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## WHAT IS MRCGP (INT) AND HOW TO PREPARE FOR IT ?

MRCGP[INT]: Membership of the Royal College of General Practitioners [International]

In the past many doctors from outside the United Kingdom wanted to sit for the MRCGP examination in the UK, perceiving it to be a "golden standard" in family medicine. Whilst this is undoubtedly true, the fact remains that the UK exam is culturally, organisationally, linguistically and epidemiologically biased towards UK practice, and thus non-UK doctors face extra challenges in sitting the exam. With that in mind the College has developed an international form of the exam, which maintains the same academic rigour whilst at the same time trying to be more relevant to the normal every-day practice of the candidate.

**BACKGROUND:** The fundamental reason for the development of MRCGP[INT] and the creation of a new category of International Member, is to support the development of general practice/family medicine world-wide and, by doing so, to assist in raising standards of the discipline, being of equivalent academic rigour to the MRCGP in the UK (but does not confer the right to practice in the UK or any other country). The designation MRCGP[INT] may be in addition to the qualification awarded by the relevant national bodies. Studying and preparation by Family Doctors, and the subsequent assessment, is intended to provide a focus and impetus for themselves, their academic organisations and their programmes.

There has been a very positive response to the development of an internationally recognized postgraduate standard for General Practice / Family Medicine, equivalent in status to qualifications in hospital-based specialties. There are currently accredited sites for the MRCGP[INT] in Oman, Brunei, Kuwait, Dubai and South Asia [Nepal, Pakistan, India, Bangladesh and Sri Lanka]. It is intended that many others will be accredited in the near future.

**AIMS:** The MRCGP[INT] offers:

- Assessment criteria equivalent in academic rigor to the MRCGP UK;
- Impetus and focus to the educational aspirations of individuals and organizations;
- Academic support to local Examination Boards for:
- Their own curriculum development, appropriate to their own context and not that of a doctor working as a General Practitioner in the UK;
- The development of test design, writing, conduct and standard setting;
- On-going quality assurance through the accreditation and re-accreditation cycle.
- Support for the philosophy of life-long learning, continuing professional development, and quality practice.

**METHODS:** The academic model and framework for the examination has been developed by identifying those aspects of good primary medical care that are truly international, as well as the significant differences between countries and regions of the world in terms of culture, epidemiology, health systems and provision, history and geography. While the examination package of each accredited MRCGP[INT] will be somewhat different, reflecting these contextual aspects, the principles whereby they can be assessed to modern international standards and the criteria and the template against which assessment procedures from different health care systems might be developed, evaluated, endorsed, accredited and quality assured have been validated.

**CONCLUSIONS:** The award of the MRCGP[INT] confirms that the successful candidate has attained a standard of competence as a Family Doctor, as tested by an assessment equivalent in rigour to the MRCGP in the UK, but appropriate for the curriculum of the local context of Primary Healthcare.

## MRCGP [INT] South Asia - exam schedule for 2009-2010

Dates	Exam	Location	Dates	Exam	Location
19 June 2009	Part 1 (MCQ/AKT)	Colombo (Sri Lanka), Dhaka (Bangladesh), Lahore (Pakistan), Karachi (Pakistan), Kolkata (India).	Late September 2010	Part 2 (OSCE)	Karachi (Pakistan)
25 November 2009	Part 1 (MCQ/AKT)	Colombo (Sri Lanka), Dhaka (Bangladesh), Lahore (Pakistan), Karachi (Pakistan), Kolkata and/or Chennai (India).	Late November 2010	Part 1 (MCQ/AKT)	Colombo (Sri Lanka), Dhaka (Bangladesh), Lahore (Pakistan), Karachi (Pakistan), Kolkata and/or Chennai (India).
22-26 March 2010	Part 2 (OSCE)	Colombo (Sri Lanka)			
Late May 2010	Part 1 (MCQ/AKT)	Colombo (Sri Lanka), Dhaka (Bangladesh), Lahore (Pakistan), Karachi (Pakistan), Kolkata and/or Chennai (India).			

## How To Prepare For MRCGP

Though there is no one text book that can cover all the aspects of Family Medicine, but there are few books that can help to cover essential topics and aspects

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1. Oxford Text Book of family Medicine concise version of it is Oxford Hand book of family medicine
2. Nice Guide lines and WHO guidelines
3. British Medical Journal (BMJ of family medicine)
4. BNF
5. Authenticated and world known journals of family medicine

Pakistan Academy of Family Physicians is helping all those doctors who wish to appear in part one or part two of the exam .

**PART ONE** (to access knowledge) time 3 ½ hours. This exam is MCQs based in which one has to select single best answer . Total 200 questions For this exam We are doing very hard work to prepare MCQs according to the Guidelines given by RCGP that how to make MCQ WE thoroughly go through chapters of Oxford hand book ,Nice guidelines ,BNF and BMJ. Twice a week 8 (MRCGP Passed) doctors (Including Dr.Shahid Shahab(Chairman CME PAFP) ,Dr.Nasir Shah(who is also Examiner for MRCGP exam) Dr.Noor Akhter(Board Member for MRCGP South Asia)Dr.Muhammad Ali ,Dr.Misbah ul Arfeen ,Dr.Sohaib Khan, Dr.Aasma Khan,Dr.Zulfiqar) sit together to make and discuss MCQs for class next day ,then next day Consultant of that specialty , along with these doctors discuss it after MCQ based test. So it is a unique work and in the end it become state of the art work and easy way to pass t part one exam **PART TWO** (to access interpersonal skill , communication skill,ethics , behavior, patient centered approach etc)

14 different stations and ten minutes for each station and rest stations between them.

One has to interact directly with Patients (who are actually trained actors).Examiner sits in a same room to access candidate, and write his assessment at the spot. Candidates have to take brief history,perform relevant examination ,make diagnosis and discuss management plan .So this exam is overall related to assess how good doctor interacts with patient .

Again PAFP helps his candidates to prepare for it .We arrange number of MOCK examinations to practice it several times and brief candidates about his short comes on the spot . We also give briefing to actors and watch them carefully so that when candidate reaches his final exam he should not find any difficulty to perform naturally and successfully.

Result of which is that our result of part 2 exam was 100% this year.