

For best results use alongside with our AKT/ KFP 1 month Package

Date	Section	Topics to cover	Possible resources
Day 1 30 days to go	Cardiovascular	Angina MI Hypertension congenital heart disease Cholesterol CVD Risk Statins Primary/Secondary Prevention Tachycardia including Atrial Fibrillation	GPI Q Bank – Cardiovascular + Audio- Video Books – Cardiovascular + Flash Cards
Day 2 29 days to go	Neurology Part 1	Epilepsy Parkinson's Disease Falls Loss of Consciousness Meningitis Encephalitis Facial Nerve Palsy Temporal Arteritis PMR	GPI Q Bank – Neurology + Audio- Video Books – Neurology + Flash Cards
Day 3 28 days to go	Musculoskeletal Part 1	Osteoarthritis Rheumatoid Arthritis SLE Gout Osteoporosis Neck e.g., Whiplash, Radiculopathy, Neck Injury Back Pain (simple and red flags) Shoulder e.g., Frozen Shoulder, Rotator Cuff, Dislocation	GPI Q Bank – Musculoskeletal + Audio- Video Books – Musculoskeletal + Flash Cards
Day 4 27 days to go	ENT Part 1	Sore throat Tonsillitis Laryngitis ENT 2-week referral Ear infection Tinnitus Hearing Loss Cholesteatoma Vertigo Nose e.g., Epistaxis, Polyps, Fracture, Hay Fever	GPI Q Bank – ENT + Audio- Video Books – ENT Flash Cards
Day 5 26 days to go	Respiratory Part 1	COPD Spirometry Smoking cessation OSA PE URTI LRTI Pneumonia Tuberculosis	GPI Q Bank – Respiratory, Infectious Diseases + Audio- Video Books – Respiratory, Infectious Diseases + Flash Cards -
Day 6 25 days to go	Addiction Medicine Part 1 Immunology Part 1 Genetics Part 1	Alcohol Addiction Medicine (e.g., opiates, cannabis) Allergy Anaphylaxis Intolerance Genetics: Autosomal Dominant and Recessive X-linked Dominant and Recessive	GPI Q Bank – Addiction Medicine Immunology Genetics + Audio- Video Books – Addiction Medicine Immunology Genetics Clinical Flash Cards
Day 7 24 days to go	Statistics Part 1	Standard Deviation Confidence Interval Parametric/non-P P value Types of Study Graphs - Bar chart Histogram Box Plot Scatter Plot Labbe Plot Forest Plot Funnel Plot Cates Diagram	Super Stats GPI – Statistics Audio- Video Books –
Day 8 23 days to go	Endocrinology Part 1	Hyperthyroidism Thyroid Cancer Goitre Hypothyroidism (including subclinical) Hypo/Hyperkalaemia Hypo/Hypernatremia Hyperparathyroidism Hyper/Hypocalcaemia	GPI Q Bank – Endocrinology + Audio- Video Books – Endocrinology + Flash Cards
Day 9 22 days to go	Psychiatry Part 1	Depression Postnatal depression Dementia Delirium Anxiety OCD PTSD Schizophrenia Acute psychosis bipolar disorder Somatisation	GPI Q Bank – Psychiatry + Audio- Video Books – Psychiatry + Flash Cards
Day 10 21 days to go	Ophthalmology Part 1	Acute Eye problems - Glaucoma Uveitis Artery/Vein occlusion Flashes/Floaters Conjunctivitis Blepharitis Subconjunctival Haemorrhage Chronic vision loss: Cataract Age Related Macular Degeneration Retinopathy (DM and Hypertensive)	GPI Q Bank – Ophthalmology + Audio- Video Books – Ophthalmology + Flash Cards
Day 11 20 days to go	Renal Part 1	Acute Kidney Injury chronic kidney disease UTI (adult and kids) Glomerulonephritis Renal Stones	GPI Q Bank – Renal + Audio- Video Books – Renal + Flash Cards
Day 12 19 days to go	Dermatology Part 1 Endocrinology Part 2	Moles Skin Cancer Ulcers Skin infection Psoriasis Acne Eczema Cushing's Addison's Disease Conn's Syndrome Obesity	GPI Q Bank – Dermatology Endocrinology + Audio- Video Books – Dermatology Endocrinology + Flash Cards
Day 13 18 days to go	Women's Health Part 1	Infertility Contraception (including Emergency) Menorrhagia PCOS Fibroids Antenatal: Advice, Early Pregnancy Problems, Mid Pregnancy Problems	GPI Q Bank – Women's Health + Audio- Video Books – Women's Health + Flash Cards -
Day 14 17 days to go	Gastroenterology Part 1	Irritable Bowel Disease Lower GI cancer including referral Inherited Polyps irritable bowel syndrome Coeliac Disease Hernia Appendix Abdominal Surgery Enteral feeding	GPI Q Bank – Gastroenterology + Audio- Video Books – Gastroenterology + Flash Cards
Day 15 16 days to go	Admin Part 1	Fitness to Work Maternity Staff occupational health Cremation Coroner Confidentiality Abortion Adoption Surrogacy Capacity Power of Attorney RMS Fitness to Drive Data Protection Request for records AMC Good Medical Practice (quick review)	Admin GPI Admin Audio- Video Books AMC Good Medical Practice

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Day 16 15 days to go	Men's Health Part 1	PSA Prostate Cancer BPH Testicles: Epididymo-orchitis Torsion Testicular Cancer/referral	GPI Q Bank – Men's Health + Audio-Video Books – Men's Health + Flash Cards
Day 17 14 days to go	Haematology Part 1	Leukaemia Lymphoma Myeloma Anaemia (B12 Folate Fe) FBC results Sickle Cell Disease Thalassaemia Spleen	GPI Q Bank – Haematology + Audio-Video Books – Haematology + Flash Cards
Day 18 13 days to go	Musculoskeletal Part 2	Elbow e.g., Tennis/Golfers/Bursa Wrist e.g., Carpal Tunnel Syndrome, De Quervain's Knees e.g., Osgood-Schlatter's Disease, Chondromalacia Patella, Osteochondritis Dissecans, OA, Replacement, Injury Foot e.g., Plantar fasciitis, Injury, Achilles, Morton's, Diabetic Foot	GPI Q Bank – Musculoskeletal + Audio-Video Books – Musculoskeletal + Flash Cards
Day 19 12 days to go	Paediatrics Part 1	Paediatric infections e.g., Chickenpox, Scarlet Fever School Exclusion Autism ADHD Immunisation Schedule Neonate conditions e.g., FTT, Jaundice	GPI Q Bank – Paediatrics + Audio- Video Books – Paediatrics Flash Cards
Day 20 11 days to go	Respiratory Part 2	Asthma including Childhood Pneumothorax Pleural Effusion Bronchiectasis Pulmonary Fibrosis Clubbing Lung Cancer including referral	GPI Q Bank – Respiratory + Audio- Video Books – Respiratory + Flash Cards
Day 21 10 days to go	Neurology Part 2	Migraine Tension Headache Cluster Headache Medical Overuse Headache Intracerebral bleeds Multiple Sclerosis Motor Neurone Disease Myasthenia Gravis	GPI Q Bank – Neurology + Audio- Video Books – Neurology + Flash Cards
Day 22 9 days to go	Palliative Care Part 1 Renal Part 1	Palliative care - Analgesia Nausea Dose Calculations Erectile Dysfunction STIs including Chlamydia, Gonorrhoeae HIV + PEP	GPI Q Bank – Palliative Care Renal + Audio- Video Books – Palliative Care Renal Clinical Flash Card
Day 23 8 days to go	Cardiovascular Part 2	Heart Failure Peripheral Vascular Disease DVT Varicose Veins Pericarditis Myocarditis Endocarditis Valvular Heart Disease Murmurs Bradycardia	GPI Q Bank – Cardiovascular + Audio-Video Books – Cardiovascular + Flash Cards
Day 24 7 days to go	Women's Health Part 2	Breast Cancer including referral Familial Benign Breast Disease Urinary Incontinence Endometriosis Cervical Cancer and screening Ovarian Cancer Endometrial Cancer Gynaecology 2-week referral	GPI Q Bank – Women's Health + Audio-Video Books – Women's Health Flash Cards
Day 25 6 days to go	Endocrinology Part 3 Statistics Part 2	Diabetes diagnosis, management, targets complications (acute and chronic) Types of Study Odds Risk Error Bias Confounding	GPI Q Bank – Endocrinology Statistics GPI + Audio- Video Books – Endocrinology Statistics Audio- Video Books + Flash Cards
Day 26 5 days to go	Infectious Disease Part 1 Paediatrics Part 2	Malaria Yellow Fever Hepatitis A, B, C Covid-19 Paediatrics development (all 4 areas) Enuresis Child safeguarding	GPI Q Bank – Infectious Diseases Paediatrics + Audio- Video Books – Infectious Diseases Paediatrics + Flash Cards
Day 27 4 days to go	Neurology Part 3 Women's Health Part 3	Stroke TIA Neuro assessment - Cranial Nerves UML/LMN Dermatomes Myotomes Gait Menopause including HRT	GPI Q Bank – Neurology Women's Health + Audio- Video Books – Neurology Women's Health + Flash Cards
Day 28 3 days to go	Admin Part 2	Birth registration Death registration Mental health act Social care Sight Impairment Controlled Drugs Medicare eligibility Medicare Funding Contracts Complaints Disease notification	Admin GPI Admin Audio- Video Books
Day 29 2 days to go	Gastroenterology Part 3	Dyspepsia H Pylori Peptic Ulcers GORD Upper GI Cancer including referral Gallstones Pancreas Jaundice Liver Cirrhosis LFTs	GPI Q Bank – Gastroenterology + Audio-Video Books – Gastroenterology + Flash Cards
Day 30 1 day to go	Mocks Day	Final preps Mocks	Mocks

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