Contents

Preface xv
About the Authors xvii
Acknowledgements xix
Illustrations xxi
General Disclaimer xxiii

Section 1  The Written Exam 1

1 Introduction to the Written Exam 3
Why Does The RACP Have a Written Exam? 4
When is the Best Time to Sit? 5
How Long Does It Take to Prepare for the Written Exam? 5
Am I Ready to Sit This Exam? 5
Decision Made. Sitting the Written 6

2 Preparation 11
One Year Out – What to Do Before You Even Start Studying 11

3 How to Start Studying for the Written Exam 15
How to Manage Your Time 15
Dealing with Stress 20
Advice from Registrars on Studying and Keeping Sane(ish) 21
Evidence-Based Study – Break It Down! 24
Getting Down to Work – How to Start Studying 25

4 Topics That Need to Be Covered for the Written Exam 29
What is My Goal? Why Am I Putting Myself Through This? 29
How to Think Like An Examiner for the Written Exam 30
## Contents

Organising Your Study Time – A Plan of Attack 30  
The FRACP Curriculum 31  
Topics to Cover 31  
  Money for Jam 32  
  Immunology – Special Mention 33  
  Visual Material in the Exam 34

5 Study Group 35  
General Principles That Make Study Groups Effective 35  
What Do You Do at Study Group? 36

6 Now We Know How to Study, What Stuff Do We Study From? 39  
Wallpapering Your Mind 39  
Comprehensive List of Resources for Wallpapering Your Mind 40  
  Lecture-Based Resources 40  
  MCQ-Based Resources 42  
  Textbooks and Online Resources 44  
  Other Useful Textbooks and Resources 46  
  Technological Advances to Help With Your Study 48  
  Journals: A Suggested Approach 49  
  Useful Websites 50

7 Old FRACP Exam Questions 53  
Without Us, or You, Breaking the Rules, How Can the Modern Candidate Cope Without FRACP Past and Remembered Papers? 54  
What is the Point of Doing Old FRACP and Course Questions? 54

8 Two-Week Revision Courses 57  
Dunedin FRACP Written Examination Revision Course 58  
FRACP Written Exam Prep Course – Melbourne 59  
Royal Prince Alfred BPT Exam Revision Course – Sydney 59  
Short Courses Worthy of Consideration 60

9 Putting It All Together – The Final Three Months 63  
Practicalities of Getting to the Exam 63  
What to Study 63  
Keeping as Calm as Possible 64  
Leading Up to the Big Day – The Weeks Before 64  
The Day Before 65  
On the Day – How to Get Through the Exam 66
10 After the Exam 69
   What to Do If You Pass  69
   What to Do If You Don't Pass  69

Section 2 The Clinical Exam 71

11 Introduction to the FRACP Clinical Exam 73
   Why Is There a Clinical Exam?  75
   Getting Your Timing Right: When to Sit the Clinical Exam  75

12 The Clinical Exam Marking Schedule 77

13 Two Weeks of Ground Work 85
   Three Key Parts to Passing the Clinical Exam  86
   How to Get Humble and Ask for Help  87
   The Kit Bag  88
   Book Reviews  92
   Course Reviews  96
   Personal Appearance – First Impressions Count  98
   The 'Infection Control' Effect  104

14 How to Start – Doing Your First Practice Cases 105
   Know Your Enemies  106
   A Few Tricks of the Trade  106
   Practising Cases – Who Can Help You the Most?  106
   Who Can Help Me Pass This Exam?  107
   Mock Exams: Well Worth the Humiliation  109

15 An Introduction to the Long Case 111
   What is a Long Case Anyway?  111
   Point to Prove in the Long Case  113
   Aspects of a Long Case  113
   Practising for Long Cases  116
   How Many Long Cases Should You Do?  117
   Practicalities of Practising  118
   What to Do If There Aren't Enough Patients to See  119
      Key Long Cases  119
   Taking Orderly Notes for Your Long Case  121
   Role of the Study Group for the Long Case  122
16 Mastering and Presenting your Long Case 125
   A Suggested Style for Long Case Presentation 125
   Organising Your Presentation 126
   Verbal Signposts 127
   Presenting a Case Well – Speech and Drama 101 127
   Presentation Template That Worked for Us 128
   The Grilling 138
   The Aftermath 138
   Sentences That Save Time and Sound Slick 139

17 Special Points for Paediatric Cases 141
   Specific Points About the Paediatric Long Case 141
   The Developmental Case 144
   The Adolescent Long Case 149

18 Secret Long Case Species 153
   The Chronic Disease Long Case 153
   The Single Problem Long Case 154
   The Diagnostic Dilemma Long Case 154
   The Disaster Long Case 155

19 Top Long Case Tips from Candidates and Examiners 161
   Long Case Advice from Candidates 161
   Long Case Advice from Examiners 164

20 Suggested Approach to a Māori Patient in the Long Case 167

21 Long Case Examples 171
   Long Case 1 – Multiple Medical Problem Management 171
   Long Case 2 – Complicated Diabetes Case 178
   Long Case 3 – Diagnostic Long Case 185
   Long Case 4 – Adolescent Single Problem Long Case
   with Transition of Care 193

22 Past Exam Long Cases 203

23 An Introduction to the Short Case 217
   Marking Schedule for the Short Case 217
   Points to Prove in the Short Case 218
24 How to Put On a Show 223
   Part 1: Examination Routine – How to Practise 223
   Part 2: Presenting a Short Case 230
   Part 3: The Short Case Discussion (Grilling) 233

25 Short Case Advice from Registrars 239

26 Past Exam Short Cases 243

27 Putting It All Together for the Clinical Exam – One Month Out 257
   What is Your Presentation Style? 257
   General Advice About Style 258
   Personalities That Fail the Clinical Exam 259

28 The Lead-Up to the Exam 265
   The Week Before 265
   The Day Before 266
   The Morning of the Exam – Staying Calm 266
   Getting Through Exam Day – Tips From Registrars 267
   Final Advice From Examiners 268

Section 3 The F-words – Freedom, Failure, Feedback, Family, Finding Patients and Fellowship 271

29 The Post-Exam World 273
   Wow! I Passed! 273
   Oh. I’ve Failed 274
   The Official Feedback Session 274

30 How to Fail – The Outsider’s Guide to the FRACP Exam 275
   Chapter Author: Dr Roderick Ryan, General Physician, Box Hill 275
   ‘I Failed the FRACP Exam – What Shall I Do?’ 276
   Tips for Coping with Failure in the Written Exam 277
   Tips for Coping with Failure in the Clinical Exam 278
   Seven Key Clinical Exam Skills that Must be Mastered by Those Who Have Failed 279
   Snakes and Ladders 281
31 Paying It Forward – How to Provide Feedback for Practice Cases 283
   The Feedback Loop 284
   Feedback for Clinical Exams 284

32 Studying for the Exams with a Family on Board 291
   Chapter Author: Dr Robert Wakuluk, Advanced Trainee, Auckland 291

33 Organising the Clinical Exam 295
   First Principles 295
   Organising the People and the Space 296
   Case Selection Formula 297
   Types of Cases You Need to Find 298
   Where Are Cases Found? 299
   Short Case Patients 301
   Long Case Patients 301
   Back-Up Patients 301
   The Envelopes 302
   ‘Mind-Map’ and Other Spreadsheets 303
   The Day Before 304
   On the Day 304
   What Examiners Tell the Patients 304

34 Preparing for Your Medical Interview 307
   Chapter Author: Dr Nalin Wickramasuriya, Consultant Paediatrician 308
   Trap Number 1 – Giving a Straight Answer to a Straight Question 309
      The Three Goals of an Interview 309
      Rapport 309
   Trap Number 2 – The Short Case/Viva Complex 312
   Trap Number 3 – Preparing for the Interview Like an Exam 312
   Trap Number 4 – Talking Posh on the Day of the Interview 314
   Trap Number 5 – Not Planning Your Response When the Interviewer Asks You a Question 315

35 Career Planning 317
   I Passed. What Advanced Training Programme Should I Apply For? 317
   Pearls of Wisdom 318
Career Path Planning  319
Get a Mentor        320

36 OK, We’ll Stop Talking Now!  321
Helping the Next Lot  322

Index  323