

# RCGP Curriculum

## Supercondensed Curriculum Guide

### OLDER ADULTS

#### Role of the GP

- Work with patients to promote health in older adults, considering the physical, psychological and social changes that may occur with age
- Identify and manage risks including falls, memory, continence, immunisations
- Coordinate care with other organisations (e.g., community nurses, social services, care homes and voluntary sectors)
- Take an advocacy role when needed, including for palliative and end of life care planning
- Ensure care is personalised and promotes personal dignity and avoid discrimination as a result of age.

#### Knowledge and Skills Self-Assessment Guide

##### Symptoms and Signs



- Relate the physical and psychological changes and deterioration that occur with age to the adaptations older adults make (e.g., when hearing, vision or cognitive function worsen).

#### Knowledge and Skills Self-Assessment Guide

##### Common and Important Conditions



- Cancer
- Cardiovascular: AF, heart failure, hypertension, hypotension, ischaemic heart disease, risks for stroke and dementia
- Musculoskeletal: falls, fractures, osteoporosis, osteoarthritis
- Neurological: Parkinson's disease, stroke and confusion
- Psychiatric: anxiety and depression, delirium, dementia
- Renal: chronic kidney disease, hydration
- Respiratory: COPD
- Skin: ulcers, benign lesions
- Urogenital: infections, incontinence, lower urinary tract symptoms, benign prostatic hyperplasia.

#### Knowledge and Skills Self-Assessment Guide

##### Examinations and Procedures



- Consider adjustments and consent including assessment of capacity
- Accurate measurements e.g. dementia screening, frailty risk scoring, assessing for arrhythmias
- Indication and administration of vaccines (flu, pneumococcal, shingles, Covid).

# OLDER ADULTS

## Knowledge and Skills Self-Assessment Guide

### Investigations



- Changes in the normal range of laboratory values
- Interpretation of ECG (e.g. diagnosing AF)
- Blood pressure (e.g. risk of hypertension and postural hypotension).

## How this might be tested in MRCGP

### AKT



- Diagnosis of frequent falls
- Tools for assessing cognitive impairment.

### SCA

- Elderly man requests more analgesia for advanced hip osteoarthritis. He has declined a hip replacement because he is the sole carer for his disabled wife
- Adult son phones to express concerns that his elderly father is no longer coping safely with living alone.



### WPBA



- Multidisciplinary team meetings
- Completing care plans
- Assessment of cognition.

# LEARNING OPPORTUNITIES (Examples)

## Core Content

- **Communication and Consultation**
  - Carers
  - Sensitively, proactively discussing end-of-life care preferences
  - Holistic approach to supporting health for daily living
- **Prescribing**
  - Avoiding problematic polypharmacy
  - Anticholinergic burden
  - Deprescribing when approaching end-of-life
- **Co-morbidity**
  - Multiple pathology
  - Psychosocial issues
- **Teamworking**
  - Across health and social care
  - MDT working
- **Medico-legal/ Ethical**
  - Consent determining competency and capacity
  - Power of Attorney
  - Advance Care Planning
  - DNACPR
- **Safeguarding**
  - Abuse
  - Vulnerable groups.

## Primary care

- Daily practice and out-of-hours, managing common presentations in older adults (e.g., memory concern)
- Home visits to housebound, frail patients
- Residential/ care home ward rounds
- Practice pharmacist (e.g., medication reviews)
- Frailty lead.

## Other Specialties

- Continence services
- Intermediate care
- Elderly care medicine
- Neurology
- Old age psychiatry/ memory clinics.

## Acute Care



- Acute illness presentations to primary or secondary care (e.g., stroke, pneumonia)
- Falls-related injuries
- Acute confusional state
- Psycho-social concerns (e.g., sudden requirement for care support).

## Community

- Community day centres
- Community hospitals
- Pharmacist (e.g., arranging blister packs)
- Voluntary sector organisations.

## Multidisciplinary Team



- Community psychological therapies
- District nurse
- Occupational therapist
- Physiotherapist
- Falls clinic
- Frailty meetings
- Social Prescribing Link Worker.