

# RCGP Curriculum

## Supercondensed Curriculum Guide

### PEOPLE WITH LONG-TERM CONDITIONS INCLUDING CANCER

#### Role of the GP

- Work with patients, their families and carers and other healthcare professionals involved in their care, in a collaborative manner that supports patient activation; encouraging individuals to develop the knowledge, skills and confidence to take an active role in their own self-management
- Work collaboratively with people living with long-term health conditions to agree individualised goals, identify support needs, develop, and implement plans, review their response over time and amend plans as required
- Move away from a disease-based model of care towards a person-centred system that takes a biopsychosocial approach, considering each person's experience of living with their condition(s) and their individual context holistically
- Involve the whole multidisciplinary team to facilitate holistic person-centred approaches to care
- Proactively encourage lifestyle changes that will reduce the risk of other health problems in those who have already developed long-term conditions, cancer or multimorbidity
- Support prevention, diagnosis and care of people living with cancer.
- Support people living with and beyond a cancer diagnosis to manage the long-term effects of cancer and its treatment, including physical, psychological, financial and social impacts.

#### Knowledge and Skills Self-Assessment Guide

##### Symptoms and Signs



- Different trajectories of illness commonly seen in long-term conditions and cancer. These take many forms, but common trajectory patterns include stepwise (e.g., vascular dementia), exacerbations (e.g., COPD), gradual decline (e.g., frailty) and relapse/recurrence (e.g., breast cancer)
- Conditions which may become chronic through treatment or through the natural process of the disease.

#### Knowledge and Skills Self-Assessment Guide

##### Common and Important Conditions



Long-term conditions cover a wide range of health conditions, including but not limited to any condition or combinations of condition in the categories listed below:

- Non-communicable diseases (e.g., osteoarthritis, cardiovascular disease)
- Communicable diseases (e.g., Human Immunodeficiency Virus (HIV) / Acquired Immunodeficiency Syndrome (AIDS))
- Certain mental health disorders (e.g., schizophrenia, depression).
- Sensory impairments (e.g., blindness, permanent hearing loss)

Knowledge and Skills Self-Assessment Guide

Common and Important Conditions (Continued)



Examples of common long-term physical health conditions include:

- Certain cancers
- Cardiovascular (e.g., hypertension, angina)
- Dermatological (e.g., eczema, psoriasis)
- Ear, nose, and throat problems (e.g., Meniere’s disease, sleep apnoea)
- Endocrine (e.g., diabetes, hypothyroidism)
- Gastroenterological (e.g., coeliac disease, irritable bowel syndrome)
- Gynaecological (e.g., endometriosis, polycystic ovarian syndrome)
- Haematological (e.g., pernicious anaemia, anaemia of chronic disease)
- Neurological (e.g., dementia, epilepsy)
- Ophthalmological (e.g., glaucoma, macular degeneration)
- Renal (chronic kidney disease, polycystic kidney disease)
- Respiratory (e.g., asthma, chronic obstructive pulmonary disease)
- Rheumatological (e.g., fibromyalgia, rheumatoid arthritis)
- Urological (benign prostatic hypertrophy, overactive bladder)
- Other (e.g., post-COVID-19 syndrome, angioedema).

Multimorbidity refers to the presence of two or more long-term health conditions. This includes physical and mental health conditions, ongoing conditions (e.g., learning disability), symptom complexes (e.g., frailty or chronic pain), sensory impairment (e.g., sight loss) and alcohol and substance misuse.

Knowledge and Skills Self-Assessment Guide

Examinations and Procedures



- Holistic person-centred care approach with examination tailored to an individual’s presentation and long-term conditions.

Knowledge and Skills Self-Assessment Guide

Investigations



- Appropriate investigations to identify and support the surveillance and management of long-term conditions, including cancer (e.g., blood tests, Microscopy, Culture and Sensitivity (MC&S), Spirometry, Ultrasound Scan, CXR, CT and MRI scans).

# PEOPLE WITH LONG-TERM CONDITIONS INCLUDING CANCER

## How this might be tested in MRCGP

### AKT



- Cancer symptom management
- Recognition of alarm symptoms for cancer
- Management of chronic heart failure.

### SCA

- A man who had leukaemia as a child, attends frequently for apparently minor conditions.
- A woman with Ehlers-Danlos syndrome is struggling to manage her work as a primary school teacher.



### WPBA



- Case Based Discussion (CbD) with a woman who cares for her frail and elderly, blind father with dementia, who is also your patient. She is asking for your help as she can no longer cope with him.
- Learning log on a man living in a nursing home who is treated with dialysis, who wants to stop treatment.
- Learning log on a young adult who has cerebral palsy and epilepsy.

# LEARNING OPPORTUNITIES (Examples)

## Core Content

- **Communication and Consultation**
  - Having a holistic person-centred approach
  - Supporting shared-decision making and self-management
  - Sensitively breaking bad news and when appropriate, discussing end-of-life preferences, with patients, relatives and carers
- **Prescribing**
  - Appropriate/ problematic polypharmacy and deprescribing
  - Symptom management in people living with cancer or long-term effects of treatment (e.g., analgesia)
  - Compliance
- **Co-morbidity**
  - Multimorbidity, including physical and mental health conditions, ongoing conditions (e.g., learning disability), symptom complexes (e.g., frailty), sensory impairment (e.g., sight loss) and alcohol and substance misuse
  - Avoiding over-investigation/ over-treatment
- **Teamworking**
  - Multidisciplinary involving primary care, secondary care and social services
- **Medico-legal/ Ethics**
  - Lasting power of attorney
  - Capacity, patient autonomy, consent, confidentiality
  - Documentation of end-of-life care preferences.

## Primary Care



- Daily practice and out-of-hours care
- Chronic disease reviews
- Medication reviews
- Cancer MDT meetings
- End-of-life care planning.

## Acute Care



- Acute exacerbations of chronic illness (e.g., decompensated heart failure, acute exacerbation of COPD)
- Acute presentations of cancer conditions (e.g., spinal cord compression from metastatic cancer).

## Community



- Charities supporting people living with long-term conditions and cancer
- Community palliative care teams/ hospice
- Community paediatrics
- Community dieticians
- District nurses
- Occupational therapy
- Physiotherapy
- Psychological therapies
- Social prescribing link workers.

## Other Specialties

- Specialties caring for specific long-term conditions (e.g., respiratory, neurology, psychiatry).
- Elderly care
- Rehabilitation services
- Paediatrics
- Pain clinic
- Oncology and palliative care.