# 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

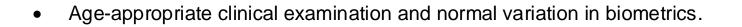
## Knowledge and Skills Self-Assessment Guide

### **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**



### 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

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

## SCA

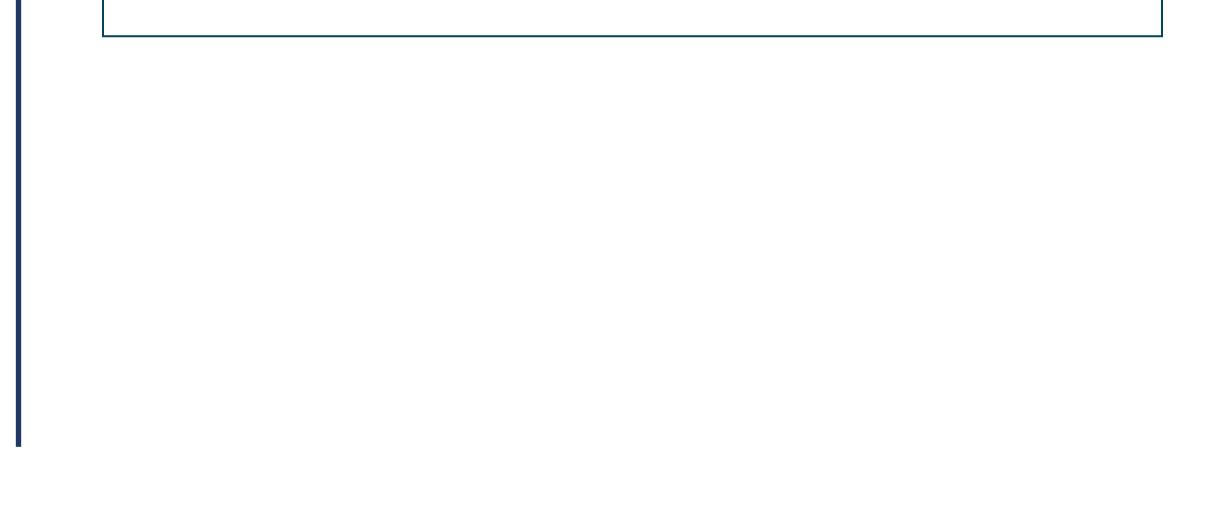
- A 15 years old girl requests the contraceptive pill
- Phone call: a health visitor is concerned about the welfare of a baby in a vulnerable family. You are due to see the baby's mother later that day
- A mother expects her 3 years old son to be potty-trained and wants to discuss why he is not.



## **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

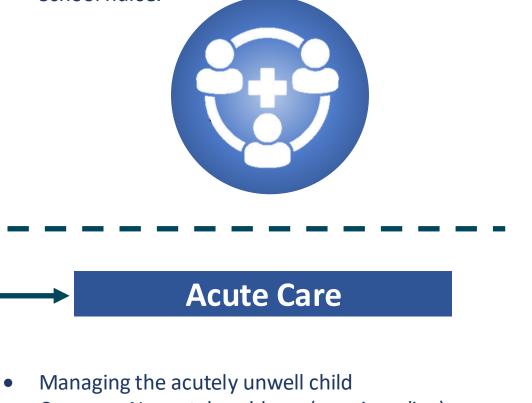




- Daily practice and out-of-hours consulting children and adolescents
- Assessing the acutely unwell child
- Long-term management of chronic conditions
- 6-8 week and/or newborn baby checks
- Safeguarding: referrals, meetings, appropriate record keeping, information transfer and clinical coding.

### **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.



- for information
- Capacity and consent in adolescence
- Advocacy for the child or young person.



- Common Neonatal problems (e.g., jaundice)
- Paediatric and adolescent acute mental health assessments.