

# RCGP Curriculum

## Supercondensed Curriculum Guide

### INFECTIOUS DISEASES AND TRAVEL HEALTH

#### Role of the GP

- Understand the local and global epidemiology of major infectious agents and their disease associations
- Diagnose and manage diseases of infectious origin commonly seen in UK general practice and in the prospective or returning traveller, including in vulnerable groups such as refugees, asylum seekers, victims of trafficking, homeless, the elderly, pregnant, etc.
- Take a thorough travel history and know how this may affect differential diagnoses
- Encourage self-management of benign self-limiting illnesses
- Identify, assess, manage, and communicate major risks, including risks associated with common or serious infectious diseases, travel, therapies, and immunisation
- Understand and implement the principles of infection control
- Actively tackle antimicrobial resistance through measures such as appropriate prescribing and patient education
- Know where to find appropriate travel health information
- Recognise and manage rare but serious infectious diseases and medical emergencies in people with acute or chronic infectious disease (including life-threatening conditions such as sepsis)
- Contribute to pandemic preparedness and response.

#### Knowledge and Skills Self-Assessment Guide

##### Symptoms and Signs



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| <ul style="list-style-type: none"><li>• Asymptomatic or atypical</li><li>• Cardiac symptoms</li><li>• Fatigue and non-specific symptoms</li><li>• Fever</li><li>• Gastrointestinal symptoms (e.g. diarrhoea, vomiting, abdominal pain)</li><li>• Genitourinary symptoms</li><li>• Hepatosplenomegaly</li></ul> | <ul style="list-style-type: none"><li>• Joint pains</li><li>• Lymphadenopathy</li><li>• Neurological symptoms</li><li>• Pruritus</li><li>• Respiratory symptoms e.g. cough, shortness of breath, haemoptysis</li><li>• Skin signs (including pathognomonic rashes)</li><li>• Weight loss.</li></ul> |
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#### Knowledge and Skills Self-Assessment Guide

##### Common and Important Conditions



- Bone, joint and soft tissue infections
- Cardiovascular infections (e.g., endocarditis, rheumatic fever)
- Common and serious childhood infections (including viral, bacterial, fungal)
- Common ENT infections
- COVID-19 (including ongoing symptomatic COVID-19 and post-COVID-19 syndrome)
- Fever in the returning traveller and its potential causes (e.g., malaria, dengue, typhoid/paratyphoid, chikungunya, other viral haemorrhagic fevers).

# INFECTIOUS DISEASES AND TRAVEL HEALTH

## Knowledge and Skills Self-Assessment Guide

### Common and Important Conditions (continued)



- Gastrointestinal infections (e.g., amoebiasis, amoebic dysentery, food poisoning (including causative organisms), giardiasis, hydatid disease, Travellers' diarrhoea, typhoid)
- Genitourinary infections
- Healthcare-associated infections (HCAI) (e.g., MRSA, Clostridium difficile)
- Helminth infections (e.g., schistosomiasis, hookworm, strongyloides)
- Hepatitis of infectious origin
- Human Immunodeficiency Virus (HIV)/AIDS including prevention, testing, transmission (including mother-to-child transmission), therapies, prophylaxis, and associated diseases (such as pneumocystis jirovecii, cryptococcus spp., cytomegalovirus, candida)
- Immune deficiency; infectious disease in the immune-compromised patient
- Malaria (including malarial prophylaxis)
- Multi-systemic infections e.g., bacterial (e.g., staphylococcal, streptococcal), viral (e.g., Epstein Barr Virus), fungal, parasitic (e.g., toxoplasma, Chagas disease)
- Neurological infections (e.g., meningitis, encephalitis)
- Occupational infections and their management (e.g., needle stick infections)
- Ocular infections (e.g., conjunctivitis, ophthalmia neonatorum)
- Pandemics (e.g., COVID-19, pandemic influenza)
- Post-operative infections
- Respiratory disease (e.g., pneumonia, Legionnaires' disease, influenza)
- Sepsis and the deteriorating patient
- Skin infections (e.g., bed bugs, cutaneous larva migrans, exanthemata, flea, louse, ringworm, scabies, threadworm, orf, leishmaniasis)
- Tick borne diseases including Lyme disease
- Trauma including injuries, animal bites and wounds
- Tuberculosis and its different manifestations
- Travel related conditions (e.g., altitude related sickness, DVT, PE, motion sickness, sun/cold exposure, water activities)
- Vaccine preventable communicable diseases including cholera, COVID-19, diphtheria, Haemophilus influenzae B, hepatitis A, hepatitis B, Human Papilloma Virus, influenza, Japanese encephalitis, measles, meningitis ACWY, meningitis B, meningitis C, mumps, pertussis, pneumococcus, poliomyelitis, rabies, rotavirus, rubella, shingles, tetanus, tick-borne encephalitis, tuberculosis, typhoid, varicella, yellow fever
- Zoonotic diseases (e.g., leptospirosis, brucellosis).

## Knowledge and Skills Self-Assessment Guide

### Examinations and Procedures



- Features of common and important infectious diseases (including signs of sepsis)
- Rashes related to, or pathognomonic of, infectious diseases (e.g. meningococcal meningitis, erythema chronicum migrans, erythema multiforme, erythema nodosum, viral exanthemata)
- Safe remote assessment skills
- Home self-monitoring for patients (e.g., pulse oximetry in COVID-19 and pneumonia)
- Intramuscular injection administration (e.g., benzylpenicillin, immunisations).

# INFECTIOUS DISEASES AND TRAVEL HEALTH

## Knowledge and Skills Self-Assessment Guide

### Investigations



- Use, limitations and interpretation of investigations such as serological testing, swabs, blood films, urine and stool microscopy and culture, point of care testing
- Use, limitations, and interpretation of the main types of tests for SARS-CoV-2
- Common laboratory tests e.g., haematology (including significance of eosinophilia in travellers or those born outside the UK) and biochemistry (including normal parameters)
- Diagnostic imaging such as chest X-ray
- Screening in asymptomatic patients (e.g., chlamydia, HIV, TB).

## How this might be tested in MRCGP

### AKT



- Appropriate antibiotic therapy for specific infections
- Recognition and management of skin infections
- Interpretation of abnormal blood results.

### SCA

- Student has been travelling in SE Asia and has returned last week with a high fever, headache, and exhaustion. A thick film for malaria was negative yesterday
- Elderly woman has an itchy rash over her body and limbs. Symptoms are worse at night and persist despite a recent prescription of emollients
- A newly registered patient with HIV wants to discuss shared care arrangements with the local hospital and is concerned about the confidentiality of his medical records.



### WPBA



- Consultation Observation Tool (COT) about a request for antibiotics to take on holiday in case they are needed for gastroenteritis
- Learning log about managing a man who had a spider bite while on holiday and is now unwell with an ulcerated skin lesion
- Learning log about your involvement in the practice travel clinic.

# LEARNING OPPORTUNITIES (Examples)

## Core Content

- **Communication and Consultation**
  - Risk-benefit conversations (e.g. screening, testing, travel, immunisation)
  - Appropriate communication of the status of a deteriorating patient
  - Statutory notification
  - Translation services
  - Health literacy
- **Prescribing**
  - Antimicrobial stewardship
  - Pre- and post-exposure prophylaxis
- **Co-morbidity**
  - Multi-system involvement
  - Diagnostic overshadowing
- **Teamworking**
  - Learning from health professionals and patients who have trained in or used a health system outside the UK
  - Role of the independent sector (e.g. travel clinics)
  - Role of public health
- **Medico-legal/ Ethics**
  - Confidentiality/ disclosure
  - Data protection
  - Consent
  - Immunisation
  - Rights of immigrants to healthcare.

## Primary Care



- Daily practice and out-of-hours: triage skills, diagnosis and management, infection control measures
- Travel clinics
- Vaccination clinics
- Minor illness clinics
- NHS 111.

## Acute Care



- Seeing & managing infectious diseases in hospital
- Other urgent care settings (e.g., hubs, ambulatory care)
- Following the patient journey (e.g., via ward rounds, MDT meetings, discharge planning)
- Observing infection control procedures
- Responding to public health emergencies.

## Community

- Community/specialist teams (e.g., TB clinic, sexual health)
- Specialist nursing teams, district nurses (e.g., wound care, parenteral antibiotics, infection control)
- Health visitors, physiotherapists, rehabilitation services
- Other bodies (e.g. Civil Aviation Authority, regional centres for communicable disease control, World Health Organisation).

## Other Specialties

- Travel Medicine
- Genitourinary medicine
- Infectious diseases (adult, paediatric)
- Intensive Care
- Microbiology
- Occupational health
- Public health including health protection teams
- Respiratory medicine
- Surgery.

