

GENERAL PRACTICE KEY CLINICAL PRESENTATIONS (KCP)

Introduction

General practice by its very nature is general and broad. It would be impossible to cover every element in a three-year MSc programme. These **key clinical presentations (KCP)** are in addition to the ACP core competencies. The KCP are designed to cover common presentations which when able to manage competently will allow the ACP to function at an appropriate level.

There will of course be some variation in role for example within a general practice an ACP may or may not see children, undertake home visits, palliative care and minor ops. It should be noted that further MSc level study may be necessary to provide the knowledge to build further skills and competencies on to for example; a paediatric module should be undertaken before seeing children.

How to use the KCP

They are KCP for each of the following areas;

Women's health (including DOPs for breast & vaginal examination)
Men's health (including DOPs for testicular & prostate examination)
Family planning, sexual health & fertility
Paediatrics
Mental health
Medication review

For EACH presentation the ACP should be able to

- take an appropriate history including the more focussed history for each presentation
- undertake any necessary examination, with informed consent, offering chaperone,
- assess red flags
- form a management plan with the patient
- instigate appropriate investigation, treatments in line with national & local guidelines
- be aware of the various referral pathways & time scales for such, methods of referral
- arrange appropriate review and safety netting advice

Women's health

As per core competencies take a history, examine appropriately, make an assessment, refer for further investigation as necessary, refer to other services appropriately

Have knowledge and understanding of women's health issues

Awareness of a variety of potential of issues that present differently in women such as domestic violence, female genital mutilation, sexual abuse, depression as examples

Understand how to refer appropriately, in a timely manner, using national and local guidelines

Have a clear understanding of adult safeguarding issues

Assess disease risk factors specific to woman

Advocate public screening in line with local and national screening programmes

Key Clinical Presentations

- Breast symptoms including pain, lump, nipple discharge, skin changes
- Inter-menstrual bleeding
- Post-coital bleeding
- Vaginal discharge
- Menstrual problems – including dysmenorrhoea, menorrhagia, oligomenorrhoea, amenorrhoea
- Dyspareunia
- Vaginal irritation
- Hirsutism
- Menopausal symptoms – including hot flushes, night sweats, vaginal dryness

Key Clinical Procedures

- Breast examination
- Vaginal speculum examination

Men's health

In line with core competencies take a history, examine appropriately, make an assessment, refer for further investigation as necessary, refer to other services effectively

Have knowledge and understanding of men's health issues

Awareness of a variety of potential of issues that present differently in men such as depression, domestic violence, sexual abuse, erectile dysfunction

Assess disease risk factors specific to men

Understand how to refer, in a timely manner, using national and local guidelines

Have a clear understanding of adult safeguarding issues

Key Clinical Presentations

- Testicular pain
- Testicular lumps
- Genital rashes/irritation
- Urinary symptoms including dysuria, haematuria, nocturia, changes in urinary stream
- Penile discharge
- Erectile dysfunction

Key Clinical Procedures

- Testicular examination
- Prostate examination

Sexual Health, family planning & fertility

In line with core competencies take a history, including any gynaecology/obstetric history; examine appropriately, make an assessment, refer for further investigation as necessary, refer to other services effectively.

Have a sound understanding of contraceptive methods with their risks and benefits and advise appropriately in line with each individuals requirement

Promote safe sexual practice in a non-judgmental way

Understand the Fraser Guidelines

Work collaboratively with multiprofessional team & outside agencies in managing sexual health & HIV, Hepatitis B, TB

Be aware of local guidelines & pathways for fertility referrals

Key Clinical Presentations

- Genital rashes
- Vaginal/penial discharge
- Contraception including general advice, counselling on, problems with
- Emergency contraception
- Inability to conceive

Paediatrics

In line with core competencies take a history, examine appropriately, make an assessment, refer for further investigation as necessary, refer to other services effectively, with consideration of the age of the child

Have a sound understanding of factors that affect the child's health, growth/development. Eg genetic background, demographics, prenatal factors, family & cultural influences

Promote the health of the child & support parents in making informed choices

Be aware of local guidelines & pathways for referral to paediatrics, community paediatrics, health visitors and school health team

Understand the need for multi-agency working for child protection and know how to liaise with other health professionals/social services regarding children in need or with a child protection plan

Understand the procedures & protocols in place both within & outside of the practice in relation to child safeguarding. Have a clear understanding of how to make a referral to child safeguarding team and document appropriately

Understand the role of the midwife, health visitor and school health team and know when and how to make a referral

Manage key conditions and red flag paediatric conditions

Key Clinical Presentations

- Rashes including inflammatory, infected, localised and systemic, napkin rashes
- Pyrexia of unknown origin
- Crying baby
- Ear symptoms including otalgia, discharge
- Eye symptoms including eye discharge, pink eye, red eye, visual symptoms
- Cough/wheeze/stridor/respiratory distress/nasal symptoms
- Sore throat
- Vomiting, feeding problems, failure to thrive
- Bowel symptoms including diarrhoea, constipation, worms
- Urinary symptoms
- Abdominal pain
- Musculo-skeletal symptoms
- Behavioural problems

Mental Health & Psychological Care

In line with core competencies take a history, examine appropriately, make an assessment, refer for further investigation as necessary, refer to other services effectively

Assess the impact of the patients complaint on their daily life, including work life, home life, social life, dietary intake, sleep, illicit drug use

Develop, maintain & utilise links with other agencies in support of patients with mental health issues

Be aware of local guidelines & pathways for referral to other agencies to support this client group including psychiatry, counselling, support groups

Understand the need for multi-agency working for adult safeguarding and know how to make a referral when there are concerns

Understand how to make a referral to the crisis team

Understand the procedures & protocols in place both within & outside of the practice in relation to adult safeguarding, care of vulnerable adults

Understand the effect of long term conditions and other diagnoses on mental and psychological health

Key Clinical Presentations

- Suicidal ideation, self-harm
- Low mood
- Anxiety
- Stress
- Panic
- Visual/auditory hallucinations
- Paranoia
- Anger
- Bereavement
- Memory loss
- Confusion
- Eating disorders

Key procedures

- Undertake a PHQ9 or equivalent
- Undertake a GAD Score or equivalent
- Undertake a mini mental test

Medication Review in general practice

To be able to review medication in terms of efficacy, need, side effects, safety, clinical cost and in line with prescribing guidelines

Assess for concordance and compliance issues considering the patients individual circumstances and requirements

To help patients understand what why they have been prescribed or not prescribed medication

Understand the necessary monitoring requirements of medicines and how to act on the results

Understand how to document the details of a medication review on the clinical system

Have a sound understand how the repeat prescribing works within the general practice

Key Clinical Presentations

- Adverse side effects
- Ineffective medication
- Poor compliance
- Over use of medication
- Abnormal blood test monitoring results
- Higher risk groups - requiring risk reduction medicines