

**The Exit !**

**exam**

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# Applying - “Where to start”

- On line - [www.intercollegiate.org.uk](http://www.intercollegiate.org.uk)
- Need to give:
  - 3 structured references - 1 must be PD
  - CV
  - Logbook
  - Completed application form
  - **£1795 (!) - upfront for whole process**
    - (£520 for Section 1 / £1295 for Section 2)
- Must be “in good standing” with college

# Timetable

- Section 1
  - 3 times a year
  - 11th June 2013 & 5th Nov 2013
  - At approved test centres (choose early)
  - Notified a few weeks after if eligible for next section
- Section 2
  - 29th May 2013 (Sheffield) & 11th Sep 2013 (Cardiff) & 5th Feb 2014 (Coventry)
  - No guarantee that you will get the next direct sitting after your section 1 (apply early)

# Format of the exam

## Section 1

- WRITTEN – ONLY 2 YEARS OR FOUR ATTEMPTS ALLOWED - no re-entry
- Covers the WHOLE curriculum
- 2 papers in one day
  - Paper 1: 2 hours SBA 135 questions
  - Paper 2: 2.5 hours EMQ 45 stems (3 questions/stem)

# Format of the Exam

## Section 2

- CLINICALS & VIVAS - ONLY 4 SITTINGS ALLOWED - no re-entry
- Takes 1.5 days either:
  - Weds all day vivas then Thurs AM clinicals
  - Thurs PM clinicals then Fri all day vivas
- VIVAS
  - Academic (20 mins plus 1hr prep time)
  - Emergencies & Critical care (15 mins each)
  - General Surgery & Sub-speciality (15 mins each)

# Format of the Exam

## Section 2

- CLINICALS
  - 2 examiners take you through at least 3 stations
  - 1 general & 1 sub-speciality (each 30 mins)
  - These are basically more vivas
    - Not really interested in ability to elicit signs
    - More interested in patient rapport & management

# What to Learn?? - Section 1

- Curriculum available on the iscp website - useful starting point - but 237 pages!
- There is a PDF version of topics on the jcst website from 2001
- Sample questions available on intercollegiate website
- Questions banks on “OnExamination” and “Pastest”
- There are a couple of books too.

# Emergency Surgery

## Core Curriculum

Assessment of the acute abdomen  
Biliary tract emergencies  
Acute pancreatitis  
Swallowed foreign bodies  
Gastrointestinal bleeding  
Appendicitis and right iliac fossa pain  
Abdominal pain in children  
Peritonitis  
Acute intestinal obstruction  
Intestinal pseudo-obstruction  
Strangulated hernia  
Intestinal ischaemia  
Toxic megacolon  
Superficial sepsis and abscesses  
Acute ano-rectal sepsis  
Ruptured aortic aneurysm  
Acutely ischaemic limb  
Acute presentations of urological disease  
Acute presentations of gynaecological disease  
Scrotal emergencies in all age groups

### **CRITICAL CARE**

Hypotension  
Haemorrhage  
Haemorrhagic and thrombotic disorders  
Blood transfusion and blood component therapy  
Septicaemia and the sepsis syndrome  
Antibiotic therapy and the management of opportunist infection  
Gastro-intestinal fluid losses and fluid balance, including in children  
Nutritional failure and nutritional support  
Respiratory failure  
Renal failure and principles of dialysis  
Fluid overload and cardiac failure  
Myocardial ischaemia  
Cardiac arrhythmias  
Multiple organ failure  
Pain control  
Cardiac arrest, respiratory arrest and brain death  
Organ donation  
Hypo and hyperthermia  
Diagnosis of brain death  
Legal & ethical aspect of transplantation  
Cardio-pulmonary resuscitation  
Chest drain insertion  
Central venous line insertion  
Insertion of peritoneal dialysis catheter  
Primary vascular access for haemodialysis



# Emergency Surgery

## Trauma

Assessment of the multiple injured patient including children  
Closed abdominal injuries, especially splenic, hepatic and pancreatic injuries  
Closed chest injuries  
Stab and gunshot wounds  
Arterial injuries  
Injuries of the urinary tract  
Initial management of head injuries and interpretation of CT scans  
Initial management of severe burns  
Drainage of superficial abscesses  
Tracheostomy  
Emergency thoracotomy  
Diagnostic laparoscopy  
Closure of perforated peptic ulcer, open and laparoscopic  
Endoscopy for upper GI bleeding  
Operations for GI bleeding including partial gastrectomy  
Emergency cholecystectomy  
Splenectomy for trauma  
Emergency hernia repair  
Laparotomy for small bowel obstruction  
Small bowel resection  
Ileostomy

Laparotomy for large bowel obstruction  
Laparotomy for perforated colon  
Hartmann's operation  
Colostomy  
Appendicectomy  
Drainage of ano-rectal sepsis  
Laparotomy for abdominal injury  
Laparotomy for post operative complications  
Urethral catheterisation  
Suprapubic cystostomy  
Exploration of scrotum  
Reduction of paraphimosis  
Embolectomy  
Fasciotomy  
Organ retrieval for transplantation

# Elective Surgery

Pathology, diagnosis and management of skin lesions, benign and malignant

Basal and squamous cell carcinoma

Malignant melanoma

Other skin cancers

Diagnosis & management of neck lumps

Physiology & pathology of:-

Thyroid

Parathyroid

Adrenal cortex

Adrenal medulla

Management of :-

Thyrotoxicosis

Adrenal insufficiency

Hyper and hypo thyroidism

Carcinoid syndrome

Anaesthetic and pharmacological problems

Imaging techniques for endocrine organs

Excision of skin lesions

Excision of skin tumours

Split and full thickness skin grafting

Node biopsy

Block dissection of axilla and groin

Surgery for soft tissue tumours including sarcomas

Thyroid lobectomy

Retrosternal goitre

Thyroglossal cystectomy

Submandibular salivary gland excision

Parotidectomy

Carcinoma of the breast

Benign breast disease

Hormone therapy for benign and malignant breast disease

Histo-/cytopathology

Mammography

Ultrasound

Adjuvant chemotherapy:

Chemotherapy for advanced disease

Radiotherapy

Counselling

Hospice care

Treatment of breast abscess

Fine needle aspiration cytology

Trucut biopsy

Excision of breast lump

Wide excision of breast tumours

Axillary dissection with other breast operations

Neoplasms of the upper GI tract

Gallstone disease

Jaundice

Gastro-oesophageal reflux and its complications

Hiatus hernia

Peptic ulceration and its complications

Radiation enteritis

Infantile pyloric stenosis

Diagnostic upper GI endoscopy

Laparoscopic cholecystectomy

Conversion to open cholecystectomy

Exploration of common bile duct

Biliary bypass

Gastrectomy

Splenectomy

Ramstedt's procedure

Physiology of pneumo-peritoneum

Informed consent for laparoscopic procedures

Pre and post operative management of laparoscopic cases

Port complications

Technology of video imaging, cameras, insufflator etc

Laparoscopic instruments, clips, staplers and port types

Management of equipment failure

Recognition and management of laparoscopic complications

Use and dangers of diathermy

Anaesthetic problems in laparoscopic surgery

External and internal abdominal herniae. Anatomy, presentation, complications

Hernia in childhood

Undescended testicle

Development and natural history of the prepuce

Diagnostic laparoscopy

Closed and open techniques of port insertion

Laparoscopic biopsy

Laparoscopic appendicectomy

Laparoscopic adhesiolysis

Thoracoscopy

Laparoscopic suturing and knotting

Control of laparoscopic bleeding

Surgery for all abdominal herniae, using open and laparoscopic techniques

Repair of childrens' herniae

# Elective Surgery (cont)

Neoplasms of large bowel  
Inflammatory bowel disease (inc medical management)  
Diverticular disease  
Irritable bowel syndrome  
Haemorrhoids  
Anal fissure  
Rectal prolapse  
Fistula in ano  
Diverticular disease/fistula  
Colostomy complications  
Ileostomy complications  
Pathology of the scrotum and its contents  
Male sterilization, including counselling and informed consent  
Proctoscopy/rigid sigmoidoscopy  
Flexible sigmoidoscopy & colonoscopy, diagnostic and therapeutic  
Outpatient haemorrhoid treatment  
Haemorrhoidectomy  
Procedures for fistula in ano  
Right hemicolectomy  
Left hemicolectomy  
Sub-total colectomy  
Resections for rectal cancer, restorative and excisional  
Ileorectal anastomosis  
Panproctocolectomy  
Closure of Hartmann's procedure  
Rectal injuries  
Operations for hydrocoele, epididymal cyst and varicocele

Adult circumcision  
Vasectomy  
Atherosclerosis  
Ischaemic limb  
Aneurysmal disease  
Venous thrombosis & embolism  
Hyper-hypo coagulable state  
Chronic venous insufficiency  
Arteriography  
Vascular CT scanning  
Magnetic Resonance Angiography  
Vascular ultrasound  
Varicose veins  
Mesenteric ischaemia  
Critical appraisal of the surgical literature  
Scientific method & statistics as applied to surgery  
Informed consent  
Ethical aspects of surgical practice  
Genetic aspects of surgical disease  
Vascular suture/anastomosis  
Approach to/control of infra-renal aortic, iliac and femoral arteries  
Control of venous bleeding  
Balloon thrombo-embolism  
Amputations of the lower limb  
Fasciotomy  
Primary operation for varicose veins  
Abdominal aortic aneurysm repair, elective and ruptured  
Femoro-popliteal bypass  
Femoro-femoral bypass

# Breast Surgery

Genetics related to surgery

Immunocyto-chemistry

Clinical trials

Neo-adjuvant therapy and related surgery

Epidemiology

Screening programme

Stereotaxis

Needle localisation biopsy

Mammary duct fistula

Breast duct excision

Microdochectomy

Reconstruction

Myocutaneous flaps

Tissue expanders

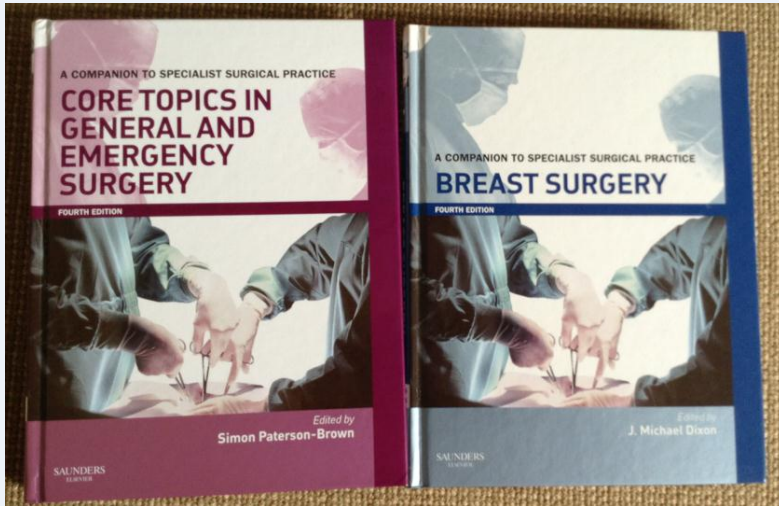
Complications and re-operation

Breast reduction

# What to Learn?? - Section 2

- Nothing fancy or clever
- This is about being safe, conventional and able to justify practice - GUIDELINES
- Some papers/trials if you like - but NOT really necessary
- General & Emergency Surgery dominates
- Critical care has a clinical focus - some basic science needed but this is FRCS
- Critical appraisal needed for academic viva

# What did I do



Companion Series - A Must  
Only bought 2 of the series



Three gems

“Current Surgical Guidelines” Jibawi and Cade (OUP)

“Surgical Oncology” Chaudry and Winslet (OUP)

“Doctors Guide to Critical Appraisal”  
Gossall and Gossall

# What else did I do

- Borrowed an up-to-date copy of a general textbook from library
- Operative surgery textbook
- Re-read the ATLS manual
- Ccrisp manual

# And what else did I do - Section 2

- NICE guidelines
- ABS guidelines
- National Mastectomy & Reconstruction Audits
- Oxford Overviews
- Academic viva papers often from BJS
  
- Alpine course (for Feb sitting) - awesome
- Buddy up and TALK about as much stuff as possible
- Journal club actually helpful



# Final thoughts

- Section 1
  - About breadth of knowledge
  - Manage the time pressure on the day
  - Some basic science and anatomy needed
  - Follow the curriculum
- Section 2
  - NOT as detailed as you would think
  - Focus is on General Surgery
  - Again about breadth
  - Guidelines and Controversies
  - YOU NEED TO PRACTICE THE VIVAS

**Good luck**