

| Topic | Presentation | Condition (including but not exclusively) |
|-----------------|---|---|
| Blood and lymph | Abnormal blood film | Including haematological malignancies and myeloproliferative disorders |
| Blood and lymph | Bruising/ bleeding/ purpura | Any cause |
| Blood and lymph | Generalised enlarged lymph nodes | Any cause |
| Blood and lymph | Pallor | Anaemia of any cause |
| Breast | Breast lump and/or pain | Any cause |
| Cardiovascular | Chest pain | Acute myocardial infarction, acute coronary syndrome and angina |
| Cardiovascular | Fatigue | Chronic heart failure |
| Cardiovascular | Heart murmur | Any cause |
| Cardiovascular | Hypertension | Including risk factors |
| Cardiovascular | Palpitations | Arrhythmias of any cause |
| Cardiovascular | Peripheral arterial disease | Including aneurysms, ischaemic limb and occlusions |
| Cardiovascular | Peripheral oedema, breathlessness | Heart failure including valvular heart disorder and rheumatic heart disease |
| Cardiovascular | Peripheral venous problems | VTE/ DVT including risk factors and varicose veins |
| Child health | Congenital abnormalities | Including heart, neural tube and musculoskeletal |
| Child health | Developmental problems | Physical |
| Child health | Developmental problems | Psychological and social |
| Child health | Failure to thrive | Physical |
| Child health | Failure to thrive | Psychological and social |
| Digestive | Abdominal mass | Including organomegaly, hernias and ascites |
| Digestive | Abdominal pain | Including acute abdomen any cause |
| Digestive | Anorexia and weight loss | Any cause |
| Digestive | Facial pain and swelling | Including oral disease and toothache |
| Digestive | Jaundice | Including biliary tract problems |
| Digestive | Lower GI symptoms | Including faecal incontinence |

| Topic | Presentation | Condition (including but not exclusively) |
|--------------------------|---|--|
| Digestive | Upper GI symptoms | Including nausea and vomiting |
| Digestive | Nutrition | Including over- and under-nutrition |
| Endocrine | Abnormal blood sugar | Diabetes mellitus |
| Endocrine | General endocrine disorder | Including pituitary, adrenal |
| Endocrine | Thyroid abnormalities | Hyper/hypothyroidism and goitre |
| ENT | Earache | Any cause |
| ENT | Hearing problems | Any cause |
| ENT | Hoarseness and/or stridor | Any cause |
| ENT | Nasal symptoms | Including rhinorrhoea and epistaxis |
| ENT | Vertigo | Any cause |
| Ethical and professional | Drawing from GMC explanatory guidance | Including Good medical practice (2013) References |
| Ethical and professional | Drawing from Good medical practice (2013). Duties of a doctor | Including Good medical practice (2013) Introduction. Professionalism in action |
| Eye | Eye pain | Any cause |
| Eye | Orbital swelling | Any cause including eyelid disorders |
| Eye | Red eye | Including infections, inflammatory and trauma |
| Eye | Visual impairment | Gradual or sudden, including cataracts |
| Genitourinary | Urethral discharge | Any cause |
| Genitourinary | Vaginal discharge | Any cause |
| Homeostatic | Acid-base imbalance and blood gas abnormalities | pH abnormalities: metabolic and respiratory acidosis or alkalosis |
| Homeostatic | Electrolyte abnormalities | Any cause including excessive thirst and dehydration |
| Infectious disease | Hospital acquired infection | Including infection control, MRSA, C diff |
| Infectious disease | Hospital acquired infection | Managing diarrhoea outbreak on ward |
| Infectious disease | Serious infection | Including HIV, AIDS, Hepatitis B and TB |
| Infectious disease | Travel medicine and tropical infections | Any cause |

| Topic | Presentation | Condition (including but not exclusively) |
|--------------------|--|---|
| Infectious disease | Viral infections | Any cause |
| Mental health | Alcohol and drug use disorder and dependence | Including co-morbidity and withdrawal |
| Mental health | Anxiety | Including generalised anxiety disorder, phobias and OCD |
| Mental health | Deliberate self-harm | Overdose, poisoning and other self-harm |
| Mental health | Eating problems | Anorexia nervosa and bulimia nervosa |
| Mental health | Learning and communication problems | Any cause |
| Mental health | Medically unexplained physical symptoms | Including psychosomatic disorders, somatisation disorders |
| Mental health | Mood (affective) problems | Any cause |
| Mental health | Confusion | Delirium, dementia, encephalopathy |
| Mental health | Personality and behavioural disorders | Including habit disorders and personality disorder |
| Mental health | Psychosis | Schizophrenia and other psychotic disorders |
| Mental health | Legal frameworks | Mental health act, mental capacity act, DOLS |
| Musculoskeletal | Back and neck problems | Any cause |
| Musculoskeletal | Connective tissue disorders | Any cause |
| Musculoskeletal | Foot and ankle problems | Any cause |
| Musculoskeletal | Hand and wrist problems | Any cause |
| Musculoskeletal | Hip problems | Any cause |
| Musculoskeletal | Knee problems | Any cause |
| Musculoskeletal | Rheumatological problems | All causes including joint pain of any cause |
| Musculoskeletal | Shoulder/upper limb problems | Any cause |
| Musculoskeletal | Skeletal problems including fractures | Any cause |
| Neurological | Blackouts and faints (funny turns) | Loss of consciousness of any cause |
| Neurological | Cranial nerve problems | Any cause including visual field defects |
| Neurological | Falls | Any cause including environmental |

| Topic | Presentation | Condition (including but not exclusively) |
|-----------------|--|---|
| Neurological | Headache | Any cause including raised intracranial pressure |
| Neurological | Movement disorders including tremor and gait problems | Abnormalities of the motor nervous system |
| Neurological | Peripheral nerve problems and abnormalities of sensation | Including neuropathies of any cause |
| Neurological | Seizures | Including epilepsy and convulsions |
| Neurological | Speech and language disorder | Any cause |
| Neurological | Weakness and fatigue | TIA, stroke, cerebral palsy, muscular dystrophy, nerve entrapments |
| Older adults | Confusion | Delirium and dementia |
| Older adults | Symptoms of terminal illness | End of life care |
| Pharmacological | Clinical pharmacology | Antimicrobial stewardship |
| Pharmacological | Clinical pharmacology | Prescribing safety |
| Renal | Abnormalities of the urine | Including non-visible haematuria and proteinuria |
| Renal | Renal problems | Including chronic kidney disease |
| Renal | Urinary excretion | Oliguria and polyuria including renal failure; urate |
| Reproductive | Contraception | Any method |
| Reproductive | Fertility problems | Both male and female; including normal development in puberty |
| Reproductive | Normal pregnancy and care | Normal pregnancy, labour and puerperium; including prenatal diagnosis |
| Reproductive | Problems in pregnancy including bleeding | Problems in pregnancy, labour and puerperium |
| Reproductive | Irregular vaginal bleeding | Including abnormal menstrual bleeding |
| Reproductive | Cervical smear/ colposcopy | |
| Reproductive | Pelvic mass | Any cause |
| Reproductive | Pelvic pain | Any cause |
| Reproductive | Vulval and vaginal lumps/lesions | Any cause |
| Reproductive | Prolapse | |
| Reproductive | Urinary incontinence | |

| Topic | Presentation | Condition (including but not exclusively) |
|-----------------------|---|---|
| Respiratory | Breathlessness | Any infection, inflammation, including COPD, asthma, occupational lung disease, sleep apnoea and cyanosis |
| Respiratory | Chest pain | Including any pleuritic cause |
| Respiratory | Cough and haemoptysis | Any cause including pulmonary embolism, tumours and upper respiratory tract problems |
| Respiratory | Wheeze/ Stridor | Any cause |
| Seriously ill patient | Collapse | Any cause including anaphylaxis and coma |
| Seriously ill patient | Fever/ Infection | Including pyrexia of unknown origin, septicaemia, meningitis and neutropaenic sepsis |
| Seriously ill patient | Multiple trauma | Including head injury and intra-abdominal injury |
| Seriously ill patient | Shock | Any cause including blood loss |
| Skin | Bites and stings | Including infestations |
| Skin | Bullous | Any cause |
| Skin | Dermatological manifestations of systemic disease | Any cause |
| Skin | Extremes of temperature | Burns, frostbite, hyperthermia and hypothermia |
| Skin | Hair and nail problems | Any cause |
| Skin | Itchy and/or scaly rashes | Including eczema, dermatoses (psoriasis etc.) and reactions (drugs/food) |
| Skin | Infections | Including viral, bacterial and fungal infections |
| Skin | Lumps | Any cause |
| Skin | Moles and pigmented lesions | Any cause |
| Skin | Ulcers | Any cause |
| Urological | Groin/scrotal pain and/or swelling | Any cause |
| Urological | Urinary tract obstruction | Any cause |
| Urological | Abnormalities of the urine | Including visible haematuria and proteinuria |
| Urological | Urinary symptoms | Any cause including urinary tract infection |
| Urological | Urinary symptoms | Prostate cancer |

Domain 1 - Knowledge, skills and performance

| <u>Develop and maintain your professional performance (GMP para 7-13)</u> | <u>Apply knowledge and experience to practice (GMP para 14-18)</u> | <u>Record your work clearly, accurately and legibly (GMP para 19-21)</u> |
|---|--|---|
| <u>Targeted history-taking</u> | <u>Investigation: choice of appropriate tests</u> | <u>Keeping accurate, clear, legible and contemporaneous records including legal documents</u> |
| <u>Focussed examination</u> | <u>Investigation: interpretation of results</u> | |
| <u>Practical procedures</u> | <u>Diagnosis and clinical decision making</u> | |
| Scientific knowledge (including genetics, anatomy, physiology, pathology, biochemistry, social science) as related to clinical practice | <u>Acute including emergency, peri-operative, resuscitation and DNAR decisions</u> | |
| | <u>Long-term including the role of the multi disciplinary team</u> | |
| | <u>Symptom relief and end of life</u> | |
| | <u>Good practice in management including advice, prescribing, devices and adherence to guidelines</u> | |
| | <u>Health promotion including risk factors, public health and epidemiology</u> | |
| | <u>Finds and interprets evidence relating to clinical questions; appraises recent research; understands basic statistical concepts</u> | |

| Domain 2 - Safety and quality | | |
|--|---|--|
| <u>Contribute to and comply with systems to protect patients (GMP para 22-23)</u> | <u>Respond to risks to safety (GMP para 24-27)</u> | <u>Protect patients and colleagues from any risk posed by your health (GMP para 28-30)</u> |
| <u>Patient safety, dignity and comfort</u> | <u>Safeguarding vulnerable adults or children and young people</u> | |
| <u>Quality assurance and safety improvement including adverse events, complaints and audit</u> | <u>Raising concerns about colleagues who may not be fit to practise and may be putting patients at risk</u> | |
| <u>Reviewing patient feedback where it is available</u> | <u>Offering help if emergencies arise in clinical settings or in the community</u> | |
| | | |

Domain 3 - Communication, partnership and teamwork

| <u>Communicate effectively (GMP para 31-34)</u> | <u>Work collaboratively with colleagues to maintain or improve patient care (GMP para 35-38)</u> | <u>Teaching, training, supporting and assessing (GMP para 39-43)</u> | <u>Continuity and coordination of care (GMP para 44-45)</u> | <u>Establish and maintain partnerships with patients (GMP para 46-52)</u> |
|---|--|--|--|---|
| Communication with patients (consulting skills, advising, explaining) | Teamwork (including delegation and supervision) | Educating healthcare professionals and students | Teamwork (including handover, delegation and discharge planning) | Dealing with conflict |
| To adopt a person-centred approach in dealing with patients and their problems, in the context of patients' circumstances, and involving patients in management | | Apply the skills, attitudes and practice of a teacher/trainer | | Dealing with complaints |
| Consideration to those close to the patient | | Supervision, mentoring and supporting | | Conscientious objection |
| | | | | Confidentiality |

| Domain 4 - Maintaining trust | | |
|---|---|--|
| <u>Show respect for patients (GMP para 53-55)</u> | <u>Treat patients and colleagues fairly and without discrimination (GMP para 56-64)</u> | <u>Act with honesty and integrity (GMP para 65-80)</u> |
| <u>Ethical and legal issues</u> | <u>Ethical and legal issues</u> | <u>Ethical and legal issues</u> |
| <u>Confidentiality</u> | | <u>Confidentiality</u> |
| | | |

Targeted history-taking/ Focussed examination

[For reference: Foundation Curriculum Programme 2016](#)

11. Obtains history, performs clinical examination, formulates differential diagnosis and management plan

History

F1-

Obtains and presents accurate patient history, utilising all relevant sources of information including carers/family, doing so in a timely manner

Physical and mental state examination

F1-

competent physical and mental state examination in a timely manner

Presents examination, including mental state, findings succinctly and accurately

Uses a chaperone, where appropriate

Performs

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Investigation: choice of appropriate tests/ Investigation: interpretation of results

For reference: Foundation Curriculum Programme 2016

12. Requests relevant investigations and acts upon results

Investigations

F1-

Requests/arranges

investigations which are necessary to assist diagnosis and monitor treatment and are appropriate for patients' needs in accordance with local and national guidance

Ensures correct identification of patients when collecting and labelling samples

Ensures correct identification of patients when reviewing results and planning consequent management

Minimises risk of exposing a pregnant woman to radiation

Interpretation of investigations

F1-

Seeks, interprets, records and relays/acts on results of ECG, laboratory tests, basic radiographs and other investigations and explains these effectively to patients

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Practical procedures

[For reference: Foundation Curriculum Programme 2016](#)

14. Performs procedures safely

Core procedures

F1-

Performs

competently the core procedures either in the workplace or on simulated patients

For each procedure, the foundation doctor should know the indications and contraindications and be able to

- Explain the procedure to patients, including possible complications, and gain valid informed consent
- Prepare the required equipment, including a sterile field
- Position the patient
- Prescribe and/or administer appropriate analgesia in certain patients
- Adequately prepare the skin using aseptic technique where relevant
- Administer local anaesthetic correctly for the procedure
- Recognise, record and be able to undertake emergency management of common complications
- Safely dispose of equipment, including sharps
- Document the procedure, including the labelling of samples and giving instructions for appropriate aftercare/monitoring

Other procedures

F1-

Performs under supervision procedures linked to a speciality placement

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Diagnosis and clinical decision making

[For reference: Foundation Curriculum Programme 2016](#)

11. Obtains history, performs clinical examination, formulates differential diagnosis and management plan

F1- Formulates
appropriate physical/mental health differential diagnoses, based on history, examination and immediate investigations
Requests and interprets necessary investigations to confirm diagnosis
Confirms initial diagnosis with more senior doctor
Takes account of probabilities in ranking differential diagnoses

Clinical review

F1-
Undertakes regular reviews, amends differential diagnosis and expedites patient investigation and management in the light of developing symptoms and response to therapeutic interventions

Discharge planning

F1- Anticipates
and ensures patients are prepared for discharge taking medical and social factors into account
Makes early referral within the multidisciplinary team and to community agencies
Communicates with primary care and other agencies

Discharge summaries

F1- Prescribes
discharge medication in a timely fashion Produces a
clear, timely, legible discharge summary that identifies principle diagnoses, including mental health, key treatments/

[interventions, discharge medication and follow-up arrangements](#)

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Acute including emergency, peri-operative, resuscitation and DNAR decisions

[For reference: Foundation Curriculum Programme 2016](#)

9. Recognises assesses and initiates management of the acutely ill patient

Recognition of acute illness

F1- Responds
promptly to notification of deterioration or concern regarding a patient's condition e.g. change in National Early Warning Score (NEWS)
Prioritises tasks according to clinical urgency and reviews patients in a timely manner
Recognises, manages and reports transfusion reactions, according to local and national guidelines

Assessment of the acutely unwell patient

F1-
Recognises and promptly assesses the acutely ill, collapsed or unconscious patient using an Airway, Breathing, Circulation, Disability, Exposure (ABCDE) approach and:

- Correctly interprets clinical and non-invasive monitoring of vital signs*
- Informs senior colleague and requests assistance / review e.g.

NEWS \geq 5

*Utilises normal age-related reference ranges for vital signs in infants and children

Immediate management of the acutely unwell patient

F1- Initiates
prompt appropriate management to stabilise/prevent further deterioration in patients with common acute presentations (including mental health) and seeks timely senior help with the further management
Delivers immediate therapy (e.g. oxygen, fluid challenge, antibiotics) to an acutely ill patient
Identifies electrolyte imbalance and, with senior advice, delivers a safe and effective method of correction
Records and acts on changes in physiological status, anticipating and planning appropriate action to prevent deterioration in vital signs
Communicates with the patient, relatives and carers and ensures they are supported

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Long-term including the role of the multi disciplinary team

[For reference: Foundation Curriculum Programme 2016](#)

10. Recognises, assesses and manages patients with long-term conditions

Management of long term conditions in the acutely unwell patient

F1- Recognises
acute manifestations/exacerbations/ progression and new complications of long-term conditions and their causes
Recognises how acute illness or injury will interact with pre-existing chronic illness/disability

The frail patient

F1- Recognises
frailty
Formulates individual patient management plan based on assessment of frailty as well as clinical need

Support for patients with long term conditions

F1- Evaluates
patients' capacity to self-care, including mental health aspects
Organises physiotherapy and occupational therapy for inpatients with long-term mobility problems

Nutrition

F1-
Describes the prevalence of nutritional disorders in patients with longterm conditions
Routinely assesses patients' basic nutritional requirements
Performs basic nutritional screen including assessing growth in children

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Symptom relief and end of life

[For reference: Foundation Curriculum Programme 2016](#)

17. Manages palliative and end of life care

End of life care

F1-

Contributes as a member of the multidisciplinary team to delivering high quality end of life care that is in line with the individuals' needs and preferences

Recognises that a patient is likely to die in the next few hours or days

and:

- Assesses whether this is reversible and, if so, whether this is in line with the patient's wishes
- Ensures that this is communicated clearly and with empathy to the patient (where appropriate) and those close to the patient
- Recognises the limitation of own competence and experience to make such an assessment and seeks senior advice
- Accesses palliative care services when desired

Recognises that palliative care requires attention to physical, psychological, emotional, social and spiritual aspects of the patient's experience, and those close to them. Helps patient to access this if required

15. Is trained and manages cardiac and respiratory arrest

Do not attempt cardiopulmonary resuscitation orders

F1-

Demonstrates understanding of and respect for do not attempt cardiopulmonary resuscitation (DNACPR) decisions

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Good practice in management including advice, prescribing, devices and adherence to guidelines

[For reference: Foundation Curriculum Programme 2016](#)

13.Prescribes safely

Correct prescription

F1- Prescribes medicines, blood products and fluids correctly, accurately and unambiguously in accordance with GMC and other guidance using correct documentation to ensure that patients receive the correct drug via the correct route at the correct frequency and at the correct time

Demonstrates understanding of responsibilities and restrictions with regard to prescribing high risk medicines including anticoagulation, insulin, chemotherapy and immunotherapy
Performs dosage calculations accurately and verifies that the dose calculated is of the right order

Reviews previous prescriptions and transfers/ transcribes accurately and appropriately
Describes the potential hazards related to different routes of drug administration (e.g. oral, intramuscular, intravenous, intrathecal)

Follows the guidance in Good Medical Practice in relation to selfprescribing and prescribing for friends and family

Within the hospital, prescribes controlled drugs using appropriate legal framework and describes the management and prescribing of controlled drugs in the community

Describes the importance of security issues in respect of prescriptions

F1- Prescribes and administers for common important indications including medicines required urgently in the management of medical emergencies e.g. sepsis, exacerbation of chronic obstructive pulmonary disease, pulmonary oedema, congestive cardiac failure, pain, thromboprophylaxis

Prescribes safely for different patient groups including frail elderly, children, women of child-bearing potential, pregnant women and those with hepato-renal dysfunction

Prescribes and administers oxygen, fluids and antimicrobials as appropriate e.g. in accordance with NICE guidance on antimicrobial and intravenous fluid therapy

Chooses appropriate intravenous fluids as vehicles for intravenous drugs and calculates the correct volume and flow rate

Assesses the need for fluid replacement therapy and chooses and prescribes appropriate intravenous fluids and calculates the correct volume and flow rates

Prescribes and administers blood products safely in accordance with guidelines/protocols on safe cross matching and the use of blood and blood products

Discussion of medication with patients

F1-

Discusses drug treatment and administration with patients/carers, including duration of treatment, unwanted effects and interactions

Obtains an accurate drug history, including allergy, self-medication, use of complementary healthcare products and enquiry about allergic and other adverse reactions

Guidance on prescription

F1-

Prescribes using all available support including local and national formularies, pharmacists and more experienced prescribers to ensure accurate, safe and effective error-free prescribing, whilst recognising that legal responsibility remains with the prescriber

Prescribes according to relevant national and local guidance on antimicrobial therapy, recognising the link between antimicrobial prescribing and the development of antimicrobial resistance

19. Makes patient safety a priority in clinical practice

Infection control

F1-

Demonstrates consistently high standard of practice in infection control techniques in patient contact and treatment including hand hygiene and use of personal protective equipment (PPE)

Demonstrates safe aseptic technique and correctly disposes of sharps and clinical waste

Demonstrates adherence to local guidelines/protocols for antibiotic prescribing

Requests screening for any disorder which could put other patients or staff at risk by cross contamination, e.g. Clostridium.Difficile

Takes an active role in outbreak management within healthcare settings (e.g. diarrhoea on a ward) and complies with procedures instituted by the infection control team

Informs the competent authority of notifiable diseases

Challenges and corrects poor practice in others who are not observing best practice in infection control

Recognises the need for immunisations and ensures own are up to date in accordance with local/national policy

Takes appropriate microbiological specimens in a timely fashion with safe technique

Recognises the risks to patients from transmission of blood-borne infection

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Health promotion including risk factors, public health and epidemiology

[For reference: Foundation Curriculum Programme 2016](#)

16. Demonstrates understanding of the principles of health promotion and illness prevention

F1-

Explains to

patients the possible effects of lifestyle, including the effects of diet, nutrition, inactivity, smoking, alcohol and substance use disorder

Recognises the impact of wider determinants of health and advises on preventative measures with reference to local and national guidelines

including:

- Smoking cessation and supportive measures
- Appropriate alcohol intake levels or drinking cessation
- Illicit drug use and referral to support services
- Biohazards
- Risks of UV and ionising radiation especially the harmful effects of sunlight
- Lack of exercise and physical/mental activity
- Weight management
- Employment
- Vaccination programmes
- Cancer screening e.g. breast, cervical, bowel

Recommends well man/women clinics

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Finds and interprets evidence relating to clinical questions; appraises recent research; understands basic statistical concepts

[For reference: Foundation Curriculum Programme 2016](#)

20. Contributes to quality improvement

Information management

F1-

Seeks,

finds, appraises and acts on information related to medical practice including primary research evidence, reviews, guidelines and care bundles

Critically reviews research and, where appropriate, presents finding (e.g. journal club)

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Keeping accurate, clear, legible and contemporaneous records including legal documents

[For reference: Foundation Curriculum Programme 2016](#)

3. Behaves in accordance with ethical and legal requirements

Statutory documentation

F1-

Completes

statutory documentation correctly e.g.

- Death certificates
- Statement for fitness to work
- Cremation forms

6. Communicates clearly in a variety of settings

Patient records

F1-

Maintains accurate, legible and contemporaneous patient records and ensures that entries are signed and dated in compliance with

“Standards for the structure and content of patient records Health and Social Care Information Centre / Academy of Medical Royal Colleges (AoMRC) 2013”

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Patient safety/ Quality assurance and safety improvement including adverse events, complaints and audit

[For reference: Foundation Curriculum Programme 2016](#)

20. Contributes to quality improvement

Quality improvement

F1-

Shows evidence of involvement in quality improvement initiatives in healthcare

F2-

Contributes significantly to at least one quality improvement project including:

- Data collection
- Analysis and/or presentation of findings
- Implementation of recommendations

Makes quality improvement link to learning/professional development in e-port

Healthcare and resource management

F1-

Demonstrates

understanding of the organisational structure of the NHS and independent sector and their role in the wider health and social care landscape

Describes hospital and departmental management structure

Describes the processes of commissioning and funding, and that all healthcare professionals have a responsibility for stewardship of healthcare resources

Describes accountability of the NHS in its context as a publicly funded body, and the need to ensure the most effective and sustainable use of finite resources

Recognises the resource implications of personal actions and minimises

unnecessary/wasteful use of resources e.g. repeat investigations, delayed discharge

Describes cost implications of common treatments in terms of money, equipment and human resources (e.g. generic prescribing, intravenous v oral antibiotics)

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Communication with patients (consulting skills, advising, explaining)

To adopt a person-centred approach in dealing with patients and their problems, in the context of patients' circumstances, and involving patients in management/ Consideration to those close to the patient

[For reference: Foundation Curriculum Programme 2016](#)

6. Communicates clearly in a variety of settings

Communication with patients/relatives/carers

F1-

Introduces

themselves to patient/carer/relative stating name and role

Communicates clearly, politely, considerately, with understanding and empathy

Ensures sufficient time and appropriate environment for communication

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Teamwork (including delegation and supervision)

[For reference: Foundation Curriculum Programme 2016](#)

6. Communicates clearly in a variety of settings

Interface with other healthcare professionals

F1-

Acts to prevent/mitigate and minimise distress in situations which might lead to complaint or dissatisfaction

Deals appropriately with angry/distressed/dissatisfied patients/carers and seeks assistance as appropriate

7. Works effectively as a team member

Continuity of care

F1-

Gives structured handover to ensure safe continuing care of patients.

Makes adequate arrangements for cover e.g. handing over bleep during educational sessions.

Interaction with colleagues

F1-

Acts

as a member of the multidisciplinary professional team by supporting, respecting and being receptive to the views of other healthcare professionals

Works effectively with others towards a common goal e.g. accepts instructions and allocation of tasks from seniors at handovers and multidisciplinary team meetings

Contributes to multidisciplinary team (MDT) meetings e.g. by case presentation, making records

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Educating healthcare professionals and students
Apply the skills, attitudes and practice of a teacher/trainer
[For reference: Foundation Curriculum Programme 2016](#)

4. Keeps practice up to date

Self directed learning

F1-

Acts to

keep abreast of educational / training requirements

Maintains a contemporaneous e-portfolio which meets training programme requirements

Demonstrates change and improvement in practice as a result of reflection on personal experience, multi-source feedback (MSF) and feedback from SLEs.

Identifies and addresses personal learning needs

Teaching and assessment

F1-

Delivers

teaching sessions and presentations which support learning to medical students and other members of the multidisciplinary team

Describes the role and value of the 'developing the clinical teacher' supervised learning event

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Supervision, mentoring and supporting

[For reference: Foundation Curriculum Programme 2016](#)

8. Demonstrates leadership skills

Leadership

F1-

Leads

within allocated roles e.g. when asked to organise medical students

Describes the organisational structures and chains of responsibility including principles of line management in medical and non-medical staff

Demonstrates leadership during routine tasks e.g. organising and performing core procedures

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Dealing with conflict

[For reference: Foundation Curriculum Programme 2016](#)

6. Communicates clearly in a variety of settings

Communication in challenging circumstances

F1-

Uses appropriate styles of communication

Seeks/provides additional support in situations where patient's ability to communicate may be impaired

Breaks bad news compassionately and supportively

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Dealing with complaints

[For reference: Foundation Curriculum Programme 2016](#)

6. Communicates clearly in a variety of settings

Complaints

F1-

Acts in an open and transparent way and notifies all appropriate persons including the patient when safety has (or potentially has) been compromised

Apologises for errors and takes steps to minimise impact

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Confidentiality

[For reference: Foundation Curriculum Programme 2016](#)

3. Behaves in accordance with ethical and legal requirements

Confidentiality

F1-

Describes

and applies the principles of confidentiality in accordance with GMC guidance

Ensures the patient's rights of confidentiality when clinical details are discussed, recorded in notes or stored electronically

Complies with information governance standards regarding confidential personal information

Follows GMC guidance on the use of social media

Describes when confidential information may be shared with appropriate third parties e.g. police and DVLA

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Ethical and legal issues

[For reference: Foundation Curriculum Programme 2016](#)

3. Behaves in accordance with ethical and legal requirements

Ethical and legal requirements

F1-

Practises

in accordance with guidance from the GMC, relevant legislation and national and local guidelines

Demonstrates understanding of the risks of legal and disciplinary action if a doctor fails to achieve the necessary standards of practice and care

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Abnormal blood film

Including:

Peripheral blood film (red cell, white cell and platelets)

Differential white cell count

Pancytopenia

Bone marrow failure

ESR

Hyperviscosity syndrome

Spleen and splenectomy

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Including haematological malignancies and myeloproliferative disorders

Haemolytic anaemia

Leukaemia

Myeloma

Paraproteinemia

Amyloidosis

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Bruising/ bleeding/ purpura

Including:

Intrinsic and extrinsic pathways (clotting)

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Any cause including

Bleeding disorder

Anticoagulants

Thrombophilia

Immunosuppressive drugs

Inherited bleeding disorders

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Anaemia of any cause

Iron deficiency anaemia

Refractory anaemia

Anaemia of chronic disease

Sideroblastic anaemia

Macrocytic anaemia (all causes)

Pernicious anaemia

Haemolytic anaemia

Sickle cell anaemia

Thalassaemia anaemia

Transfusion (safety & procedures)

(Myeloproliferative disorders)

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Any cause including

Cancer

Infection (abscess; puerperal mastitis)

Benign (fibro-adenoma; fibro-adenosis; fat necrosis; cysts)

Nipple (discharge; inversion; Paget's)

Request for reduction/augmentation

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Acute myocardial infarction, acute coronary syndrome and angina

Acute myocardial infarction (MI)

Acute coronary syndrome (ACS)

Angina pectoris

Electrocardiogram (ECG) – normal and abnormal

Investigations (cardiac catheterisation; echocardiography; nuclear cardiology; ECG: exercise/ ambulatory)

Complications of MI (arrhythmias; hypertension)

Atherosclerosis

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Arrhythmias of any cause

Bradycardia

Narrow complex tachycardia

Atrial fibrillation and flutter

Broad complex tachycardia

Pacemakers

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Heart failure including valvular heart disorder and rheumatic heart disease

Rheumatic fever

Mitral valve disease

Aortic valve disease

Right heart valve disease

Indications for cardiac surgery

Infective endocarditis

Diseases of heart muscle including myocarditis

Pericardial disease

Dyspnoea in heart failure

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Including heart, neural tube and musculoskeletal

Ventricular septal defect

Atrial septal defect

Patent ductus arteriosus

Aortic stenosis

Pulmonary stenosis

Coarctation of the aorta

Fallot's tetralogy

Transposition of the great arteries

Tricuspid atresia

Total anomalous pulmonary venous return

Persistent truncus arteriosus

Hypoplastic left heart

Pulmonary atresia

Ebstein's anomaly

Polycystic kidneys

Congenital adrenal hyperplasia

Chromosomal abnormalities (including Turner's; Down's; Tay Sachs')

Inherited conditions (cystic fibrosis; PKU)

Acquired conditions (including caused by drugs/alcohol)

Neural tube defects (including spina bifida)

Developmental abnormalities of the musculoskeletal system (including talipes)

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Physical

Endocrine problems/ Metabolic disorders

Malabsorption (see also under **Digestive**)

Inadequate diet

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Psychological and social

Non-accidental injury

Sexual abuse

Emotional deprivation

Bullying

Manifestations of neglect

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Including acute abdomen any cause

Perforation

Obstruction

Ischaemia

Aneurysm (see also under **Cardiovascular**/ Peripheral arterial disease)

Inflammatory conditions (including diverticulitis; appendicitis, pancreatitis)

Colic: ureteric (see also under **Renal**), Biliary/ gallbladder (see also under Jaundice)

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Any cause including

Cancer

Metabolic causes including diabetes (see under Endocrine/ Abnormal blood sugar);
thyroid (see under **Endocrine**/ Thyroid abnormalities)

Malabsorption

Physical causes of anorexia

Psychological causes of anorexia (see also under **Mental health**/ Eating problems)

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Including oral disease and toothache

Cancer

Sinusitis

Salivary glands

Teeth

Oral cavity

Lymph nodes (see also under **Blood and lymph**)

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Including biliary tract problems

Pre-hepatic (including haemolysis)

Hepatic (including drug-induced)

Post-hepatic (including biliary obstruction)

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Including faecal incontinence

Spurious diarrhoea and encopresis

Any cause including

Cancer

Ulceration

Bleeding

Abnormal anatomy (fissures, piles, prolapse)

Masses (including polyps)

Altered bowel habit (constipation, diarrhoea)

Rectal pain

Pruritis ani

Inflammation (including IBD)

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Including nausea and vomiting

Infections (including food poisoning, UTI, gastroenteritis)

Pyloric stenosis (see also under **Developmental**)

Drug-induced

Raised intracranial pressure

Pregnancy (see also under **Reproductive**)

Constipation

Any cause including

Cancer

Ulceration

GORD

Bleeding

Dysphagia (including tumours; benign; neurological causes; congenital; acquired)

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Nutrition

[For reference: Foundation Curriculum Programme 2016](#)

10.3 Nutrition

Competences

- Recognises nutritional disorders are common in patients with long-term conditions
- Performs basic nutritional screen and recognises patients with potential for nutritional deficiencies and considers this in planning care
- Formulates a plan for investigation and management of weight loss or weight gain
- Demonstrates the knowledge, skills, attitudes and behaviours to assess patients' basic nutritional requirements
- Recognises major nutritional abnormalities and eating disorders and establishes a management plan, where relevant with other healthcare professional input
- Works with other healthcare professionals in addressing nutritional needs and communicating these during care planning
- Makes nutritional care part of daily practice
- Considers the additional effects of long-term ill-health on nutritional status and the effect of poor nutrition on long-term health.

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Diabetes mellitus

Type 1 diabetes

Type 2 diabetes

Complications (including diabetic retinopathy; neuropathy; arterial disease)

Diabetic foot care

Hypoglycaemia/ hyperglycaemia

Patient with diabetes undergoing surgery

Diabetes in pregnancy (see also under **Reproductive**)

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General endocrine disorder

Hyperparathyroidism

Hypoparathyroidism

Multiple endocrine neoplasia (MEN 1 and MEN 2)

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Including pituitary, adrenal

Adrenal

Adrenal gland

Addisonian crisis

Addison's disease

Hyperaldosteronism

Phaeochromocytoma

Virilism

Gynaecomastia (see under **Breast**)

Impotence (see under **Reproductive**/ Fertility problems)

Cushing's syndrome

Pituitary gland

Hypopituitarism

Pituitary tumours

Hyperprolactinaemia; hypoprolactinaemia

Acromegaly

Diabetes insipidus

Hypopituitary coma

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Thyroid abnormalities

Cancer

Hyperthyroidism

Thyroid eye disease

Hypothyroidism

Thyroid disease in pregnancy (see also under **Reproductive/** Problems in pregnancy)

Goitre; nodules

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Hyper/hypothyroidism and goitre

Hyperthyroidism; hypothyroidism

Goitre; nodules

Cancer

Thyroid eye disease

Thyroid emergency

Thyroid disease in pregnancy (see also under **Reproductive/** Problems in pregnancy)

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Any cause including

Cancer

Infection

Eustachian tube dysfunction

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Any cause including

Foreign body (including wax)

Conductive and nerve deafness

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Any cause including

Cancer

Infection (including epiglottitis)

Voice misuse (including nodules)

Nerve injury (including palsies)

Stridor (see also under **Thyroid abnormalities/ Goitre**)

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Including rhinorrhoea and epistaxis

Cancer

Bleeding

Nasal obstruction (including polyps; allergic rhinitis)

Infections

Trauma (including fractures)

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Any cause including

Ménière's disease

Labyrinthitis

Cancer

Cerebellar lesions (see also under **Neurological**)

Benign positional

Toxins (including alcohol)

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Any cause including

Cancer

Sinusitis (see also under **ENT**)

Glaucoma

Migraine (see also under **Neurological**/ Headache

Foreign body

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Any cause including eyelid disorders

Cancer

Infection (including cellulitis; blepharitis)

Thyroid disease (see under Endocrine)

Cysts: congenital and acquired

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Including infections, inflammatory and trauma

Conjunctivitis

Iritis

Trauma (including foreign body)

Scleritis/ episcleritis

Glaucoma

Subconjunctival haemorrhage

Polycythaemia

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Gradual or sudden, including cataracts

Tumours (including pituitary)

Arterial and venous

Lens (including cataract; dislocation)

Degenerative

Hereditary

Systemic conditions: including connective tissue; diabetes (see also under **Endocrine**)

Drug-induced

Infections

Detached retina

Vitreous haemorrhage (including floaters)

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Any cause including

Infection (including STI)

Cancer

Foreign body

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Any cause including

Pruritis vulvae

Normal physiological

Cancer

Infection (including STI)

Foreign body

Child sexual abuse (see also under **Child health**)

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Electrolyte abnormalities

Sodium, potassium, glucose, calcium

SIADH

Magnesium

Zinc

Selenium

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pH abnormalities

Acidosis

Alkalosis either metabolic or respiratory

Metabolic and respiratory acidosis or alkalosis

Kidney function (tubular dysfunction, low GFR, chronic renal failure)

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Any cause including excessive thirst and dehydration

Fluid compartments including osmolarity and osmolality

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Including infection control, MRSA, C diff

[For reference: Foundation Curriculum Programme 2016](#)

8.5 Manages sepsis

Competences

- Understands the seriousness of sepsis
- Understands and applies the principles of managing a patient with sepsis
- Involves the infection control team at an appropriate early stage
- Takes appropriate microbiological specimens in a timely fashion
- Follows local guidelines/protocols for antibiotic prescribing.

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Any cause including

Malaria

Bilharzia

Dengue fever

Lyme disease

Toxoplasma

Rabies

Yellow fever

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Any cause including

Exanthemata

Mumps

Measles

Rubella

Herpes simplex

Herpes zoster

Viral meningitis

Influenza

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Including co-morbidity and withdrawal

Substitution therapy

Acute intoxication

Harmful use

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Including generalised anxiety disorder, phobias and OCD

Panic attack

Obsessive compulsive disorder

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Overdose, poisoning and other self-harm

Suicidal risk

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Any cause including

Intellectual disability

Acquired brain injury

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Any cause including

Depressive disorders

Bipolar disorders

Suicidal risk

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Including habit disorders and personality disorders

Emotionally unstable personality disorder

Antisocial personality disorder

Pathological gambling

Pyromania

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Schizophrenia and other psychotic disorders

Schizoaffective disorder

Delusional disorders

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All causes including joint pain of any cause

Rheumatoid

Osteoarthritis

Psoriatic

Lupus

Polymyalgia rheumatica

Gout

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Any cause including

Disorders of calcium homeostasis (osteoporosis, osteomalacia, Paget's)

Infections

Tumours (benign, malignant, secondaries)

Fractures of long bones

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Loss of consciousness of any cause

Vasovagal syncope

Cough syncope

Effort syncope

Micturition syncope

Carotid sinus syncope

Epilepsy

Stokes Adams attacks

Hypoglycaemia

Orthostatic hypotension

Drop attacks

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Any cause including visual field defects

Multiple sclerosis (MS)

Space occupying lesions

Bell's palsy

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Falls

Complications including subdural, extradural

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Any cause including environmental

Dizziness

Vertigo (benign positional vertigo)

Ménière's disease

Ototoxicity

Vestibular nerve problems (Acoustic neuroma, vestibular neuronitis, herpes zoster, brain stem)

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Any cause including raised intracranial pressure

Migraine

Cluster headache

Glaucoma

Giant cell arteritis

Tension headache

Raised intracranial pressure

Medication use disorder

Meningitis

Encephalitis

Subarachnoid haemorrhage

Sinusitis

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Abnormalities of the motor nervous system

Chorea

Athetosis

Hemiballismus

Tics, myoclonus, dystonia and tardive dyskinesia

Parkinson's disease

Parkinsonism

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Peripheral nerve problems and abnormalities of sensation

Testing peripheral nerves

Dermatomes

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Including neuropathies of any cause

Autonomic neuropathy

Mononeuropathy's

Polyneuropathy's

Bulbar palsy

MND

Cervical spondylosis

Neurofibromatosis

Syringomyelia

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Weakness and fatigue

Cerebral artery territories

Upper motor neurone vs lower motor neurone

Muscle weakness grading

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TIA, stroke, cerebral palsy, muscular dystrophy, nerve entrapments

Cord compression

Transverse myelitis

Carcinomatosis

Meningitis

Guillain-barre

Cord infarction

Spinal artery thrombosis

Trauma

Dissecting aortic aneurism

Cauda equina lesions

Management of paralysed patient

Leg weakness (spastic paraparesis, flaccid paraparesis, unilateral foot drop, weak legs with no sensory loss, absent knee jerks and extensor plantars)

Recognition of different gait disorders

Stroke (mimics, risk factors, site of lesion, investigation management and treatment, rehabilitation, TIA, SAH)

Myopathy

Myaesthesia gravis

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Abnormalities of the urine

Blood, protein, pH, volumes

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Including haematuria and proteinuria

Renal calculi

Renal tract obstruction

Retroperitoneal fibrosis

Glomerulonephritis

Nephrotic syndrome

Renal vein thrombosis

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Renal problems

Urinary tract imaging

Renal biopsy

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Including chronic kidney disease

Acute renal failure

Chronic renal failure, renal replacement therapy, renal transplantation

Interstitial nephritis

Nephrotoxins

Renal vascular disease

Renal tubular disease

Inherited kidney diseases

Renal manifestations of systemic disease

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Any cause including

Pyelonephritis

Acute and chronic urinary tract infection (UTI)

Frequency

Incontinence

Enuresis

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Any method including

Oral contraceptive pill

Intrauterine contraceptive devices (IUCDs)

Implants

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Including prenatal diagnosis

Role of folic acid

Risks to fetus including smoking, alcohol, food issues

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Any cause including

Including antepartum haemorrhage, postpartum haemorrhage and miscarriage

Ectopic pregnancy

Pre-eclampsia, eclampsia and hyperemesis

Thyroid disease in pregnancy

Epilepsy

Anticoagulation

Prematurity

Low birth weight

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Any cause including

Dysfunctional uterine bleeding

Hormonal

Menarche

Menopause

Cervical problems

Uterine problems

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Any cause including

Cancer

Fibroids

PCO

Ovarian or tubal mass

Cysts

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Any cause including

Endometriosis

PID

Dyspareunia

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Breathlessness
Pulmonary fibrosis

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Any infection, inflammation, including COPD, asthma, occupational lung disease, sleep apnoea and cyanosis

Respiratory system examination, age related changes, chest x-ray

Pneumonia including CURB 65

Chronic obstructive pulmonary disease (COPD), acute respiratory distress syndrome

Respiratory failure

Pulmonary embolus

Pneumothorax

Pleural effusion

Extrinsic allergic alveolitis

Cryptogenic fibrosing alveolitis

Industrial dust diseases

Obstructive sleep apnoea

Cor pulmonale

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Including any pleuritic cause

Mesothelioma
Pneumothorax

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Cough and haemoptysis

Bronchiectasis

Cystic fibrosis

Fungi

Lung cancer

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Any cause including pulmonary embolism, tumours and upper respiratory tract problems

Sarcoidosis

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Any cause including

Asthma – acute and chronic

Bronchodilators and steroids

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Collapse

Subdural, extradural, intracerebral haemorrhage including subarachnoid haemorrhage (SAH)

Hypertensive encephalopathy

Epilepsy

Addisonian crisis

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Any cause including anaphylaxis and coma

Drug poisoning
Hypoglycaemia
Hyperglycaemia
Hypoxia
Hypothermia
Encephalopathy

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Including pyrexia of unknown origin, septicaemia, meningitis and neutropaenic sepsis

Bacterial viral meningitis

Pneumonia

Acute severe asthma

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Shock

Paracetamol overdose

Salicylate overdose

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Any cause including blood loss

Acute myocardial infarction (MI)

Intra abdominal blood loss

Massive pulmonary embolus

Burns

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Including infestations

Insect

Fish

Scorpion

Snake

Dog/cat bites

Human bite

Scabies

Lice

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Any cause including

Pemphigus

Pemphigoid

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Any cause including

Endocrine

Cancer

Connective tissue

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Any cause including

Excess hair

Hair loss

Nail changes in systemic diseases

Psoriasis

Fungal infections of nails

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Any cause including

Nodular lesions

Skin tumour

BCC

Ganglion

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Any cause including

Benign

Vitiligo

Malignant including melanoma

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Any cause including

Arterial

Venous

Neuropathic

Malignant

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Any cause including

Torsion of testis

Hernias

Hydrocele

Tumour

Orchitis

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Any cause including

Calculus

Tumours (benign and malignant)

Strictures

Bladder neck obstruction

Enuresis

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