

GP Specialty Training Programme

GPStR Self-Assessment Tool

GERIATRICS

How to use this tool

To help you identify your learning needs in relation to the GP Curriculum we have attached a list of learning outcomes taken from section 9 in the form of a confidence rating scale. You will then be able to use it to help you identify areas that require development. Then using the specialty handbook you can consider how you may be able to address these learning needs and how they could be assessed. Please complete this before your initial meeting with your Clinical Supervisor. In this meeting you will then be able to complete an educational plan for the post.

Please note that it may not be possible to cover all of these learning objectives within this post. By repeating the self-assessment tool at the end of the post you will be able to identify areas that you still need to cover. By sharing this with your Educational Supervisor they will be able to help you with finding ways to cover these potential gaps as part of your overall GP Specialty Training Programme.

WHAT learning needs identified? (where rated as less confident)	HOW may this be addressed? Learning objective	How will you ASSESS your learning? e.g. CbD / Mini-CEX / DOP

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9 CARE OF OLDER ADULTS – LEARNING OUTCOMES

GERIATRICS

Please rate your confidence against the following statements taken from learning outcomes of the GP Curriculum	<div style="display: flex; justify-content: space-between; align-items: center;"> Strongly disagree Disagree Agree Strongly Agree </div>			
Person-centred care				
I have developed a frame of reference to understand and deal with the family, community, social and cultural dimensions in a person's attitudes, values and beliefs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand the special features of prognosis of diseases in old age and how to use the knowledge to produce an appropriate plan for further investigation and management	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand the way in which the management of disease processes in old age is influenced by the psychological state and the social situation of the old person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can adopt a patient-centred consultation model that explores the patient's ideas, concerns and expectations, integrates the doctor's agenda, finds common ground and negotiates a mutual plan for the future	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can communicate findings in a comprehensible way, helping patients to reflect on their own concepts and finding common ground for further decision-making	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can make decisions that respect the patient's autonomy and dignity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am aware of subjectivity in the medical relationship, from both the patient's side (feelings, values and preferences) and from the doctor's side (self-awareness of values, attitudes and feelings).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have appropriate skills and attitudes to establish a partnership with the patient	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have the skills and attitude to achieve a balance between emotional distance and proximity to the patient	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please rate your confidence against the following statements taken from learning outcomes of the GP Curriculum	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Strongly disagree Disagree Agree Strongly Agree </div>			
Specific problem-solving skills				
I have knowledge of relevant questions in the history and items in the physical examination relevant to the problem presented	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have knowledge of the patient's relevant context, including family and social factors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have knowledge of available investigations and treatment resources	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have history-taking and physical examination skills, and skills in interpreting data	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have skills of taking a mental health assessment from an old person, including how to assess brain function (e.g. using short mental-state questionnaires) and mood, and how to evaluate the testimony of third parties	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a willingness to involve the patient and if appropriate their carer and family in the management plan.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have an understanding of the changes in the normal range of laboratory values that are found in older people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A Comprehensive Approach				
I have an understanding of the concept of co-morbidity in an elderly patient	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have skills to manage the concurrent health problems experienced by an older patient through identification, exploration, negotiation, acceptance and prioritisation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have an understanding of the special features of psychiatric diseases in old age, including an appreciation of the features of dementia, and the effects of physical function on the mental state.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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I have an understanding of the complex nature of health problems of older patients	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have an understanding of moral, ethical and emotional issues at the end of life as well as after death.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Attitudinal aspects				
I can ensure that personal opinions regarding risk factors for cardiovascular problems (e.g. smoking, obesity, exercise, alcohol, age, race) do not influence management decisions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scientific aspects				
I understand and implement the key national guidelines that influence healthcare provision for older people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can describe the key research findings that influence management of older people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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