AKT courses in Yorkshire and the Humber

There has been some confusion about the different courses available for AKT preparation in Yorkshire and the Humber.

# RCGP Faculty course (whole day)

This well established course is very well evaluated by GPSTRs. It has a very strong focus on developing an understanding of and abilities in using Evidence Based Practice. The course aims to cover particular areas like:

* Understand the practical logistics of sitting the exam
* Understand and apply relevant principles, methods and tools of Clinical Epidemiology
* Learn important equations and principles of statistics
* To identify learning needs and tips on how to address them
* To practice questions on statistics (and screening tests) with feedback from tutors
* To sit a RCGP approved mock AKT Paper and reflect on the experience of taking an RCGP AKT paper with feedback on your performance
* To understand the major sources that AKT examiners use to derive their questions.
* To identify learning needs and tips on how to address them.
* Learn how to focus your learning and save time.
* To identify learning needs and tips on how to address them

It is a one day course.

Applications for Study leave for the course should be made through the local Training Programme, along with an application for study leave.

Details are available through: [http://www.rcgp.org.uk/courses-and-events/yorkshire/white-rose/](http://www.rcgp.org.uk/courses-and-events/yorkshire/white-rose/akt-preparation-12-march-2014.aspx)

# GP School AKT Study Skills Course (half day)

This course is available only to those who have failed AKT and who are GPSTRS in Yorkshire and the Humber.

Its focus is much less technical than the RCGP course and it will not attempt to teach skills in Evidence based medicine or statistics nor does it include a mock exam paper. The emphasis of the GP School AKT Study Skills Course is to help those who prepared once already to look at how they prepared the first time and so look at the changes they need to make to enable a successful later attempt at the AKT.

The course will therefore look at:

-       Share experience of preparation strategies both short, medium and long term
-       Explore learning styles and how to identify learning needs
-       Discuss resources for learning and issues around practice questions and mock examinations
-       Discuss personal and professional organisation and how this can impact on AKT preparation
-       Examine how life, family and other pressures as well as personal health and wellbeing effect ability to prepare for AKT
-       Explore how best to use available resources (written, online, ES/CS etc.)

The course is only available to those who have failed AKT.

Those who have failed will be contacted and notified of the application process. The scheme and practice / employer will need to be informed and leave applied for.

 **Is it appropriate to go on both courses?**

This is something to discuss with ES /TPD but the courses are significantly different and feedback from those who have been to both has been that they gained very different knowledge and skills from attending each course.

Mike Tomson APD for Drs in Difficulties

Nick Price RCGP course lead and Bradford TPD DEANERY