

RCGP Curriculum

Supercondensed Curriculum Guide

RENAL AND UROLOGY

Role of the GP

- Identify and manage chronic kidney disease (CKD), and understand the interventions that can delay its progression and reduce the associated increased cardiovascular morbidity and mortality
- Identify and manage Acute Kidney Injury (AKI), including taking early action, such as stopping medications, to reduce the risk of AKI
- Manage of common urinary tract problems such as urinary tract infections (UTI), renal stone disease and benign prostatic conditions
- Be alert to possible indicators of urinary tract malignancy.

Knowledge and Skills Self-Assessment Guide

Symptoms and Signs



Urinary

- Dysuria
- Haematuria
- Lower Urinary Tract Symptoms (LUTS):
- Oliguria, anuria, polyuria
- Proteinuria
- Strangury
- Urinary incontinence
- Urinary retention

Genital

- Abnormal digital rectal examination
- Erectile dysfunction
- Haemospermia
- Penile problems
- Perineal pain
- Scrotal and testicular pain, swelling and lumps

Abdominal

- Abdominal and loin masses
- Abdominal and loin pain

Systemic

- Anaemia
- Fever and rigors
- Hypertension
- Oedema
- Pruritus
- Thirst
- Systemic symptoms of vasculitis.

RENAL AND UROLOGY

Knowledge and Skills Self-Assessment Guide

Common and Important Conditions



- Acute Kidney Injury (AKI)
- Cancer: bladder, kidney, penile, prostate, testicular, ureteric
- Chronic Kidney Disease (CKD)
- Congenital abnormalities of the urinary tract
- Haematuria
- Inherited kidney diseases
- Overactive bladder syndrome
- Penile problems
- Prostatic problems
- Proteinuria
- Renovascular disease
- Systemic conditions causing renal disease
- Testicular problems
- Urinary incontinence
- Urinary tract infection
- Urinary tract obstruction
- Urinary tract stone disease.

Knowledge and Skills Self-Assessment Guide

Examinations and Procedures



- Abdominal examination
- Assessment of fluid balance status
- Digital Rectal Examination
- Genital examination
- Urine dipstick testing.

Knowledge and Skills Self-Assessment Guide

Investigations



- Blood tests
- Urine tests
- [The Kidney Failure Risk Equation](#)
- International Prostate Symptom Score (IPSS)
- Renal tract imaging
- Awareness of secondary care investigations.

Knowledge and Skills Self-Assessment Guide

Other



- Urinary catheters
- Prescribing in kidney disease
- Renal replacement therapy as relevant to primary care.

RENAL AND UROLOGY

How this might be tested in MRCGP

AKT



- Monitoring of chronic kidney disease
- Diagnosis of penile or scrotal pathology
- Investigations for haematuria.

SCA

- Middle-aged man has abdominal and loin pain. Examination expected.
- Woman with diabetes and hypertension is recalled urgently to discuss a sudden drop in renal function. She is recovering from gastroenteritis.
- Young woman with multiple sclerosis wants to discuss worsening urinary incontinence.



WPBA



- Observed Clinical Examination and Procedural Skills (CEPS) on a prostate examination in a man with a raised PSA
- Learning log reflecting on a teenager who delayed several months before attending with a testicular swelling
- Audit – Looking at the prescribing of long-term antibiotics for patients with recurrent UTIs.

LEARNING OPPORTUNITIES (Examples)

Core Content

- **Communication and Consultation**
 - Shared-decision making and risk/ benefits discussion (e.g., PSA testing, medication for overactive bladder, deferred antibiotics for UTI)
 - End-of-life care planning (e.g., peritoneal dialysis)
 - Breaking bad news (e.g, suspected cancer referral for testicular lump/ haematuria)
- **Prescribing**
 - In AKI/ CKD and in people with multimorbidity
 - Discussing ‘sick day rules’
- **Health Promotion**
 - Strategies to reduce CKD progression and complications
- **Co-morbidity**
 - Multimorbidity
 - Cardiovascular and metabolic disease
 - Comorbid anxiety and/ or depression
- **Team Working**
 - Across health and social care, hospital and community
 - Role of the GP in co-ordination of care in patients with multimorbidity.

Primary care



- Daily practice and out-of-hours care
- Chronic disease reviews
- Care of patients post-transplant
- Clinical coding of CKD
- Reviewing and acting on renal blood results
- Nursing home care.

Acute Care



- Presentation of acute urinary retention
- Presentation of urinary tract infection
- Presentation of AKI
- Presentation of possible urological malignancy.

Community



- District nurses (e.g., catheter care)
- Continence services
- Home dialysis (e.g., peritoneal dialysis).

Other Specialties

- Advice and guidance support from renal and urology teams
- Dialysis unit
- Genetics (e.g., PCKD)
- Cardiology
- Vascular surgery (preparation for haemodialysis)
- Paediatrics
- Transplant services.