

# Clinical Exam Top tips

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- ▶ 0:00: Intro
- ▶ 2:27: What is the point of the MRCPCH clinical exam?
- ▶ 2:40: <https://www.rcpch.ac.uk/resources/mrcpch-clinical-examination-candidate-guidance>
- ▶ 4.13: Top tips
  - ▶ Revise as a group. Spend more time in hospital > book work. Don't start revising too early and get burnt out! (aim ~6 weeks)
- ▶ 5:59: Maximising time on the ward
  - ▶ Speak to examiners. Lead ward round under exam conditions (timed). Go to clinic! Try and attend specialist clinics e.g. liver, neonatal and community clinics. Developmental assessment on anyone – ask pt siblings to help! Approach every interaction with patients as an examination station
- ▶ 8:51: Tips for the day itself
  - ▶ Get there the day before & plan route to hospital. Dress appropriately. Pack both shoes....! Put mark sheets in the right order before you start Power pose! <https://www.youtube.com/watch?v=RVmMeMcGc0Y> Take a deep breath between stations.
- ▶ 13:51: Exam techniques
  - ▶ 'Script' for presentation. Clear, confident, don't waffle
  - ▶ London deanery MRCPCH website: <https://mrcpch.paediatrics.co.uk/>
  - ▶ Back to child when presenting, hands behind back, good eye contact, practice in the mirror. Deep breath within stations, moments to collect your thoughts

- ▶ 17.29: Books and resources
  - ▶ Damien Roland – Circuits for the MRCPCH (try and get out of library as very expensive) <https://www.amazon.co.uk/Circuits-MRCPCH-Study-Guides/dp/0443103356>
  - ▶ Simon Bedwani et al – MRCPCH Clinical Short Cases, History Taking and Communication skills <https://www.amazon.co.uk/MRCPCH-Clinical-History-Taking-Communication/dp/1905635966>
  - ▶ Youtube patient syndromes and stories e.g. congenital myotonic dystrophy
- ▶ 21:22: General tips
  - ▶ Know charities for chronic disease and the role of members of the MDT
- ▶ 22:00: Development station
  - ▶ Mary Sheridan 'From birth to 5 years' <https://www.amazon.co.uk/Mary-Sheridans-Birth-Five-Years/dp/041583354X>
  - ▶ Sharma A. 2011. Developmental examination: birth to 5 years. <https://www.ncbi.nlm.nih.gov/pubmed/21402576>
  - ▶ Only use one resource for learning development & make your own table / flashcards. London Paeds Website is a good example: <http://mrcpch.paediatrics.co.uk/wp-content/uploads/2014/06/Development-Assessment-MRCPCH-Website.pdf>
  - ▶ Expect pathology. It's not a spot diagnosis!
  - ▶ Clinic waiting rooms, play room on ward, friends' children!

