an important resource to help you find your areas of weakness to help you focus your learning. A blanket approach to reading is not as useful as an approach linking learning to specific needs identified.

You will need to prepare your self for the technical challenges of the exam. You should review the presentation on the RCGP website and ensure you are not surprised by the content and form of the exam. Here, in addition, the examiners identify topics where candidates do less well and suggest approaches to preparation.

You may want to use an on line or lecture course, and there are a couple of recommendations below also.

Finally, one part of the AKT that many candidates find more challenging is that on EBM, and you will need to spend time familiarising yourself with the basic techniques involved. Again there are references to help you find this material and some of the courses include specific teaching on EBM.

B. Sample AKT questions and Presentations on preparation for AKT for trainers and trainees (RCGP)
These are written by examiners and offer a clear explanation of the content and aims of the exam as well as hints on preparation.

SAMPLE paper from recent AKT (RCGP)
Excellent for practising timing, understanding question formats, and also for identifying areas where you still have work to do!

Samples of AKT questions are provided every month, linked to the curriculum coverage, in the InnovAiT Journal provided free to AITs by the RCGP. Groups of these questions (labelled courses) can be accessed by the following link
http://www.oxforde-learning.com/innovait

nPEP (RCGP)
This is a really useful means of preparing for the AKT. It is essentially a 140 item AKT which has an interactive report facility to help you identify your specific learning needs with links to support learning.
http://new.npep.org.uk/
C. Courses

**PassMedicine Course**
Large question bank with feedback to place your mark in tests against others applying to AKT, plus teaching notes

**PasTest**
offer both online courses and revision books

**eMedica**
http://courses.emedica.co.uk/acatalog/nMRCGP_AKT_Preparation.html
This is a 1 day preparation course, which includes a mock exam with feedback and discussion.

**NB GP Update Course**
http://www.nbmedical.co.uk/
One day course. Review of recent developments. Useful course book provided.

D. Finding information and Keeping up to date with relevant developments

1. EBM and critical appraisal resources

a). T D. Sackett “Evidence Based Medicine” Churchill Livingstone

b). Greenhalgh articles or book “How to read a paper” 1997 BMJ Books

**How to read a paper**:
A series in the British Medical Journal on database searching and article appraisal adapted from the book.

Sites that are worth a look to help learn EBM techniques
• Bandolier  www.medicine.ox.ac.uk/bandolier
• The Centre for Evidence-Based Medicine  www.cebm.net

2. Databases and Sites for Finding Answers to Clinical Problems

Trip database – fantastic database which allows searching of multiple sources at once
http://www.tripdatabase.com

cebm (Centre for evidence based medicine) – access to several databases including www.cebm.net

Cochrane Library  http://www.cochrane.org/

National Library for Health – also searches several databases
http://www.library.nhs.uk/Default.aspx

NICE and other national guidelines

Bandolier – lots of evidence with good indexing and search facility. Also a lot of teaching on EBM topics - Educational material for developing EBM skills.
http://www.cebm.net

BMJ Collected Resources
http://www.bmj.com/collections/

Netting the evidence – Search engine dedicated to the methodology of evidence based practice searches 107 sites, including:
Access  http://www.shef.ac.uk/scharr/ir/netting

Clinical Knowledge Summaries – formerly Prodigy – excellent source of practical information for clinical problems with clear advice and evidence available. Also patient leaflets etc
http://cks.library.nhs.uk/home

NHS Centre for Reviews and Dissemination
The NHS Centre for Reviews and Dissemination (CRD), established in January 1994, aims to provide the NHS with research based information on the effectiveness and cost-effectiveness of health care interventions and the delivery and organisation of health care.
http://www.york.ac.uk/inst/crd

Sign Guidelines  http://www.sign.ac.uk

That’s about it – Good Luck!  Derek Blades