5 Key Resources Required to Successfully Study for the KFP Exam

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Before getting into the 5 resources, let us have a quick look at the nature of the KFP questions on your FRACGP exam...

KFP questions are case based, so they are similar to patients that you are seeing everyday in your clinic. They are testing your clinical decision making in both diagnosis and management.

**KFP questions are often difficult to answer because they are assessing your skills at what selecting what is clinically most important out of many possible options.**

KFP questions follow a reasonably straightforward structure, with a stem leading to various questions around history, examination, investigations, diagnosis and management. You need to use a number of resources in your preparation for the exam to make sure you are as prepared as possible to do well in this exam.

Let’s look at the 5 resources and why they are important right now....

1. **John Murtagh General Practice**

This is the essential GP textbook for Australian General Practice and is a core text to prepare for the KFP.

Most significant is the focus on the differentials for various presenting complaints.

**Murtagh has a well known differential system of:**
- probable
- possible
- don't miss

which is a great way to build out the differentials for various presenting complaints.

Having clear lists of differentials will allow you to sort out what are the highest yielding history questions, examination findings and investigations to practice safely as a general practitioner and of course, pass the FRACGP exams.

**If you have to think of differential list on the exam day you are likely to miss important conditions in the list.**

This leads to missing key answers when asked for what history questions would you ask or what in office testing would you do. Murtagh also has clear information on the management of many conditions that we face day in, day out in GP and this is necessary to study and know for the KFP.

2. **Australian Family Physician (AFP)**

This is the journal of the RACGP and since the RACGP is setting the exam, this is a crucial resource to prepare for the KFP with. It is provided with your membership to the RACGP and is also available online.

You should be reading it as it comes out each month and taking notes of each of the articles that are present. It covers topics in excellent depth for GP level and is an essential resource to be using to prepare for the KFP.
Past issues are also available online and can be found by googling “AFP month year”. An example would be googling “AFP March 2011” which brings up the AFP magazine straight away.

When studying a particular topic, you can also Google that ie “AFP heart failure” will bring up a number of results.

Be sure to ignore articles from the aafp.org site, as these are from the American Family Physician journal and less applicable to studying for the Australian KFP exams.

3. Susan Wearne Clinical Cases for General Practice Exams

This book is written specifically for the FRACGP Objective Structured Clinical Examinations (OSCE) exams, however it is a highly useful resource to have covered for the KFP.

Not only will you be much more prepared for when you do sit the OSCEs having already seen these cases in preparing for the KFP but also they are a great insight into how to diagnose and manage 75 common cases we see in General Practice.

It is excellent for rapidly covering these topics and familiarising yourself with the level of answers required in the KFP.

You will see that it is not just the medical management of cases, but also thinking about what other services the patient may need, setting up followup times and providing safety net information in case they don't get better.

It costs around $50 and can be found by Googling “Susan Wearne book”.

4. GPlearning CHECKs

These are monthly resources put out by the RACGP that are clinical cases that require answers to clinical stems. This is a extremely similar format to the KFP exam and is very useful to practice answering questions in the KFP style.

It also enables rapid learning via making mistakes, as you will be provided feedback on the correct answers as soon as you have finished the case.

They are also very good simulations for the real exam as they generally do not provide enough information in the questions to answer the previous questions. This is definitely a common occurrence in the KFP and can lead to what seem like vague questions as they do not want to give away all of the answers when asking the next part of the question.

These are available on GPlearning, which comes with your membership fees to the RACGP.

It is worthwhile joining the College early, just to get access to this CHECK program.
The only disadvantage is that sometimes the questions are written to a very high level by people who have a major interest in a topic. This can mean the questions are too hard compared to the exam. You should still practice the CHECK questions. However if you are finding them very difficult, do not despair but learn as much as possible from the CHECK and move on.

5. The Red Book RACGP

This is a publication by the College about all of the preventative activities that GPs should be undertaking for their patients.

This is essential reading to make sure that you know what the guidelines are for preventing disease for the wide variety of age groups that we see on a daily basis in General Practice.

This is only a relatively short publication however, it is very important to know how to undertake preventative health measures in our patients and it would be remiss not to mention this book in a list of resources to use in preparing for the KFP.

Conclusion

Sitting for the KFP exams is a lot easier knowing that you have these 5 resources as the essential materials to refer to for your study and preparation.

Best wishes for your study and preparation for these challenging fellowship examinations. I wish you every success in passing your FRACGP exams and gaining your fellowship with the RACGP as a GP in Australia.

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