MRCGP
Applied Knowledge Test

Prepared by the AKT Core Group
November 2020
Objectives

- An overview of the content and structure
- To give examples of current question formats
- To describe how questions are constructed
- To advise on how to prepare and pass the AKT
- To explain practicalities of computer-based tests
AKT Background

- The AKT:
  - Is a summative assessment of the knowledge base underpinning independent UK general practice
  - Tests the application of this knowledge
  - Tests the critical interpretation of information
  - Is mapped to the latest RCGP Curriculum updates

- Each question is intended to explore a topic which an ordinary GP in the UK could be expected to have a working knowledge
Format

- 200-item multiple-choice test lasting 190 minutes (3 hours 10 minutes)
  - No multiple true/false questions
  - No negative marking

- Delivered on a computer terminal* at an invigilated test centre

- Offered three times a year:
  Jan/Feb, April/May, Oct/Nov

* Please see the RCGP website for information on reasonable adjustments
Rules

Applicable if starting specialty training from 1/8/10 onwards:

- Only trainees in the ST2 and ST3 stages of training will be eligible to take the AKT.
- A maximum number of four attempts will be permissible in the AKT but, due to COVID-19, a single unsuccessful attempt at either the July or August 2020 AKT will not count towards the total number of permitted attempts.
- In accordance with GMC guidance* an AKT pass is valid for seven years but, due to COVID-19, AiTs due to CCT in the first 12 months of the pandemic will be allowed to carry forward an exam currency of 7 years and 6 months.

* [https://www.gmc-uk.org/education/postgraduate/9813.asp#Currency](https://www.gmc-uk.org/education/postgraduate/9813.asp#Currency)
Rules – exceptions

Applicable from 1/8/16 onwards, for those unsuccessful at AKT after 4 attempts:

- In certain circumstances candidates are allowed to make exceptional fifth attempts at examinations on the basis of additional educational attainment
- Full details of this policy are available from the MRCGP webpages

For further information:
AKT 40 pass mark = 139/199 (69.85%)

Overall pass rate = 70.14%
UK first-time takers pass rate = 88.6%
(Pass rates vary in different diets of the AKT taken at different times throughout the training year)

The cumulative pass rate after four attempts for all those who take the AKT is around 92%
Vital Statistics – October 2020

Overall mean score = 148.7  (74.72%)
Mean scores by subject area:

<table>
<thead>
<tr>
<th>Subject area</th>
<th>Mean score (%)</th>
<th>No. of questions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical knowledge</td>
<td>74.82</td>
<td>159</td>
</tr>
<tr>
<td>Evidence-based practice</td>
<td>72.84</td>
<td>20</td>
</tr>
<tr>
<td>Organisation and management</td>
<td>75.80</td>
<td>20</td>
</tr>
</tbody>
</table>
Topics causing most difficulty for candidates in AKT 40

Professional topics:
  Improving Quality, Safety and Prescribing
    • Important drug interactions and side-effects
  Leadership and management
    • Staff health including pre-employment vaccination checks
  Evidence-Based Practice, Research and Sharing Knowledge
    • Understanding and communicating concepts such as relative and absolute risk
  Urgent and Unscheduled care
    • Managing acute illness e.g. collapse

Life stages topics
  Children and Young People
    • Safeguarding and non-accidental injury
  Older adults
    • Consent and capacity for decision-making and the relevant legal frameworks

Clinical topics:
  • Contraception: when taking teratogenic drugs; differential efficacy of LARCs
  • ECG abnormalities
  • HRT
  • Mental health problems associated with substance misuse
Topics causing most difficulty for candidates in AKT 39

Professional topics:

**Improving Quality, Safety and Prescribing**
- Safe and evidence-based prescribing for primary care, and drug calculations
- Effective use of resources: doing nothing may sometimes be the best decision

Life stages topics:

**People at the end of life**
- Ethical concepts relevant to end-of-life

Clinical topics:

- Abnormal examination findings including retinal appearance
- Consider pregnancy in a differential diagnosis
- Management of minor blood test abnormalities
- Principles of prescribing in diabetes (including insulin)
- Skin (including genital) conditions and their appearance
- Understanding (but not detailed knowledge) of secondary care management
Topics causing most difficulty for candidates in AKT 38

Professional topics:

**Improving Quality, Safety and Prescribing**
- Potential drug interactions
- Safe prescribing incl. awareness of MHRA alerts and legislation

**Leadership and Management**
- Notifications to the Coroner/ Procurator Fiscal

Life stages topics:

**Children and Young People**
- Developmental assessment and screening
- Consent and confidentiality

Clinical topics:
- Skin conditions and their appearance (represented by photos in the AKT)
- Common childhood infections
- Common urological symptoms
- Interpretation of spirometry
- Presentation of benign disease and appropriate management
Summary of ‘professional topics’ causing most difficulty in recent AKT exams

These topics have been highlighted several times over recent years:

**Consulting in General Practice:**
- Communication of risk and use of risk tools

**Evidence-based practice, Research and Sharing Knowledge:**
- Basic understanding of concepts and terms in research (e.g. absolute and relative risk)
- Data interpretation (both research and other data sources)
- Research methodology

**Improving Quality, Safety and Prescribing:**
- Antibiotic indications and resistance
- Drugs: monitoring; adverse reactions; interactions; dose calculations; end-of-life care
- Safe prescribing and medicines management (including MHRA alerts)

**Leadership and management:**
- Death certification and notifications to Coroner/ Procurator fiscal
- Staff health and health and safety in the workplace
Summary of other topics causing most difficulty in recent AKT exams

These topics have been highlighted several times over recent years:

**Life stages topics:**
- Children and Young People
- People at the End-of-Life

**Clinical topics:**
- Diagnosis of common oral conditions
- Different presentations of multi-system disease
- Eye problems
- Immunisation schedules
- Recognising presentations of mental ill health (including physical symptoms)
- Management of hearing loss
- Normal findings, minor illness, and infections in childhood
- Respiratory medicine – including asthma, COPD and rarer diagnoses
- Suspected cancer: diagnosis & investigation (including less common presentations)
- Timely but appropriate referral (including emergencies and when to do nothing)
- Prescribing in diabetes, including insulin
Question writing (1)

- Topical
- Practice issues
- Scenarios derived from clinical work
Question writing (2)

- All questions are referenced and the draft questions are then carefully scrutinised by a panel of experienced question writers.

- Care is taken to consider any conflict between national guidance and regulations across the four devolved nations.

- Remember that all question writers are working GPs.
Common Reference Material (1)

- GMC Good Medical Practice
- NICE guidelines
- SIGN guidelines
- CKS (NICE clinical knowledge summaries)
- BMJ Review articles & original papers
- BJGP
- Cochrane
- Vaccine update (www.gov.uk) / Green Book
BNF – including the initial ‘generic’ chapters in the print version

A recent review has recently highlighted that up to 27% of AKT questions require a knowledge of therapeutics

For example, although items might appear to be about a respiratory, cardiovascular or endocrine issue, the management will often involve recommending the correct medication – also requiring an awareness of the potential for interactions and monitoring requirements
GP Curriculum

Where to find

- [https://www.rcgp.org.uk/training-exams/training/gp-curriculum-overview.aspx](https://www.rcgp.org.uk/training-exams/training/gp-curriculum-overview.aspx)

How the AKT links to the curriculum

- Questions in the AKT sample across the breadth of the curriculum
- The previous ‘AKT Content Guide’ has been subsumed within the GP Curriculum and details can be found in the Knowledge and Skills subsections of each Topic Guide
GP Curriculum

How to use the GP Curriculum

- Don’t be put off by the lengthy list of topics!
- Use the topic guides as needs assessment tools
- Carefully review the sections relevant to:
  - Organisation and management – including administrative, statutory, ethical and regulatory frameworks
  - Evidence-based practice – including research, statistics and epidemiology
Please look carefully at our website

- The ‘How to prepare for the AKT’ section contains helpful resources, including:
  - ‘Preparing to take the AKT’ pdf
  - 50 AKT Sample questions with answers
  - How trainers can help with AKT preparation
  - Evidence and data interpretation in the AKT
  - AKT FAQs

- The section ‘AKT Summary Reports’ dating back to October 2007 should help guide your revision plans
Exam Construction ensures:

- Reliability, validity, and fairness
- Adequate coverage of the topics that appear in the blueprint
- The correct balance of question formats
Principles of exam construction

- **Relevance:** the AKT should be relevant to general practice

- **High prevalence:** any topic covered can be one which occurs commonly

- **High impact:** any topic covered can be one that is significant but less common
AKT content

- **80% of questions**
  Core clinical medicine and its application to problem solving in a general practice context

- **10% of questions**
  Data interpretation, critical appraisal, and evidence based clinical practice

- **10% of questions**
  Ethical and legal issues as well as the organisational structures that support UK general practice
Clinical Medicine (1)

- The broad topic of clinical medicine is subdivided into groups of body systems, in approximately equal numbers.

- Each group will comprise questions on:
  - disease factors
  - symptoms
  - investigation
  - management
Clinical Medicine (2)

- Cardiovascular
- Dermatology
- Endocrinology
- ENT
- Gastroenterology
- Genetics
- Haematology
- Immunology
- Infection
- Mental health & learning disability
- Musculo-skeletal
- Neurology
- Ophthalmology
- Paediatrics
- Renal
- Reproductive male/female
- Respiratory
- Therapeutic indications and adverse reactions
Clinical Medicine (3)

- Common, (mostly) low impact – e.g. sore throat, contraception, irritable bowel syndrome

- Rare, high impact – e.g. child abuse, meningitis, phaeochromocytoma

- Topical – e.g. guidance, COVID-19, optimum use of antibiotics
Critical appraisal and evidence-based clinical practice

- Understanding the principles of audit and its application in assessing the quality of care
- Understanding the application of critical appraisal skills which will be tested in a number of formats including:
  - interpretation of data commonly seen by GPs, including methods and results from published research
  - understanding of common terms used in both evidence-based medicine and statistics
  - understanding epidemiology relevant to general practice
Critical appraisal and evidence-based clinical practice

• We use a range of resources to test data interpretation, including the types of graphs and tables regularly sent to practices from CCGs and local health boards.

• We would encourage you to use the following 2019 resource, produced by the AKT group:

https://www.rcgp.org.uk/training-exams/mrcgp-exam-overview/-/media/B4406D5D2E9A492B86AD74BC3FEFD08B
These questions are written to be applicable UK-wide NHS organisation
- Legal aspects e.g. DVLA
- Medical certification e.g. death certificates
- Professional regulation, e.g. GMC
- Business aspects e.g. GP contract
- Prescribing e.g. Controlled drugs
- Appropriate use of resources e.g. drugs
- Health & Safety e.g. needlestick injury
- Social services e.g. safeguarding
- Ethical e.g. Mental capacity, consent
Question Formats

- Single Best Answer (SBA)
- Multiple Best Answer (MBA)
- Extended Matching Questions (EMQ)
- Photographic image
- Data interpretation
- Free text
- Drug calculation
“According to national guidelines” means recommended by nationally accepted guidelines or the BNF, not local practice.

Often use a clinical scenario.

Only one answer is correct.

Other incorrect options may be plausible but not “most likely/most appropriate.”
SBA example: *Respiratory disease*

A 37-year-old man suddenly develops chest pain and dyspnoea after a morning swim. There is hyper-resonance and decreased breath sounds on the right side.

Which is the **most** likely diagnosis? Select **one** option only.

A. Asthma  
B. Intercostal muscle strain  
C. Pleural effusion  
D. Pneumothorax  
E. Pulmonary embolus
Multiple Best Answer (MBA)

- Often uses a clinical scenario
- **Two** answers are correct
- **Both** answers must be chosen to score one mark
- Other options may be *plausible* but not the “**most** likely/**most** appropriate”
A 35-year-old man has persistent dyspepsia. A stool test for *Helicobacter pylori* is positive. He is allergic to penicillin.

According to national guidance, which are the most appropriate antibiotics to combine with omeprazole to eradicate *H. pylori*? Select two options only and both must be correct to score one mark.

A. Amoxicillin  
B. Cefalexin  
C. Clarithromycin  
D. Co-amoxiclav  
E. Doxycycline  
F. Erythromycin  
G. Lymecycline  
H. Metronidazole
Extended matching questions (EMQ)

- These questions have a list of possible options
- There will usually be two or more scenarios
- Choose the most likely/most appropriate option that best matches each given scenario
- Each option can be used once, more than once, or not at all.
EMQ example: *Dietary advice*

A. Elemental diet  
B. FODMAP  
C. Food elimination  
D. Gluten-free  
E. High fibre  
F. Lactose-free  
G. Low purine  
H. Mediterranean

For the patient described, select the **most** appropriate diet from the list of options.

1. A 23-year-old woman has had mild diarrhoea, abdominal pain and bloating for several years. Her bloods are normal, including IgA anti-tTG antibodies test.
EMQ example: *Dietary advice*

A. Elemental diet  
B. FODMAP  
C. Food elimination  
D. Gluten-free  
E. High fibre  
F. Lactose-free  
G. Low purine  
H. Mediterranean

For the patient described, select the **most** appropriate diet from the list of options.

2. A 62-year-old man has recurrent swelling of his great toe which responds to naproxen. He drinks 18 units of alcohol a week and his urate level is 540 μmol/L (Normal < 450 μmol/L).
A 32-year-old man has noticed painless non-itchy patches of hair loss on his beard area and scalp.

Ref: Dermnet.com
Picture Format example: *Skin disease*

Which is the **single most** likely diagnosis? Select **one** option only.

A. Alopecia areata  
B. Eczema  
C. Lichen sclerosus  
D. Tinea infection  
E. Vitiligo
Data Interpretation

- Interpretation of data, e.g. for groups of patients with chronic conditions
- Interpretation of research and audit results
- Understanding and application of common statistical terms, e.g. number needed to treat (NNT) and absolute or relative risk
Data Interpretation example

A meta-analysis comparing levonorgestrel and Yuzpe emergency contraception to prevent pregnancy

<table>
<thead>
<tr>
<th>Study or Subgroup</th>
<th>Levonorgestrel</th>
<th>Yuzpe</th>
<th>Risk Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Events</td>
<td>Total</td>
<td>Events</td>
</tr>
<tr>
<td>Farajkhoda 2009</td>
<td>0</td>
<td>62</td>
<td>5</td>
</tr>
<tr>
<td>Ho 1993</td>
<td>12</td>
<td>410</td>
<td>15</td>
</tr>
<tr>
<td>Hoseini 2013</td>
<td>4</td>
<td>263</td>
<td>3</td>
</tr>
<tr>
<td>Sheng 2008</td>
<td>1</td>
<td>100</td>
<td>1</td>
</tr>
<tr>
<td>Sun 2007</td>
<td>11</td>
<td>557</td>
<td>14</td>
</tr>
<tr>
<td>WHO 1998</td>
<td>11</td>
<td>976</td>
<td>31</td>
</tr>
<tr>
<td><strong>Total (95% CI)</strong></td>
<td><strong>2368</strong></td>
<td><strong>2382</strong></td>
<td><strong>100.0%</strong></td>
</tr>
</tbody>
</table>

Total events: 39

Heterogeneity: Chi² = 6.46, df = 5 (P = 0.26); I² = 23%

Test for overall effect: Z = 2.83 (P = 0.005)

Data Interpretation example

Which **single** study shows **superiority** of levonorgestrel over Yuzpe in preventing pregnancy? Select **one** option only.

A. Farajkhoda  
B. Ho  
C. Hoseini  
D. Sheng  
E. Sun  
F. WHO
Free text questions

- Require the candidate to generate the correct answer without a list of options to choose from.
- For example:
  - dose calculation
  - name of first-line medication
- Eliminates guessing from a list of answers.
- All answers are screened manually to check for minor typographical errors which may be counted as correct.
- Candidates will be expected to spell drug names correctly.
A 67-year-old man has type 2 diabetes and a BMI of 33 kg/m\(^2\). His HbA\(_{1c}\) is 62 mmol/mol on diet alone and his renal function is normal.

Which is the **single most** appropriate **initial** drug treatment? Give **one** answer only.
Free text questions - numerical

- An on-screen calculator is available
- Any arithmetic required in an AKT question (e.g. drug dose calculations) is basic and simple and most candidates do not need to use it
- Remember to check that your given answer is credible!
Calculation example

A 12-year-old boy is to start carbamazepine 2.5 mg/kg bd. He weighs 40 kg and carbamazepine liquid is available as 100 mg/5 ml.

What **volume** of liquid is required for thirty days use?

Type your answer in the following text box. Use figures not words. Percentages and fractions are not acceptable.

mls
Scoring

- All question formats have equal weighting
- Each correctly answered question is awarded one mark
- Total score on the paper is the number of correct answers given
- No negative marking – it is important to answer all the questions
Computer Based Testing

- Once candidates have registered with the RCGP to sit the AKT, they will be given instructions about booking their exam at a Pearson VUE test centre.

- There is a limited booking window with ‘first come, first serve’ choice of test session and venue.

- There are approximately 150 test centres covering all parts of the UK.
Computer Based Testing Rules

- Candidates must bring identity documents which match exactly their application details (see next slide)
- Candidates should arrive in good time
- Candidates who either arrive late or fail to provide matching ID, will not be admitted to sit the AKT
Identification documents to take to the test centre

You need to take **two** documents.

Both must be originals (not copies) and currently valid:

- **A primary ID**
  - Your primary ID must be government issued, and include your name, recent recognisable photo and signature (e.g. passport, photo driving licence)

- **A secondary ID**
  - Any ID containing at least a name and signature (e.g. credit and debit cards) **or** a name and recent recognisable photo that follows the ID requirements

https://home.pearsonvue.com/Policies/1S/English
Matching names on documents

- The first and last name shown on both of your identification documents **must match exactly** the names you used when submitting your application to the RCGP.

- **If the names are different:**
  - For example, if one is your maiden name and one your married name then you must also bring an original official document that links the two names (e.g. a marriage certificate).

- **If in doubt:**
  - You must contact the RCGP well **before** the exam date.
Computer Based Testing

- Security at each centre will be robust:
  - Identity checks
  - Invigilated
  - Video monitoring
- Separate morning and afternoon sittings with a ‘quarantine’ period at lunchtime.
- Morning candidates will not be allowed to leave before the end of the test
Computer Based Testing during COVID-19 pandemic

- AiTs are essential keyworkers and test centres will remain open, subject to government guidance.
- Reduced test centre capacity may mean further travel is required.
- Strict social distancing, the wearing of face coverings, hand washing on entry and non-attendance if unwell are all pre-requirements.
- Pearson VUE will not admit* anyone with symptoms, testing positive for COVID-19 or within 14 days of ending a quarantine period.
- AiTs may still be admitted if they have been a close contact of an infected person, subject to certain conditions (see website for details).
- There is enhanced workstation cleaning and availability of hygienic aids.
- If you need a single room to complete your test (e.g. due to a disability) you must book early to avoid disappointment.

*Please ensure you read the precise details within their latest guidance:
  - [MRCGP AKT FAQs](https://www.mrcgp.org.uk/faq)
Computer Based Testing

- It is **strongly** recommended that candidates familiarise themselves with the demonstration tutorial on the Pearson VUE website

- Every AKT will begin with a short tutorial to remind candidates how to select answers and ‘mark’ questions – screen shots follow of the live tutorial
Computer Based Testing

Responses will be uploaded to a central server and then passed to the RCGP for post-test analysis
Computer Based Testing

Results and feedback will be sent individually to the candidate’s ePortfolio and will be available **by the end of the day** on the published results date.
Feedback to candidates

- The following feedback will be provided to every candidate with their result
  - Their overall score
  - The pass mark
  - Their performance in each of the three main subject areas
  - The mean performance of the cohort overall and in each of the three main subject areas
AKT Feedback Reports

- More general feedback on overall performance will continue to be forwarded to all UK deaneries and saved on the RCGP website.

- It is helpful to look at these Feedback Reports to identify topics which commonly cause difficulty:

AKT tutorial

• At the test centre, before starting an AKT exam, **all** candidates have to complete a 10-minute Pearson VUE tutorial comprising example clinical questions.

• These are not part of the exam and are **not** marked.

• The following slides show example screenshots from the pre-exam Tutorial, but this can be viewed in advance, in its entirety, from a link on the AKT exam webpages.
Online AKT Tutorial

Applied Knowledge Test Tutorial

Royal College of General Practitioners

Tutorial

You will be presented with a short tutorial to familiarise yourself with the format of the Applied Knowledge Test (AKT).

These questions are NOT part of the exam and will NOT be scored. You MUST view this tutorial before starting the exam.

The tutorial questions will include examples of the question types you may encounter in the AKT, but not all types will appear in every exam. You will be given 10 minutes to complete the following practice questions and information screens. You will then be warned before the test actually starts.

Click the Next button (or press Alt + N) to begin the tutorial.
Navigation

Use the Previous (Alt + P) and Next (Alt + N) buttons at the bottom of each screen to navigate through the test.

Time and Progress

- The time remaining is displayed in the top right corner of the screen.
- The current question position (for example “1 of 12”) is displayed underneath.

By clicking on the or icons, you can hide the time remaining or current question position. When you have five (5) minutes remaining during the exam, the time remaining will automatically reappear.

Click the Next button to continue.
Flagging items for review

You are able to ‘flag’ questions you wish to return to later. If you wish to review any of the questions, this must be completed within the permitted test time.

To flag a question for review:
- use the mouse to click on [Flag for Review] in the top right-hand corner

A yellow flag will appear when a question has been flagged: [Flag for Review]

To unflag a question, click it again.

Click the Next button to continue.
Using the Review Screen

At the end of the exam, the Review Screen is automatically displayed. A flag will appear next to questions you have flagged. Unanswered questions will be displayed as 'Incomplete'.

<table>
<thead>
<tr>
<th>Applied Knowledge Test Section</th>
<th>189 Unseen/Incomplete</th>
</tr>
</thead>
<tbody>
<tr>
<td>Question 1</td>
<td>Question 2 Incomplete</td>
</tr>
<tr>
<td>Question 4</td>
<td>Question 5 Incomplete</td>
</tr>
<tr>
<td>Question 7 Incomplete</td>
<td>Question 8</td>
</tr>
<tr>
<td>Question 10</td>
<td>Question 11</td>
</tr>
<tr>
<td>Question 13</td>
<td>Question 14 Incomplete</td>
</tr>
</tbody>
</table>

The following buttons are available on the Review Screen:

<table>
<thead>
<tr>
<th>Button</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Review All</td>
<td>Click to review all questions and answers</td>
</tr>
<tr>
<td>Review Incomplete</td>
<td>Review only the questions that were left incomplete</td>
</tr>
<tr>
<td>Review Flagged</td>
<td>Review the questions that are flagged for review</td>
</tr>
</tbody>
</table>

To end the exam, click the 'End Review' button on the Review Screen. Once you click this button, you can no longer go back to review or change your responses.

Click the Next button to continue.
Example 1: Single Best Answer Question

Select the SINGLE best answer by:
- using the mouse to click the radio button next to the answer
OR
- using the keyboard to press the corresponding letter

The last selection you make is your recorded answer

Management of type 2 diabetes

A 64-year-old man has recently been diagnosed with type 2 diabetes after being investigated for lethargy and recurrent urinary tract infections.

His BMI is 32/kg/m², BP 135/84 and his blood results are as follows:

<table>
<thead>
<tr>
<th>Test</th>
<th>One week ago</th>
<th>Normal range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full blood count</td>
<td>Normal</td>
<td></td>
</tr>
<tr>
<td>HbA₁C (mmol/mol)</td>
<td>64</td>
<td>&lt; 42</td>
</tr>
<tr>
<td>eGFR (ml/min)</td>
<td>&gt; 60</td>
<td>&gt; 60</td>
</tr>
<tr>
<td>Total cholesterol (mmol/L)</td>
<td>5.1</td>
<td></td>
</tr>
<tr>
<td>HDL-cholesterol (mmol/L)</td>
<td>1.1</td>
<td></td>
</tr>
<tr>
<td>Urinary ACR (mg/mmol)</td>
<td>2.1</td>
<td>&lt; 3</td>
</tr>
</tbody>
</table>

In addition to lifestyle advice, which is the SINGLE MOST appropriate INITIAL drug treatment? Select ONE option only.

- A. Exenatide
- B. Glimepiride
- C. Insulin
- D. Metformin
- E. Pioglitazone
Example 2: Extended Matching Question (1 of 2)

These multi-part questions share a common list of options. Each option may be used once, more than once, or not at all.

You select the one best option by
- using the mouse to click the radio button next to the answer
OR
- using the keyboard to press the corresponding letter

When you are ready to see part 2 of 2, click the Next Button.

Visual disturbance (1 of 2)

A 39-year-old woman attends the out of hours centre at 11pm. During a meal at a restaurant earlier that evening, she noticed bright lines of light followed by a loss of vision affecting a small area of the visual field in both eyes. By the time she is seen, all her symptoms have resolved apart from slight nausea.

For the patient described, select the SINGLE MOST likely diagnosis from the list of options.

A. Acute glaucoma
B. Central retinal artery occlusion
C. Central serous retinopathy
D. Migraine
E. Optic neuritis
F. Retinal detachment
G. Retinal vein thrombosis
H. Vitreous haemorrhage
**Example 4: Multiple Best Answer Question**

For these questions, a specified number of responses is required to score ONE mark. Selecting fewer options than stated will score zero. A warning message will be displayed if you attempt to move on with fewer than the required number of responses selected.

You select the multiple answers by:
- using the mouse to click the check box next to the answers  
OR
- using the keyboard to press the corresponding letter

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**Body mass index**

Which are the **TWO MOST** appropriate clinical examinations required to calculate a patient's body mass index? Select **TWO** options only.

- [ ] A. Abdominal fat fold thickness (cm)
- [ ] B. Ankle circumference (cm)
- [ ] C. Height (m)
- [ ] D. Triceps fat fold thickness (cm)
- [ ] E. Waist measurement (cm)
- [ ] F. Weight (kg)
- [ ] G. Wrist circumference (cm)
Example 5: Free Text Question (numerical)

These questions require you to type in the answer rather than selecting a given option. The answer may be text or numerical and should be typed in the text box.

Answers are manually checked for minor typographical errors which may be counted as correct. Candidates will be expected to spell drug names correctly.

An on-screen calculator will be available but any arithmetic will be simple and you may not need to use it. If you wish to use it, click on the Calculator button and it will appear on the screen. It can be dragged to a convenient position.

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Data interpretation

What is the MEAN of the following series of numbers?

5
10
10
10
15

Type your NUMERICAL answer in the box below.
Exam technique 1

- **Time management** – this is everything
- Keep watching the countdown clock on the computer
- 200 questions in 3 hours 10 minutes = an average of 57 seconds per question
- You should skip questions you find difficult rather than waste time. Electronically ‘flag for review’ the ones you have left out but don’t forget to leave time to go back before the end
Exam technique 2

- Cover test – can you answer the question with the option list covered? If so, it’s probably the correct answer.
- Go through unanswered questions 2nd time round using the review facility.
- Do not leave any questions unanswered – educated guessing is worthwhile.
- Check for silly mistakes if you still have time.
Exam technique 3

- All the AKT question formats, apart from the free text, require the candidate to identify the best answer(s) from a given list of plausible alternatives, using all of the information in the question.

- There may be other answers which are not included in the option list, but you have to focus on the best available answer listed for the specific question asked.
Further preparation

- Small revision groups (? meeting on-line to save travel time) to share the workload of reviewing national guidance, BNF chapters etc.
- Learn from clinical experience – check the guidelines and references
- AKT Exam website feedback (summary reports published for every AKT sitting)
- AKT Exam website podcast, preparation guide and sample material
- RCGP eLearning website – Essential Knowledge Updates and Challenges
And finally….

- Remember that most people can pass this exam first time…..
- But you do need to prepare for it
- So make effective use of the RCGP Curriculum Knowledge and Skills guides