

RCGP Curriculum

Supercondensed Curriculum Guide

CHILDREN AND YOUNG PEOPLE

Role of the GP

- Be a first point of contact for the unwell child
- Demonstrate appropriate competence in child safeguarding
- Play a key role in coordinating truly holistic care through multi-professional conversations with services across health, social and educational sectors
- Identify and support at-risk children, and adolescents who may fall through the gaps in services, particularly in the context of safeguarding and mental health.
- Support the transition to adulthood and the transfer from paediatric to adult services
- Understand social determinants of health are important in vulnerable sectors of society, especially with rising incidences of child poverty and inequality, and engage in reducing inequality of access to services.

Knowledge and Skills Self-Assessment Guide

The Normal Child



- Developmental milestones
- Growth including interpretation of growth charts
- Physical, emotional and psychological development with normal variations
- Normal maturation, including puberty
- Awareness of norms when undertaking Newborn and Infant Physical Examination Programme (NIPE) examinations .

Knowledge and Skills Self-Assessment Guide

Symptoms and Signs



A key feature of knowledge about child health is the interpretation of common symptoms and signs in different age ranges

Attention should also be paid to specific paediatric themes, such as:

- Behavioural problems
- Developmental problems
- Faltering growth
- Features of the acutely unwell child including fever, rashes, irritability, breathing and circulatory signs
- Mental health problems including bullying, stress, self-harm, and suicide.
- Adolescence as a developmental stage and its unique issues, in particular the importance of being opportunistic in assessing mental well-being and sexual health
- Gender identity: Lesbian, gay, bisexual and transgender (LGBTQ+) patients face inequalities in their experience of NHS healthcare.

CHILDREN AND YOUNG PEOPLE

Knowledge and Skills Self-Assessment Guide

Common and Important Conditions



- Acute paediatric emergencies
- Early and undifferentiated presentations, and recognition of a seriously ill child
- Urgent resuscitation in line with Resuscitation Council (UK) guidelines
- Behavioural problems
- Childhood infections including exanthemata
- Childhood malignancies
- Chromosomal disorders
- Congenital abnormalities
- Dermatological disorders in childhood
- Disease prevention, well-being and safety
- Faltering growth and underlying causes
- GI conditions that present in childhood
- Immunisation in children
- Learning disabilities in children
- Musculoskeletal problems relevant to children
- Neonatal problems:
- Neurological problems relevant to children
- Obesity in childhood
- Paediatric palliative patients
- Refugees and asylum seekers or migrant populations
- Renal diseases relevant to children
- Risks and consequences of bullying including cyber bullying and increase impact of social media
- Safeguarding children
- Sexual Exploitation in childhood
- Sex identity, intersex and Gender dysphoria,
- Teenage pregnancy, risks of sexually transmitted infections.

Knowledge and Skills Self-Assessment Guide

Examinations and Procedures



- Age-appropriate clinical examination and normal variation in biometrics.

Knowledge and Skills Self-Assessment Guide

Additional Important Content



- Communication skills specific to child and adolescent health and ‘three-way consulting’ (consulting with both parent and child); having to address parental and patients “Ideas, concerns and expectations”
- Prescribing and advising appropriately about the use of medicines in newborn, children, and young people, being competent at calculating drug doses.

CHILDREN AND YOUNG PEOPLE

How this might be tested in MRCGP

AKT



- Recognition of normality and disease at different ages in children and young adults
- Prescribing in children
- Contraindications for childhood immunisations.

SCA

- A 15 years old girl requests the contraceptive pill
- Phone call: a health visitor is concerned about the welfare of a baby in a vulnerable family. You are due to see the baby's mother later that day
- A mother expects her 3 years old son to be potty-trained and wants to discuss why he is not.



WPBA



- Log entry on assessing an acutely unwell child
- Reflective log entry on a paediatric safeguarding meeting
- Clinical case review on managing a child with a long-term health condition.

LEARNING OPPORTUNITIES (Examples)

Core Content

- **Communication and Consultation**
 - Communication skills specific to child and adolescent health and ‘three-way consulting’ (consulting with both parent and child); having to address parental and patients ‘Ideas, concerns and expectations’
 - Recognition and assessment of behaviour as a form of communication
 - Recognition of the importance of seeing adolescents alone
 - Use of tools for structured psychological assessment in adolescents such as HEADSSS
- **Prescribing**
 - Prescribing and advising appropriately about the use of medicines in newborn, children, and young people
 - Being competent at calculating drug doses
- **Comorbidity**
 - Considering impact of home and school environment of physical and emotional development of a child and teenager
- **Teamworking**
 - Good communication with other healthcare and social care organisations supporting the development of children
- **Medico-legal/ Ethics**
 - Awareness of parental responsibility and who can make decisions for a child
 - Confidentiality, balanced with the parents’ need for information
 - Capacity and consent in adolescence
 - Advocacy for the child or young person.



Primary Care



- Daily practice and out-of-hours consulting children and adolescents
- Assessing the acutely unwell child
- Long-term management of chronic conditions
- 6-8 week and/or newborn baby checks
- Safeguarding: referrals, meetings, appropriate record keeping, information transfer and clinical coding.

Multidisciplinary Team

- Children’s physiotherapy/ occupational therapy
- Community paediatrics
- Children’s social services
- Child and Adolescent Mental Health Services (CAMHS)
- Dietician
- Educational psychologist
- Health visitor
- Midwife
- School nurse.



Acute Care

- Managing the acutely unwell child
- Common Neonatal problems (e.g., jaundice)
- Paediatric and adolescent acute mental health assessments.