

The WentWest Confidence Self Assessment Grid (WeCSAG)

What is it?

The WeCSAG is a tool which allows you to rate your confidence in many areas relevant to Australian General Practice. The questions have been matched to the RACGP curriculum and the RACGP examination grid. They have been checked against the BEACH survey of activity in Australian General Practice and General Practice by John Murtagh. The WeCSAG has also been reviewed by many GP supervisors and registrars. While we have tried to be comprehensive we know that there will be many areas that you come across in your own practice which are not covered. We encourage you to be continually learning from your clinical experience. The idea for this survey came from a similar tool called the Wolverhampton Grid, prepared in the UK for The Black Country Trainers Annual Workshop, Bromsgrove 1999.

What is it for?

Please remember, this is not an exam! You cannot pass or fail the WeCSAG. It covers a large area and no doctor (not even your Medical Educator!) would rate themselves highly on everything here. Similarly, everything is not equally important. There may be something areas that you are not at all confident in, but it does not matter at the moment. There may be areas irrelevant to your practice. Conversely, there are areas you will need to know right at the beginning of your training, and if you are underconfident in these areas, it is important to know so you can address those areas early on.

We believe completing the WeCSAG will be useful for:

- Formulating initial and subsequent learning plans
- Guiding learning in hospital terms
- Planning teaching in GP terms
- Diagnosing areas in which you may need to do extra work
- Comprehensive exam preparation
- Planning continuing professional development

At WentWest you are required you to do this form at the beginning of each year of your GP training before doing your first leaning plan of the year. You should bring it with your learning plan to your first training advice contact.

How do you do it?

Go through the enclosed topics and say how confident you are in this area *in a general practice setting*. Score how confident you feel managing the condition in general practice or to talk about it to other people or patients.

Score	What it Means	Examples
1	I have no confidence in this area	I would not know where to begin
2	I have a little confidence in this area	I know no more than the basics
3	I am somewhat confident in this area	I could start off dealing with this, but would soon need some extra help
4	I am fairly confident in this area	I could deal with this pretty well, though there are details I could

		improve
5	I am very confident in this area	I am very happy with this topic and could even teach on it with appropriate preparation!

Tips

- **Be honest!**
Self Reflection is an important part of being a GP. It won't affect your supervisor, your medical educator or any other registrar if you are not honest with yourself on the form, but your own education could be affected.
- **Don't spend too much time thinking about each one.**
The chances are you gut instinct is the correct one!
- **Recognise your strengths**
Don't be shy. There will be some things in this questionnaire you are very good at. Score yourself a few fives!
- **Recognise areas you think you're not very good at**
Score these as ones. If you spread the scores in this way, it will be easier to see which areas to put in your learning plan – this is really hard if everything is a 3!
- **Use the Comments box**
Make notes for yourself here about previous experience in that area, whether it is a specific interest of yours, or whether you feel it is not relevant to you. This will help in determining priorities for your learning plan.

Please record the time you take to complete the form here.

*Time Started
complete*

____:____

Time Finished

____:____

Total time to

____:____

Domain 1: Communication Skills and the Patient Doctor Relationship

Assess your confidence in the following skills:

	1	2	3	4	5	Comments
Consultation skills*						
Communication skills*						
Helping angry patients						
Consulting on the telephone						
Motivating change						
Breaking bad News						
Dealing with relatives						
Using interpreters						

*see subsection below for more detailed confidence assessment

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Models of health and illness						
Models of the consultation*						
The doctor / patient relationship						
The hidden agenda						
Difficult consultations						
Use of a chaperone						
Time management						
Clinical record keeping						
Cultural difference						
The therapeutic potential of the consultation						
Assessing your own consultations						
Patient self-management						
Motivational interviewing						
Communicating with Indigenous people						
Communicating with elderly people						
Communicating with children and parents						
Building effective long term patient relationships						
Conflict resolution						
Communication with staff and colleagues						

*see subsection below for more detailed confidence assessment

Domain 1 Subsections

Use these subsections if you wish to explore in detail the some of the broader subject areas listed above.

Subsection A**Consultation Skills**

Assess your confidence in the following skills:

	1	2	3	4	5	Comments
Establishing rapport and being empathetic						
Exploring the disease, the illness and the patient's context						
Finding common ground with the patient						
Enhancing the doctor patient relationship						
Incorporating prevention and health promotion						
Being realistic about time and resources						
Discussing management						

Subsection B**Communication Skills**

Assess your confidence in the following skills:

	1	2	3	4	5	Comments
Listening						
Appropriate questioning						
Non verbal communication						
Designing the consultation environment						

Subsection C**Models of the consultation**

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Neighbour						
Stott and Davis						
Balint						
Pendelton						
The Patient-Centred Clinical Method						

Domain 2: Applied Professional Knowledge and Skills

Clinical conditions (categorised by BEACH 2004 problem frequencies with most common problems managed in bold)

Respiratory (13.2%)

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
URTI						
Sinusitis						
Tonsillitis						
Acute bronchitis						
Tracheitis						
Pneumonia, including atypical						
Tuberculosis						
Opportunistic Infections						

Chronic Pulmonary Conditions

	1	2	3	4	5	Comments
C.O.P.D.						
Asthma						
Sarcoidosis						
Alveolitis & Fibrosis						
Bronchiectasis						

Other Conditions

	1	2	3	4	5	Comments
Pulmonary neoplasm						
Pulmonary embolus single & multiple						
Occupational lung disease.						
Pneumothorax						
Pleural effusion						
Pulmonary manifestation of diseases of other systems						

Musculoskeletal (12.1%)

Assess your confidence in the following skills:

	1	2	3	4	5	Comments
Examining Joints						
Injecting and Aspirating Joints						

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Low back pain						
Osteoarthritis						
Sprains and strains						
Common fractures						
Osteoporosis						
Neck pain						
Hip, knee, shoulder joint problems						
Tennis elbow and other tendon disorders						
Osteomyelitis						
Bone Tumours						
Carpal tunnel syndrome						
Rheumatoid arthritis						

Connective tissue disorders						
Gout						
Polymyalgia rheumatica						
Seronegative arthropathies						
Fibromyalgia						
Sports medicine						

Skin (11.8%)

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Eczema/dermatitis						
Solar keratosis						
Skin Malignancy						
Psoriasis						
Acne vulgaris						
Rosacea						
Fungal skin infections						
Bacterial skin infections						
Viral skin infections						
Erysipelas						
Warts and verrucas						
Scabies						
Head lice						
Urticaria and pruritus						
Angioneurotic oedema						
Reactions to drugs						
Occupational skin disease						
Skin manifestations of systemic disease						
Diseases of scalp and hair						
Diseases of the nails						
Benign lumps and bumps						
Leg ulcers, causes and management						

Circulatory (11.1%)

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Hypertension						
Ischaemic heart disease						
Heart failure.						
Cardiac arrhythmia						
Myocardial infarction						
Cardiomyopathy						
Valvular heart disease						
Endocarditis						
Angina						
ECG interpretation						
Peripheral vascular disease						
Carotid artery stenosis						
Acute arterial occlusion						
Thromboembolism						
Varicose veins and thrombophlebitis						
Management of CVD risk factors						

Atypical presentations of cardiovascular and cerebrovascular disease						
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General and Unspecified (10.4%)

Assess your confidence in the following knowledge areas:

Bacterial Infections

	1	2	3	4	5	Comments
Staphylococcal infections						
Streptococcal infections and their sequelae						
Meningitis						
Septicaemia						
Tetanus						
Brucellosis						

Viral Infections

	1	2	3	4	5	Comments
Herpes Simplex						
Herpes Zoster						
Influenza						
Glandular Fever						
Mosquito borne viruses						
Poliomyelitis						

Other

	1	2	3	4	5	Comments
Leptospirosis						
Lyme Disease						
Genetic Counselling						
Myalgic Encephalomyelitis						

Endocrine and Metabolic (8.1%)

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Lipid disorders						
Diabetes*						
Hypothyroidism						
Thyrotoxicosis						
Goitre						
Carcinoma of the Thyroid						
Addison's Disease						
Cushing's Disease						
Reproductive endocrinology						
Pituitary disease						
Parathyroid disease						

*see subsection below for more detailed confidence assessment

Psychological (4.9%)

Assess your confidence in the following skills:

	1	2	3	4	5	Comments
Mental health history taking						
Identification of at risk patients						
Handling a mental health crisis						
General practice level counselling						
Use of psychoactive medications						

Detoxification						
<i>Assess your confidence in the following knowledge areas:</i>						
	1	2	3	4	5	Comments
Depression						
Anxiety						
Sleep disorders						
Obsessive-compulsive disorder						
Post-traumatic stress disorder						
Specific phobia						
Grief and bereavement						
Marital problems						
Psycho-sexual problems						
Eating disorders						
Suicide and parasuicide: risk assessment						
Schizophrenia						
Puerperal psychosis and depression						
Psychiatric presentations in physical disease						
Alcohol problems						
Drug addiction						
Role of the Community Mental Health Team						
Notification & prescribing addictive drugs						

Digestive (6.8%)

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Oesophageal reflux						
Gastroenteritis						
Abdominal pain						
Mouth problems						
Appendicitis						
Oesophageal carcinoma						
Dyspepsia and peptic ulceration						
Helicobacter Pylori						
Stomach cancer						
Haematemesis and melaena.						
Jaundice						
Gall bladder disease						
Hepatitis infective and non infective						
Pancreatitis						
Pancreatic neoplasia						
Coeliac disease						
Inflammatory bowel disease						
Ulcerative colitis						
Irritable bowel syndrome						
Diverticular disease						
Ischaemic bowel						
Colon carcinoma including screening						
Worms						
Rectal bleeding						
Anal and peri-anal diseases						

Constipation						
Pruritus ani						
Caring for the patient with a stoma						

Female Genital (3.9%)

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Check up/pap smear						
Amenorrhoea						
Pre-menstrual syndrome						
Vaginal discharge						
Vaginal prolapse						
Dyspareunia						
Menopause and HRT						
Vulval disorders						
Abnormal vaginal bleeding						
Gynaecological malignancies						
Psycho-sexual problems						
Sexuality						
The abused woman						
Breast lumps and pain.						
Sexually transmitted infections						

Pregnancy and Family Planning (2.6%)

Contraception						
Pregnancy*						
The subfertile couple						

*see subsection below for more detailed confidence assessment

Ear (2.8%) Nose and Throat

Assess your confidence in the following skills:

	1	2	3	4	5	Comments
Ear syringing						

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Otitis media and complications						
Deafness and hearing loss						
Tinnitus						
Vertigo						
Mastoiditis						
Otitis externa						
Diseases of the pinna						
Epistaxis						
Allergic and vasomotor rhinitis						
Sinus problems						
Nasal obstruction / polyps						
Injuries						
Snoring						
The acute sore throat / quinsy						
Hoarseness and other disorders of the voice						
Dysphagia						
Lumps in the neck						

Head and neck malignancy						
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Neurological (2.5%)

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Headache						
Migraine						
Dementia (Alzheimer's and others)						
Parkinson's disease.						
Strokes and T.I.A ./ amaurosis fugax						
Epilepsy						
Differential diagnosis: fits/faints/ blackouts						
Multiple sclerosis						
Motor neurone disease						
Guillain Barré syndrome						
Peripheral neuropathy						
Amnesia						
Myelopathy						
Spinal claudication						
Muscular and neuromuscular diseases						
Neurological symptoms in disease of other systems, including cancer.						

Urology (2.1%)

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
UTI						
Incontinence male and female.						
Renal calculi						
Glomerulonephritis						
Pyelonephritis						
Polycystic kidneys						
Hydronephrosis						
Renal failure and dialysis						
Renal tumours						
Bladder tumours						
Urinary retention.						

Eye (1.9%)

Assess your confidence in the following skills:

	1	2	3	4	5	Comments
Visual acuity and the pinhole						
Visual field testing						
The use of the ophthalmoscope.						

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Conjunctivitis						
Corneal abrasions, ulcers and trauma						
Foreign bodies in the eye						
Glaucoma						
Eyelid disorders						
Squint						

Dry eye						
Herpes Zoster						
Iritis						
Lens opacities						
Optic atrophy						
Retinal detachment and thrombosis						
Macular degeneration						
Retinopathy Diabetic Hypertensive						
Medication in ophthalmology						
Eye malignancies						

Blood (1.1%)

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
The anaemias						
Polycythaemia						
Leukaemias						
Lymphoma						
Myeloma						
Clotting disorders.						
Sickle cell disease						
Thalassaemia						
Disorders of platelets						

Male Genital (1.2%)

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Sexually transmitted infections						
Benign prostatic hypertrophy						
Prostate cancer						
Prostatitis						
Phimosis, balanitis and circumcision.						
Painful testes						
Torsion of the testis						
Lumps in the scrotum and testes.						
Impotence and sexual dysfunction						
Haemospermia						

Social (0.5%)

Other RACGP priority learning areas not covered above

Assess your confidence in the following knowledge areas

	1	2	3	4	5	Comments
Aboriginal health*						
Aged Care*						
Children's and Young People's Health*						
Chronic Disease Management*						
Ethnic Health*						
Men's Health						
Women's Health						

*see subsection below for more detailed confidence assessment

Other important areas of applied professional knowledge and skills

Assess your confidence in the following skills:

	1	2	3	4	5	Comments
Physical examination						
Minimum Emergency resuscitation skills*						
Essential Procedural skills *						

*see subsection below for more detailed confidence assessment

Assess your confidence in the following knowledge areas

	1	2	3	4	5	Comments
Prescribing in general practice*						
Palliative care*						
Travel medicine*						
Clinical decision-making						
Continuity of care						
Integration of care						
Use of cost effective treatment and investigations						
Development and use of referral networks						

*see subsection below for more detailed confidence assessment

Domain 2 Subsections

Use these subsections if you wish to explore in detail the some of the broader subject areas listed above.

Subsection A

Diabetes

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Criteria for diagnosis						
Managing the newly diagnosed patient						
Commencing insulin						
Screening for complications						
Managing diabetic foot disease						
Annual cycle of care						
Legal / employment / driving Implications						
Psycho-social aspects of diabetes						
Diabetic emergencies						
Causes of secondary diabetes						
Impaired glucose tolerance, insulin resistance, impaired fasting glucose						

Subsection B

Pregnancy

Assess your confidence in the following knowledge areas:

Preconception Care						
Antenatal Care						
Intrapartum Care / Home births						
Postnatal Care						
Breast feeding						
Postnatal Mental Health						
Miscarriage						
Unwanted pregnancy and abortion						

Subsection C

Aboriginal Health

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Aboriginal definitions of health						
Common presenting problems						
Culturally appropriate management						
Working with multidisciplinary teams						

Subsection D

Aged Care

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Biological processes of ageing						
Presentations of disease in the aged						
Diseases common in the aged						
Polypharmacy						
Appropriate use of specialist treatment						
Team based community care						

Subsection E**Children and Young People's Health***Assess your confidence in the following skills:*

	1	2	3	4	5	Comments
Examination of children and babies						
Developmental Assessment						
Taking a history from a child						
Recognising the ill child: physical social psychological						
Paediatric Resuscitation & CPR						

*Assess your confidence in the following knowledge areas:***Neonatal and Infant Problems**

	1	2	3	4	5	Comments
Heart murmur						
Sticky eye						
Jaundice						
Congenital defects						
The pyrexial or crying child						
Infant feeding						
Vomiting & diarrhoea						

Childhood

	1	2	3	4	5	Comments
Constipation						
Abdominal pain, acute and recurrent						
Failure to thrive						
Rashes						
Croup and epiglottitis						
Cough / dyspnoea / wheezing						
Headache						
Febrile convulsions						
Epilepsy						
Meningitis						
Osteomyelitis						
Paediatric orthopaedics						
Urinary tract infection						
Malignant disease in Children						
Accidental poisoning						
The abused child (physical, sexual and psychological)						

Childhood Infections .

	1	2	3	4	5	Comments
Measles						
Mumps						
Rubella						
Chicken pox						
RSV						
Pertussis						

Chronic Health Problems

	1	2	3	4	5	Comments
Haemophilia and the haemoglobinopathies						

Asthma						
The handicapped child & cerebral palsy						
Cystic fibrosis						
Diabetes in childhood						
Arthritis						
The family of an ill child						

Death

	1	2	3	4	5	Comments
Sudden Infant Death						
Bereavement,						
Death and dying						

Psychological Problems

	1	2	3	4	5	Comments
Enuresis / Encopresis						
Behavioural development & disorders (eg attention deficit disorder)						
Bullying / school refusal						
Temper tantrums						
Learning disorders in children						
Substance abuse						
Obesity / anorexia / pica						

Adolescence

	1	2	3	4	5	Comments
Puberty						
Contraception						
Psycho-social Issues						

Miscellaneous

	1	2	3	4	5	Comments
Accident prevention in the home						
Immunisation						
Family dynamics and parenting						

Subsection F

Chronic Disease Management

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Disease specific clinics in general practice						
Protocols and structured record keeping						
Team care						
Self-help groups and voluntary agencies						
Patient literature, books, handouts						
Government incentives for chronic disease care						
Patient self management						
Chronic disease management systems						
Safety netting, screening and recall systems						
Disease registers						
Effective use of information systems in delivery of care and practice management						

Subsection G

Ethnic Health

Assess your knowledge of the following:

	1	2	3	4	5	Comments
Health conditions related to ethnicity						
Health conditions related to migration						
Helping torture victims						

Subsection H

Minimum Emergency Resuscitation Skills (from the RACGP curriculum companion)

Assess your confidence in the following skills:

	1	2	3	4	5	Comments
Mouth to mouth ventilation						
Mouth to mask ventilation						
Bag to mask ventilation						
Insertion of an oropharyngeal airway						
External cardiac massage						
Resuscitation of hypoglycaemic shock						
Resuscitation of acute anaphylaxis						
venepuncture						
Insertion of IV line including cutdown						
Immediate management of acute MI						
Management of acute pulmonary oedema						
Recognition and management of ventricular fibrillation						
Set up and record 12 lead ECG						
Drug treatment of cardiac arrest						
Use of a defibrillator						
Management of generalised seizures						
Recognition and management of sinus bradycardia, PAT and atrial flutter						
Emergency treatment of tension pneumothorax						
Glasgow coma scale assessment						
Assessment of hydration (paeds)						
Cardiopulmonary resuscitation (paeds)						
Recognition and management of the seriously ill child						
Emergency cricothyroidotomy (paeds)						

Subsection I

Essential Procedural Skills (from the RACGP curriculum companion)

Assess your confidence in the following skills:

Surgical

	1	2	3	4	5	Comments
Local wound infiltration with anaesthetic						
Suture of simple lacerations						
Suture of deep laceration including subcutaneous suture						
Suture of lacerations of face and scalp						
Incision and drainage of superficial abscess						
Removal of foreign bodies						
Correct application of dressings and bandages						

Excision of skin lesions						
Wound debridement						
Burns dressings						
Proctoscopy/sigmoidoscopy						
Intramuscular injection						
Digital nerve block						
Avulsion of toenail						
Removal of simple benign tumours/cysts						
Drainage of thrombosed external haemorrhoid						

Reproductive health

	1	2	3	4	5	Comments
Cervical smear						
Collection of path specimens for diagnosis of gynaecological infections						
Collection of specimens from both sexes for diagnosis of sexually transmitted diseases						
Breast examination						
Contraception advice and procedures						
Removal of IUCD						
Examination of pregnant abdomen						

Eyes

	1	2	3	4	5	Comments
Visual testing - ishihara						
Visual field testing						
Eyelid eversion						
Ophthalmoscopic examination of the eye						
Fluorescein staining of the cornea						
Removal of superficial corneal foreign body						

Ear nose and throat

	1	2	3	4	5	Comments
Examination of the nares with a nasal speculum						
Nasal packing for epistaxis						
Syringe external auditory canal						
Aural toilet						
Insertion of wick into ear canal						
Immediate management of avulsed/luxated tooth						

Sprains and fractures

	1	2	3	4	5	Comments
Strap a sprained ankle						
Splinting/plastering common fractures						
Reduction of dislocated finger						
Application of a walking heel to a plaster						
Removal of plaster/fibreglass splint						
Aspiration of a knee joint						
Splints – small e.g. finger						

Child health

	1	2	3	4	5	Comments
Vaccination of infants and children						

Pathology

	1	2	3	4	5	Comments
STI swabs						
Throat swabs						
Wound swabs						
Urine faeces sputum specimens						
Post nasal swab						
Fungal scraping						
Blood cultures						

Respiratory

	1	2	3	4	5	Comments
Undertake and interpret spirometry						
Recording and interpreting peak flows						
Instruction in use of asthma medication delivery devices						
Use of home oxygen						

Dermatology

	1	2	3	4	5	Comments
Punch biopsy						
Cautery/cryotherapy						

Urology

	1	2	3	4	5	Comments
Insertion of indwelling catheter						

General

	1	2	3	4	5	Comments
Emergency sedation of acutely psychotic patient						

Subsection J**Prescribing**

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Prescribing rules (eg PBS, RPBS, authority and private prescriptions)						
Prescribing Schedule 8 Drugs/The drug register						
The Pharmaceutical Benefits Scheme						
MIMS or Australian Medication Handbook						
Generic prescribing						
Over the counter drugs						
Giving IV or IM injections						
Interactions between commonly used drugs						
Drug adverse reactions						
Expert computerised prescribing aids						
Prescribing in special groups - elderly - children - pregnant or breast feeding - renal and liver disease						

- patients on warfarin - addicts - suicide risks						
Addiction to prescribed medication						
Compliance						
Antibiotic resistance						

Subsection K

Palliative Care

Assess confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Palliative and terminal care						
Control of pain						
Control of other symptoms						
Using a syringe driver: drug interactions						
Community teamwork in palliative care						
Psychological issues in terminal care						
Caring for the family						
Cultural, religious and ethnic issues in death and bereavement						

Subsection L

Travel Medicine

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Vaccination for preventable diseases						
Advice for patients before and after travel						
Malaria						
Rabies						
Gastrointestinal disorders						

Domain 2: Applied Professional Knowledge and Skills

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Rheumatoid arthritis						

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Fibromyalgia						
Sports medicine						

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Scabies						
Head lice						
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Thromboembolism						
Varicose veins and thrombophlebitis						
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Atypical presentations of cardiovascular and cerebrovascular disease						
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Meningitis						
Septicaemia						
Tetanus						
Brucellosis						

Viral Infections

	1	2	3	4	5	Comments
Herpes Simplex						
Herpes Zoster						
Influenza						
Glandular Fever						
Mosquito borne viruses						
Poliomyelitis						

Other

	1	2	3	4	5	Comments
Leptospirosis						
Lyme Disease						
Genetic Counselling						
Myalgic Encephalomyelitis						

Endocrine and Metabolic (8.1%)

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Lipid disorders						
Diabetes*						
Hypothyroidism						
Thyrotoxicosis						
Goitre						
Carcinoma of the Thyroid						
Addison's Disease						
Cushing's Disease						
Reproductive endocrinology						
Pituitary disease						
Parathyroid disease						

*see subsection below for more detailed confidence assessment

Psychological (4.9%)

Assess your confidence in the following skills:

	1	2	3	4	5	Comments
Mental health history taking						
Identification of at risk patients						
Handling a mental health crisis						
General practice level counselling						
Use of psychoactive medications						

Detoxification						
<i>Assess your confidence in the following knowledge areas:</i>						
	1	2	3	4	5	Comments
Depression						
Anxiety						
Sleep disorders						
Obsessive-compulsive disorder						
Post-traumatic stress disorder						
Specific phobia						
Grief and bereavement						
Marital problems						
Psycho-sexual problems						
Eating disorders						
Suicide and parasuicide: risk assessment						
Schizophrenia						
Puerperal psychosis and depression						
Psychiatric presentations in physical disease						
Alcohol problems						
Drug addiction						
Role of the Community Mental Health Team						
Notification & prescribing addictive drugs						

Digestive (6.8%)

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Oesophageal reflux						
Gastroenteritis						
Abdominal pain						
Mouth problems						
Appendicitis						
Oesophageal carcinoma						
Dyspepsia and peptic ulceration						
Helicobacter Pylori						
Stomach cancer						
Haematemesis and melaena.						
Jaundice						
Gall bladder disease						
Hepatitis infective and non infective						
Pancreatitis						
Pancreatic neoplasia						
Coeliac disease						
Inflammatory bowel disease						
Ulcerative colitis						
Irritable bowel syndrome						
Diverticular disease						
Ischaemic bowel						
Colon carcinoma including screening						
Worms						
Rectal bleeding						
Anal and peri-anal diseases						

Constipation						
Pruritus ani						
Caring for the patient with a stoma						

Female Genital (3.9%)

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Check up/pap smear						
Amenorrhoea						
Pre-menstrual syndrome						
Vaginal discharge						
Vaginal prolapse						
Dyspareunia						
Menopause and HRT						
Vulval disorders						
Abnormal vaginal bleeding						
Gynaecological malignancies						
Psycho-sexual problems						
Sexuality						
The abused woman						
Breast lumps and pain.						
Sexually transmitted infections						

Pregnancy and Family Planning (2.6%)

Contraception						
Pregnancy*						
The subfertile couple						

*see subsection below for more detailed confidence assessment

Ear (2.8%) Nose and Throat

Assess your confidence in the following skills:

	1	2	3	4	5	Comments
Ear syringing						

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Otitis media and complications						
Deafness and hearing loss						
Tinnitus						
Vertigo						
Mastoiditis						
Otitis externa						
Diseases of the pinna						
Epistaxis						
Allergic and vasomotor rhinitis						
Sinus problems						
Nasal obstruction / polyps						
Injuries						
Snoring						
The acute sore throat / quinsy						
Hoarseness and other disorders of the voice						
Dysphagia						
Lumps in the neck						

Head and neck malignancy						
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Neurological (2.5%)

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Headache						
Migraine						
Dementia (Alzheimer's and others)						
Parkinson's disease.						
Strokes and T.I.A ./ amaurosis fugax						
Epilepsy						
Differential diagnosis: fits/faints/ blackouts						
Multiple sclerosis						
Motor neurone disease						
Guillain Barré syndrome						
Peripheral neuropathy						
Amnesia						
Myelopathy						
Spinal claudication						
Muscular and neuromuscular diseases						
Neurological symptoms in disease of other systems, including cancer.						

Urology (2.1%)

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
UTI						
Incontinence male and female.						
Renal calculi						
Glomerulonephritis						
Pyelonephritis						
Polycystic kidneys						
Hydronephrosis						
Renal failure and dialysis						
Renal tumours						
Bladder tumours						
Urinary retention.						

Eye (1.9%)

Assess your confidence in the following skills:

	1	2	3	4	5	Comments
Visual acuity and the pinhole						
Visual field testing						
The use of the ophthalmoscope.						

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Conjunctivitis						
Corneal abrasions, ulcers and trauma						
Foreign bodies in the eye						
Glaucoma						
Eyelid disorders						
Squint						

Dry eye						
Herpes Zoster						
Iritis						
Lens opacities						
Optic atrophy						
Retinal detachment and thrombosis						
Macular degeneration						
Retinopathy Diabetic Hypertensive						
Medication in ophthalmology						
Eye malignancies						

Blood (1.1%)

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
The anaemias						
Polycythaemia						
Leukaemias						
Lymphoma						
Myeloma						
Clotting disorders.						
Sickle cell disease						
Thalassaemia						
Disorders of platelets						

Male Genital (1.2%)

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Sexually transmitted infections						
Benign prostatic hypertrophy						
Prostate cancer						
Prostatitis						
Phimosis, balanitis and circumcision.						
Painful testes						
Torsion of the testis						
Lumps in the scrotum and testes.						
Impotence and sexual dysfunction						
Haemospermia						

Social (0.5%)

Other RACGP priority learning areas not covered above

Assess your confidence in the following knowledge areas

	1	2	3	4	5	Comments
Aboriginal health*						
Aged Care*						
Children's and Young People's Health*						
Chronic Disease Management*						
Ethnic Health*						
Men's Health						
Women's Health						

*see subsection below for more detailed confidence assessment

Other important areas of applied professional knowledge and skills

Assess your confidence in the following skills:

	1	2	3	4	5	Comments
Physical examination						
Minimum Emergency resuscitation skills*						
Essential Procedural skills *						

*see subsection below for more detailed confidence assessment

Assess your confidence in the following knowledge areas

	1	2	3	4	5	Comments
Prescribing in general practice*						
Palliative care*						
Travel medicine*						
Clinical decision-making						
Continuity of care						
Integration of care						
Use of cost effective treatment and investigations						
Development and use of referral networks						

*see subsection below for more detailed confidence assessment

Domain 2 Subsections

Use these subsections if you wish to explore in detail the some of the broader subject areas listed above.

Subsection A

Diabetes

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Criteria for diagnosis						
Managing the newly diagnosed patient						
Commencing insulin						
Screening for complications						
Managing diabetic foot disease						
Annual cycle of care						
Legal / employment / driving Implications						
Psycho-social aspects of diabetes						
Diabetic emergencies						
Causes of secondary diabetes						
Impaired glucose tolerance, insulin resistance, impaired fasting glucose						

Subsection B

Pregnancy

Assess your confidence in the following knowledge areas:

Preconception Care						
Antenatal Care						
Intrapartum Care / Home births						
Postnatal Care						
Breast feeding						
Postnatal Mental Health						
Miscarriage						
Unwanted pregnancy and abortion						

Subsection C

Aboriginal Health

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Aboriginal definitions of health						
Common presenting problems						
Culturally appropriate management						
Working with multidisciplinary teams						

Subsection D

Aged Care

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Biological processes of ageing						
Presentations of disease in the aged						
Diseases common in the aged						
Polypharmacy						
Appropriate use of specialist treatment						
Team based community care						

Subsection E**Children and Young People's Health***Assess your confidence in the following skills:*

	1	2	3	4	5	Comments
Examination of children and babies						
Developmental Assessment						
Taking a history from a child						
Recognising the ill child: physical social psychological						
Paediatric Resuscitation & CPR						

*Assess your confidence in the following knowledge areas:***Neonatal and Infant Problems**

	1	2	3	4	5	Comments
Heart murmur						
Sticky eye						
Jaundice						
Congenital defects						
The pyrexial or crying child						
Infant feeding						
Vomiting & diarrhoea						

Childhood

	1	2	3	4	5	Comments
Constipation						
Abdominal pain, acute and recurrent						
Failure to thrive						
Rashes						
Croup and epiglottitis						
Cough / dyspnoea / wheezing						
Headache						
Febrile convulsions						
Epilepsy						
Meningitis						
Osteomyelitis						
Paediatric orthopaedics						
Urinary tract infection						
Malignant disease in Children						
Accidental poisoning						
The abused child (physical, sexual and psychological)						

Childhood Infections .

	1	2	3	4	5	Comments
Measles						
Mumps						
Rubella						
Chicken pox						
RSV						
Pertussis						

Chronic Health Problems

	1	2	3	4	5	Comments
Haemophilia and the haemoglobinopathies						

Asthma						
The handicapped child & cerebral palsy						
Cystic fibrosis						
Diabetes in childhood						
Arthritis						
The family of an ill child						

Death

	1	2	3	4	5	Comments
Sudden Infant Death						
Bereavement,						
Death and dying						

Psychological Problems

	1	2	3	4	5	Comments
Enuresis / Encopresis						
Behavioural development & disorders (eg attention deficit disorder)						
Bullying / school refusal						
Temper tantrums						
Learning disorders in children						
Substance abuse						
Obesity / anorexia / pica						

Adolescence

	1	2	3	4	5	Comments
Puberty						
Contraception						
Psycho-social Issues						

Miscellaneous

	1	2	3	4	5	Comments
Accident prevention in the home						
Immunisation						
Family dynamics and parenting						

Subsection F

Chronic Disease Management

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Disease specific clinics in general practice						
Protocols and structured record keeping						
Team care						
Self-help groups and voluntary agencies						
Patient literature, books, handouts						
Government incentives for chronic disease care						
Patient self management						
Chronic disease management systems						
Safety netting, screening and recall systems						
Disease registers						
Effective use of information systems in delivery of care and practice management						

Subsection G

Ethnic Health

Assess your knowledge of the following:

	1	2	3	4	5	Comments
Health conditions related to ethnicity						
Health conditions related to migration						
Helping torture victims						

Subsection H

Minimum Emergency Resuscitation Skills (from the RACGP curriculum companion)

Assess your confidence in the following skills:

	1	2	3	4	5	Comments
Mouth to mouth ventilation						
Mouth to mask ventilation						
Bag to mask ventilation						
Insertion of an oropharyngeal airway						
External cardiac massage						
Resuscitation of hypoglycaemic shock						
Resuscitation of acute anaphylaxis						
venepuncture						
Insertion of IV line including cutdown						
Immediate management of acute MI						
Management of acute pulmonary oedema						
Recognition and management of ventricular fibrillation						
Set up and record 12 lead ECG						
Drug treatment of cardiac arrest						
Use of a defibrillator						
Management of generalised seizures						
Recognition and management of sinus bradycardia, PAT and atrial flutter						
Emergency treatment of tension pneumothorax						
Glasgow coma scale assessment						
Assessment of hydration (paeds)						
Cardiopulmonary resuscitation (paeds)						
Recognition and management of the seriously ill child						
Emergency cricothyroidotomy (paeds)						

Subsection I

Essential Procedural Skills (from the RACGP curriculum companion)

Assess your confidence in the following skills:

Surgical

	1	2	3	4	5	Comments
Local wound infiltration with anaesthetic						
Suture of simple lacerations						
Suture of deep laceration including subcutaneous suture						
Suture of lacerations of face and scalp						
Incision and drainage of superficial abscess						
Removal of foreign bodies						
Correct application of dressings and bandages						

Excision of skin lesions						
Wound debridement						
Burns dressings						
Proctoscopy/sigmoidoscopy						
Intramuscular injection						
Digital nerve block						
Avulsion of toenail						
Removal of simple benign tumours/cysts						
Drainage of thrombosed external haemorrhoid						

Reproductive health

	1	2	3	4	5	Comments
Cervical smear						
Collection of path specimens for diagnosis of gynaecological infections						
Collection of specimens from both sexes for diagnosis of sexually transmitted diseases						
Breast examination						
Contraception advice and procedures						
Removal of IUCD						
Examination of pregnant abdomen						

Eyes

	1	2	3	4	5	Comments
Visual testing - ishihara						
Visual field testing						
Eyelid eversion						
Ophthalmoscopic examination of the eye						
Fluorescein staining of the cornea						
Removal of superficial corneal foreign body						

Ear nose and throat

	1	2	3	4	5	Comments
Examination of the nares with a nasal speculum						
Nasal packing for epistaxis						
Syringe external auditory canal						
Aural toilet						
Insertion of wick into ear canal						
Immediate management of avulsed/luxated tooth						

Sprains and fractures

	1	2	3	4	5	Comments
Strap a sprained ankle						
Splinting/plastering common fractures						
Reduction of dislocated finger						
Application of a walking heel to a plaster						
Removal of plaster/fibreglass splint						
Aspiration of a knee joint						
Splints – small e.g. finger						

Child health

	1	2	3	4	5	Comments
Vaccination of infants and children						

Pathology

	1	2	3	4	5	Comments
STI swabs						
Throat swabs						
Wound swabs						
Urine faeces sputum specimens						
Post nasal swab						
Fungal scraping						
Blood cultures						

Respiratory

	1	2	3	4	5	Comments
Undertake and interpret spirometry						
Recording and interpreting peak flows						
Instruction in use of asthma medication delivery devices						
Use of home oxygen						

Dermatology

	1	2	3	4	5	Comments
Punch biopsy						
Cautery/cryotherapy						

Urology

	1	2	3	4	5	Comments
Insertion of indwelling catheter						

General

	1	2	3	4	5	Comments
Emergency sedation of acutely psychotic patient						

Subsection J**Prescribing**

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Prescribing rules (eg PBS, RPBS, authority and private prescriptions)						
Prescribing Schedule 8 Drugs/The drug register						
The Pharmaceutical Benefits Scheme						
MIMS or Australian Medication Handbook						
Generic prescribing						
Over the counter drugs						
Giving IV or IM injections						
Interactions between commonly used drugs						
Drug adverse reactions						
Expert computerised prescribing aids						
Prescribing in special groups <ul style="list-style-type: none"> - elderly - children - pregnant or breast feeding - renal and liver disease 						

- patients on warfarin - addicts - suicide risks						
Addiction to prescribed medication						
Compliance						
Antibiotic resistance						

Subsection K

Palliative Care

Assess confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Palliative and terminal care						
Control of pain						
Control of other symptoms						
Using a syringe driver: drug interactions						
Community teamwork in palliative care						
Psychological issues in terminal care						
Caring for the family						
Cultural, religious and ethnic issues in death and bereavement						

Subsection L

Travel Medicine

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Vaccination for preventable diseases						
Advice for patients before and after travel						
Malaria						
Rabies						
Gastrointestinal disorders						

Domain 3: Population Health and the Context of General Practice

Assess your confidence in the following skills:

	1	2	3	4	5	Comments
Assessing cultural, spiritual, family, work, and socio political issues which affect the patient's health						
Responding to special needs of your practice population						
Using and affecting community, regional and national health systems						
Effective identification and use of referral networks						
Understanding and using the Australian health care system						
Advocating and coordinating care for patients						

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
GP role in population health						
National health priorities						
The role of the GP in the health system						
The role of general practice divisions						
Complementary medicine*						
Transcultural consulting*						
Indigenous health issues*						
Immunisation						
Screening						
The impact of social trends on the GP workforce						
The historical basis and philosophy of general practice						
Illness behaviour						
Evidence based medicine						
Gender effects on health						

*see subsection below for more detailed confidence assessment

Medicine in Remote and Rural Areas

	1	2	3	4	5	Comments
Privileges and difficulties of working in a small community						
Benefits and difficulties of living at a distance from urban centres						
Working as a VMO						
Extended skills required as a remote GP						
Training opportunities for rural general practice						
Specific procedural skills*						

*see list in domain 2

Domain 3 subsections

Use these subsections if you wish to explore in detail the some of the broader subject areas listed above.

Subsection A

Complementary Medicine

Assess your knowledge of the following in general practice:

	1	2	3	4	5	Comments
Patient use of complementary medicine						
Important drug interactions with complementary interventions						
Homeopathy						
Acupuncture						
Chiropractic & Osteopathy						
Herbal and Chinese Medicine						
Reflexology and Aromatherapy						
The relationship with mainstream medicine						
Registration and Training of practitioners						

Subsection B

Transcultural Medicine

Assess your knowledge of the following in general practice:

	1	2	3	4	5	Comments
Cultural differences						
Disease prevalences in ethnic communities						
Problems of travel						
Refugee health						
Effect of religion on health						
Effect of the doctor's culture on practice						

Subsection C

Health Aboriginal and Torres Straight Islander People

Assess your knowledge of the following in general practice:

	1	2	3	4	5	Comments
Working with Aboriginal and Torres Straight Islander People						
Health status of Aboriginal and Torres Straight Islander populations						
Prevalent conditions in ATSI populations						
The impact of history on ATSI health						
Aboriginal Community Controlled Health Organisations						

Domain 4: Professional and Ethical Role

Assess your confidence in the following skills:

	1	2	3	4	5	Comments
Accepting duty of care of patients						
Respecting patients' culture and values						
Critical reflection on your performance						
Managing your own life long learning						
Carrying out a clinical audit						
Maintenance of professional networks						
Self care						
Adherence to accepted ethical codes						
Teaching, research and evaluation						

Ethics

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Abortion						
Euthanasia						
Confidentiality						
Equity and access to care						
Consent						
Ethical guidelines (e.g. RACGP, AMA, state registration boards)						
Appropriate patient-doctor relationships						
The impaired doctor						
Relationships between doctors						

The General Practitioner's Role

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
In the health system						
In the primary health care team.						
As an agent of change						
In divisions of general practice						

Health Education and Preventive Medicine

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Screening ethics & Wilson's criteria						
Current Australian screening programmes						
Accident prevention						

Audit and Research

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
The audit cycle						
Types of Audit (structure/process/outcome)						
How to do an audit						
Research: types of studies and trials						
Observational Research						
Sources of help and support						

Evidence-based medicine*Assess your confidence in the following knowledge areas:*

	1	2	3	4	5	Comments
Finding evidence-based answers to clinical questions						
Critical appraisal						
Implementing best practice						
Explaining risk to patients						

Information Technology and the Internet*Assess your confidence in the following knowledge areas:*

	1	2	3	4	5	Comments
Web-based knowledge resources (e.g. Cochrane Library, RACGP library)						
CD-ROM based resource (e.g Therapeutic Guidelines series)						
Use of e-mail						
The internet						

Career and Personal Development*Assess your confidence in the following knowledge areas:*

	1	2	3	4	5	Comments
The FRACGP examination						
The role of the RACGP						
The role of ACRRM						
The vocational register						
Other qualifications (DCH, DRACOG etc)						
Masters degrees (e.g. Education or Medical Science etc)						
Continuing medical education						
Professional development						
The balance of personal & professional life						
Academic general practice						
GP specialisation (e.g. skin cancer, cosmetic medicine etc)						

References:

The Wolverhampton Grid

The RACGP Training Curriculum

Domain 5 Organisational and Legal Dimensions

Practice management

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Ownership structures in general practice (e.g. corporate, clinician owned, community controlled)						
Partnership in a practice						
Self employment						
Salaried medical practice						
Locum work						
Negotiating a contract						
Interviewing						
The practice manager's role						
Staff management and training						
Legal aspects of employing staff						
Practice nurses and other allied health						
Financial management						
Privacy principles						
Confidentiality principles						
Medical record management						
Practice information systems (management, clinical and resource)						
Risk management						
Practice accreditation						
Managing the out of hours commitment						

Medicine and the Law

Assess your confidence in the following knowledge areas:

	1	2	3	4	5	Comments
Death certification						
Advance directives						
Certification for cremation						
The role of the coroner						
Dealing with expected and unexpected death at home						
Fitness for work and sickness certification						
Certification of involuntary mental health patients						
Informed consent						
Age of consent						
Child abuse and mandatory reporting						
Medical reports						
Guardianship issues						
Power of attorney						
Fitness to drive						
Court attendance						
Professional indemnity insurance						
Medical negligence and discipline						

Social Services and Benefits*Assess your confidence in the following knowledge areas:*

	1	2	3	4	5	Comments
Centrelink services						
Health care cards						
Pension entitlements						
Department of Veterans Affairs						
Worker's compensation						
Legal services – chamber magistrate/legal aid						

Health Service Organisation*Assess your confidence in the following knowledge areas:*

	1	2	3	4	5	Comments
Models of paying for health care						
Divisions of General Practice						
Medicare						
Commonwealth Department of Health and Aging						
State health departments						
Medical boards						
Cost effectiveness						
Clinical governance						
The role of charities (e.g. Heart Foundation)						

References

The Wolverhampton Grid

The RACGP training curriculum