

RCGP Curriculum

Supercondensed Curriculum Guide

POPULATION AND PLANETARY HEALTH

Role of the GP

- Participate in protecting and improving the health of populations
- Apply an understanding of the wider determinants of health to address health inequalities and inequities
- Use resources and services judiciously, maximizing their effectiveness whilst minimizing harm to people and planet
- Assess, monitor, and address the needs of local population groups
- Understand, assess, and communicate risk to individuals and local populations
- Advocate for measures to improve the health of populations and the planet as well as individuals.

Knowledge and Skills Self-Assessment Guide

Health Improvement



- Understanding 'health', 'wellbeing' and 'lifestyle' within cultural contexts
- Principles of disease prevention and screening (e.g. Wilson's criteria) and their application in practice
- Principles of sustainable clinical practice and planetary health
- Common/important non-communicable diseases: risk factors; individual and population-level interventions including pharmacological and non-pharmacological
- Lifestyle factors affecting health (e.g. nutrition, sleep, exercise, smoking, alcohol) and actions to address them
- Effects of individual health behaviours on social networks and ecosystems
- Approaches to behaviour change, promoting good health, and self-care
- Ethical issues around prevention, testing and treatment in pre-symptomatic or asymptomatic individuals, lifestyle choices, and balancing the needs of individuals, communities, other living beings, and the environment.

Knowledge and Skills Self-Assessment Guide

Wider Determinants of Health and Health Inequalities



- The multiple social, environmental and economic determinants of health, their global nature, and their relationship to health inequalities
- Health effects of climate change
- Inverse care law and health of populations at risk of marginalisation or unequal outcomes
- Risk factors and safeguarding for vulnerable groups.

POPULATION AND PLANETARY HEALTH

Knowledge and Skills Self-Assessment Guide

Health Protection



- Common/important communicable diseases: prevention programmes and outbreak management
- Screening and immunisation including ethical issues and delivery of services
- Environmental hazards including air and water pollution
- Health surveillance and notifiable diseases
- Occupational health and work safety issues relevant to primary care.

Knowledge and Skills Self-Assessment Guide

Health Systems and Services



- Health needs assessment of local populations and subgroups
- Locally agreed health programmes (e.g. social/green/exercise prescribing, alcohol and substance misuse, smoking cessation, psychological therapies)
- Leadership in service design and environmental impacts
- Environmental, social and economic sustainability measures in health services
- Role of community health services, public health, third sector, voluntary and nongovernmental organisations in UK population health
- Effect on health of government policies (e.g. housing, environment, infrastructure, taxation, tobacco control)
- Structure, governance, and financing of health services.

Knowledge and Skills Self-Assessment Guide

Health Communication



- Adaptation of communication methods for health literacy
- Personalized care and relationship-based approaches
- Risk-benefit conversations in health
- Respect for different world views, health beliefs, types of knowledge and ways of learning.

Knowledge and Skills Self-Assessment Guide

Additional Global and Planetary Health Skills and Knowledge



- Major causes of global morbidity and mortality
- Impact of globalization on health
- Key actors in global health
- Relevant climate change/ planetary health concepts, terminology and policies (e.g. COP, Sustainable Development Goals, Net Zero).

POPULATION AND PLANETARY HEALTH

How this might be tested in MRCGP

AKT



- Health promotion including in the workplace
- Screening programmes
- Environmental impact of prescribing.

SCA

- A Bangladeshi man who is also overweight and smokes e-cigarettes attends for results of cardiovascular disease (CVD) assessment which show impaired fasting glycaemia
- Woman in early pregnancy wants to discuss routine antenatal screening and monitoring care programme, stating that she wants minimal intervention
- Middle-aged man, who is in temporary accommodation in an inner-city area and not permanently registered with a practice, has COPD with frequent exacerbations.



WPBA



- Log entry about the baby immunisation clinic
- Consultation Observation Tool (COT) on discussing the benefits/ risks of having a PSA test
- Case discussion on the health beliefs of a patient who is convinced he has cancer.

LEARNING OPPORTUNITIES (Examples)

Core Content

- **Communication and Consultation**
 - Notifiable diseases
 - Communicating risk/ benefit
 - Communicating health information to groups
 - Awareness of health literacy & different world views
- **The Normal and Abnormal**
 - Concepts of health & wellbeing
 - Case finding
 - Screening
 - Vulnerable groups
- **Prescribing**
 - Primary prevention
 - Social and green prescribing
- **Teamworking**
 - Teams involved in population health
 - Advocacy and policymaking
- **Health promotion and prevention**
 - Behaviour change
 - Social determinants of health & inequalities
 - Personalised care
 - Health co-benefits of sustainable practice
- **Medico-legal/ Ethics**
 - Pre-symptomatic/ asymptomatic testing and treatment
 - Lifestyle choices
 - Individual vs community vs planetary needs
 - Resource allocation.

Acute Care



- Consider social determinants of health/ inequalities when seeing acute presentations, hospital admissions, discharge planning etc.
- Infection & environmental hazard control
- Communicable disease management
- Response to public health emergencies.

Primary care

- Daily practice and out-of-hours GP
- In-house clinics (e.g., DM, COPD)
- Health promotion
- Immunisation delivery
- Screening delivery e.g. cervical
- Locality primary care strategy & development meetings
- Health visitors & midwives
- Sustainable practice.

Community

- Health protection team or equivalent
- Specialist clinics for vulnerable groups (e.g., homeless, refugee, veterans, victims of torture/ trafficking, prisoners, FGM)
- Voluntary Sector & local community services
- Community dieticians
- Health coaches, social prescribing link workers
- National & global health policies & programmes.

Other Specialties

- Public health
- Local Authority
- Occupational health
- Social care
- Urban planning/environmental health
- Prison/ probation service.

Other

- QOF/Audit/QIP including SusQI
- Clinical governance (e.g., safe handling of vaccines)
- Risk assessment
- Digital health (e.g., population health management tools)
- Leadership (e.g., locality sustainability roles)
- UKHSA/equivalent national public health guidelines.