Basic Physician
Information Guide 2017

This handbook has been prepared by the Basic Physician Training Program – Monash Doctors Education Unit
# Table of Contents

Foreword .......................................................................................................................... 2
Abbreviations and Acronyms ......................................................................................... 2
Introduction ..................................................................................................................... 3
Directors of Physician Education (DPE) ........................................................................ 4
   Monash Doctors Education Unit (MDE) ................................................................. 4
Clinical Education Manager ......................................................................................... 5
Training Sites ................................................................................................................ 5
   Monash Medical Centre ......................................................................................... 5
   Dandenong Hospital .............................................................................................. 5
   Casey Hospital ...................................................................................................... 5
Supervision .................................................................................................................... 7
BPT1 Training Modules on the Learning Management System ..................................... 6
Examination Preparation ............................................................................................... 7
   Hot Topics Written Exam Preparation Lectures .................................................... 7
   Mock Written Exam ............................................................................................. 7
   RACP Lecture Series ......................................................................................... 7
   Communication Skills for the Clinical Examination ............................................. 7
   Support through the Exam preparation period .................................................... 8
   Weekend Workshops ............................................................................................ 8
Neurology Day ............................................................................................................... 8
Epworth Hospital ........................................................................................................... 8
RACP Clinical Exam Presentation Series ................................................................ 8
Roster and rotations ..................................................................................................... 8
Mock Clinical Exam ..................................................................................................... 9
Written Examination .................................................................................................. 9
Clinical Examination .................................................................................................. 9
Professional Development Program .......................................................................... 9
Careers Expo .................................................................................................................. 10
Careers Evening ......................................................................................................... 10
Foreword

This Booklet is intended for all those enquiring about the Royal Australasian College of Physicians (RACP) Basic Physician Training (BPT) Program at Monash Health.

Monash Health is the largest health care network in Victoria with training sites spanning across multiple campuses.

Through Monash Health Basic Physician Training you will get the experience and training you need to prepare you for advanced training.

Abbreviations and Acronyms

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>DPE</td>
<td>Director of Physician Education</td>
</tr>
<tr>
<td>BPT</td>
<td>Basic Physician Training or Basic Physician Trainee</td>
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<tr>
<td>MMC</td>
<td>Monash Medical Centre</td>
</tr>
<tr>
<td>DDH</td>
<td>Dandenong Hospital</td>
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<tr>
<td>RACP</td>
<td>Royal Australasian College of Physicians</td>
</tr>
<tr>
<td>GSEC</td>
<td>Greater South Eastern Consortium</td>
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</tbody>
</table>

Revised August 2016
Basic Physician Training @ Monash Health

Introduction

Monash Health Physician Training Program is an exciting opportunity to acquire first class clinical exposure in one of the largest and most diverse health care facilities in Australia. Monash Health dramatically outperforms other Victorian networks in terms of the quality and volume of healthcare delivered.

With a wide range of core and sub-specialist disciplines on offer, Monash Health is one of the most highly sought after organisations for advanced training in the state.

Monash Health is a major research organization with an abundance of opportunities both during and following your training. Your research opportunities are underpinned by the co-location of Monash University, Australia’s leading university in terms of research grant allocations and publication activity. Career paths in specialty health, population health and medical education can be developed by your training here.

Monash Health receives podcasts from the college accessible to you when and where you are ready. In addition to the college lecture series we offer an in-house lecture series, communication and interview training, professional development seminars, advanced life support training, weekend practice exams for the written and clinicals plus an abundance of rostered long and short case presentations. You have access to examiners on the National Examiner Panel (NEP) and other dedicated consultants with extensive RACP experience.

Training across a large organization such as Monash Health also has its challenges. Size and deployment across multiple sites inevitably reduces the sense of intimacy that may otherwise come from a training program at smaller hospitals. As a response to this, we have put specific countermeasures in place.

Each BPT is assigned an educational supervisor/professional development advisor whose role is to mentor, address problems or concerns and track your progress. They will be your advocate and voice in a large organization.

There is also a Clinical Support Officer to support you in day to day issues.

We have very high expectations of trainees.

You will show initiative and actively participate in the supervision process. It will be expected that you discuss your situation with your supervisor if you are unable to embrace these learning opportunities.

Collegiality is an essential part of our training method. We are strong believers in the value of peer learning through study groups. We heavily promote this aspect of the program. We not only intend to train high quality doctors and assist with examination success, but we also want to ensure our trainees are best placed for advanced training positions.

Monash Health Basic Physician training program works with trainees on interview technique and CV development early in our program. This assists in Advanced Trainee selection success. We run an “Optimizing your Advance Training Prospects” seminar every year.

Finally our ‘careers expo’ is a great opportunity to meet and talk with many of the senior staff who can guide you on career opportunities. This fun and relaxed open day runs on a Saturday morning, usually late May or early June and we encourage all prospective trainees to attend and register your interest. Check the Monash Health website for details.

All in all welcome, we hope you choose Monash Health as the next step in your career. Our training programs are constantly evolving and continually improving and committed to excellence.
Greater South Eastern Consortium (GSEC)
Monash Health and Eastern Health were combined in consortia by the state government eight years ago as a rural and regional workforce redeployment initiative. Funds are distributed via the consortia across sites to maintain training and education standards for basic physician trainees.

The consortia funds many of our training activities including the advanced life support, communications training, professional development workshops and podcast fees for College lecture series.

Directors of Physician Education (DPE)

Dr Darren Mansfield  
Consortia DPT  
Respiratory Medicine

Dr Henry Ma  
DPE- Clayton  
Neurology

Dr Chris Daley  
DPE-Dandenong  
Respiratory Medicine

Dr Andy Lim  
DPE-Dandenong  
Renal Medicine

These roles are to deliver the training program at Monash Health.

Dr Darren Mansfield is the Consortia Director of Physician Training who oversees the program for Monash Health and the Consortia.

There are two DPEs at Dandenong Hospital. They are Dr Andy Lim and Dr Chris Daley.

At Monash Medical Centre it is Dr Henry Ma. These roles report to the Division of Medicine.

The rural Directors of Physician Education are Dr Daniel Stefanski at West Gippsland Base Hospital in Warragul, and Dr Alistair Wright at Latrobe Regional Hospital in Traralgon.

Monash Doctors Education Unit (MDE)

Administration support for doctors in the Physician Training Program is provided by the Monash Doctors Education unit.

An education / exam coordinating registrar is appointed each year. Their role is to find final exam, mock exam and practice long cases for sitting trainees and designed at taking stress away from candidates and ensuring equal access to trainees across all sites.
Clinical Education Manager (BPT)

The Physician training program have appointed a part-time clinical education manager. This person works with every trainee and determines what aspects of our program work well and where improvements are needed. This is your feedback opportunity. The Clinical education manager is there to help and implement new ideas, so please ensure you use this opportunity as much as you can. He will work with every trainee at all training sites.

Training Sites

Monash Medical Centre

Monash Medical Centre is the largest hospital within the Monash Health network with 640 beds. It hosts the majority of subspecialties along with intensive coronary care and coronary care units. Its proximity to Monash University department and research institutes provides excellent opportunity for clinical translational research. Many members of the senior medical staff at Monash Medical Centre are involved with on-site research programs.

Monash Medical Centre also provides undergraduate, postgraduate, pre-vocational and vocational training. Our comprehensive physician training program is complemented by weekly general medicine grand rounds, subspecialty grand round, and unit specific radiology and pathology meetings.

Dandenong Hospital

BPT training at Dandenong hospital is conducted through the General Medicine Unit.

Specialty inpatient units at Dandenong include Cardiology, Gastroenterology, Endocrinology with an on-site chemotherapy unit and inpatient dialysis. A consult service is provided for all other medical specialties from Clayton.

The Dandenong hospital teaching sessions include the Wednesday clinical meeting (case presentation and journal club), Thursday Grand Rounds and Friday Radiology session. During the FRACP clinical examination season, other activities include: public long case presentations, bedside short case tutorials and small group long case sessions. Videoconferencing to the General Medicine clinical presentations at Monash Medical Centre (MMC) on Thursday at 12.30-1.30pm.

Casey Hospital

Casey Hospital is a rapidly expanding 250 bed peripheral hospital with three general medical units, rehabilitation, geriatrics and palliative care. There is no HDU/ICU on site and registrars will be expected to identify and manage/unwell patients early. Endocrinology, ID and neurology consultative services are provided permanently with additional consults offered in line with the subspecialty interests of the rotating physicians. Trainees are supported by Director of Medicine A/Prof Michael Farmer. Excellent long and short case opportunities with consultant input are on offer.
### TRAINING OPPORTUNITIES

**ALL TRAINEES**

- Orientation evening for all new trainees
- All trainees will have an Educational Supervisor/Professional Development Advisor allocated to them on commencement to the program
- General Medicine lecture series weekly
- Medicine Program Grand Rounds weekly

**Plus - BPT year level 1 Trainees**

- Training Modules x 4
- Training session - Enhance your CV – Preparing for advanced training positions now

**Plus - BPT year level 2 Trainees**

- HILS - Hospital Intermediate Life Support sessions (you will be advised of your date)
- Preparation for written exams
- Social evenings and review of RACP podcast topics
- Registrars Professional Development Program
- Haematology Half Day
- Infectious Diseases Half Day
- Cardiology Half Day
- Hot Topics Series for trainees sitting written exam in 2017

**Plus - BPT year level 3 Trainees**

- Mock Written exam
- RACP Written exam
- Long Case schedule
- How to do a long case session
- W/Shop - Managing stress in the Clinical Exam
- Communication skills - Individual and group sessions
- Mock Exams – Clayton & Dandenong
- Sub-specialty mock exams (Clayton) Neurology / Cardiology / Rheumatology / Abdo
- RACP Clinical exams
Supervision

General supervision is provided by your ward service consultant. Most consultants will conduct ward service for a minimum of 4 weeks duration. However, this may not be the case for some specialties. Your consultants are usually derived from a variety of specialty backgrounds such as Nephrology, Respiratory, Infectious Diseases, Endocrinology, Neurology and the like. There will be ample opportunity for you to complete your mini-CEX and rotation assessments. In addition, the Director of Physician Training at each site hospital will also monitor your progress.

We have a mentorship program (separate to the clinical exam mentorship program) which provides an independent mentor to assist the trainee if a problem should arise between the trainee and the supervisor.

BPT1 Training Modules on the Learning Management System

There will be four training modules to complete in your BPT1 year. These will take approximately 2.5 hours each. There are four subjects:

- Diabetes
- Anticoagulation
- The interpretation of the troponin
- Delirium

Exam Preparation

Written exam courses are seen by most candidates as a valuable preparation opportunity. We encourage trainees to consider attending but cannot endorse them given their for-profit status. We work with the Medical Workforce Unit to arrange the roster to accommodate exam leave. Due to clinical demands we may not be able to accommodate your preferred course but try our hardest to meet all requests.

Hot Topics Written Exam Preparation Lectures

These lectures are aimed at preparing the candidate for the RACP written exam in the following year. It includes up-to-date, hot topic lectures and MCQ revision. Monash registrars and consultants present in their respective fields. Lectures typically begin in September.

Mock Written Exam

A full 170 MCQs written mock exam will be held in every January on a Saturday morning for 5 hours. This includes both Paper A and Paper B MCQs. Over the last few years, the outcome of this mock exam has been well correlated with the result of the RACP exam. About 50 to 70% of the MCQs are updated every year by our senior medical staff.

RACP Lecture Series

RACP lectures are available via webcast. The remote subscription has been paid for you by Monash Health.

Mentorship Program

Each candidate is assigned a mentor during the clinical exam preparation period. The mentor will meet with the candidate regularly for case preparation and support. It is the responsibility of the candidate to organise regular meetings with the mentor.

Communication Skills for the Clinical Examination

The RACP clinical examination not only requires candidates to be highly skilled clinicians, it also requires advanced language and communication skills to successfully demonstrate that knowledge. Individual sessions evaluate candidate’s presentation
skills to meet these challenges. During the sessions candidates receive communication feedback on video recordings of cases they have presented and strategies for improvement are discussed. Trainees who require further support will be offered additional sessions.

Comments from trainees:

“I found the session very useful. I did not realize how fast I spoke, nor how exaggerated my hand actions were until I reviewed myself in the video feedback. Content is one thing. But confidence and fluency is also a huge component that will ultimately boost ones long case marks. The other good thing about the video feedback was not necessarily viewing my actions and words during the long case, but also being able to recognize cues from the examiners and responding appropriately to them. Overall the session was a very good investment in time towards passing the clinical exams”

“Really grateful to have the opportunity to have an expert assist me in a constructive way about my communication style”

“Instantly took my long case marks from 3 to 4+/5- and never looked back”.

Support through the Exam preparation period

It is well known that the exam preparation period can be difficult both physically and emotionally. Candidates are supported through their supervisor and clinical exam mentor. We encourage trainees to approach their supervisors or mentors early to manage any issues. Very often these are issues which can be resolved by discussion and forward planning. A 2 hour workshop on “How to manage stress during the exams”. Learning how to balance work, stress and rest during this period is critical.

Comments from trainees:

“I would recommend this session to anyone sitting”

“Very helpful, insightful and understanding. Thank you”

“Very entertaining. Aired at appropriate time prior to exams”

Weekend Workshops

Saturday workshops to hone skills for the clinical exam are offered. These will include typical examples of common rheumatology, cardiology and abdominal short cases.

Neurology Day

Neurology short cases often include uncommon and outpatient cases to which candidates may not have had enough exposure. Neurologist will bring in their private patients and candidates will rotate from room to room at Monash Neurology to exam patients under individual supervision.

Epworth Hospital

Candidates who are rostered to Epworth Hospital will follow the excellent clinical exam preparation program coordinated by local physicians and Prof Ian Fraser. Candidates are also encouraged to attend the program at Monash Health.

RACP Clinical Exam Presentation Series

RACP conducts a series of lectures and clinical case presentation which are held at the RACP Office in St Kilda available for Podcast. It provides a range of subspecialty long case presentations and tips on exam preparation. Traditionally two of our candidates and renal physicians will participate by presenting the renal long case.

Roster and rotations

During the clinical exam preparation period all the candidates are rostered to Monash Medical Centre, Dandenong Hospital or Casey Hospital to ensure adequate access to the preparation program.

Mock Clinical Exam

Mock exams will be held at MMC and DDH. Each site will hold a half day mock exam including one long and two short cases. The mock exams are conducted according to the same format as the official exam to best prepare the candidate for the exam.
Written Examination

The written exam is held in late February each year. It is a 5 hour exam with 2 hours for Part A (basic science) and 3 hours for part B (clinical management). The exam consists of 170 MCQs, 20 of these are repeated from previous years for standardisation and are not counted towards your score. The pass mark varies between 50-70% each year.

Clinical Examination

This is usually held in the last week of July through to the first week of August. It comprises two long cases and four short cases. The day is divided into two cycles and each cycle consists of one long and two short cases.

All candidates are examined at an interstate location advised about one month before the Candidates are required to make contact with HMO support to arrange time allowance for traveling to exam.

Various sites around Australia will hold the clinical exam. They vary from 16 to 8 candidates per site

Professional Development Program

Now in its 12th year, this innovative weekend focuses on the personal development of registrars as clinical leaders. It aspires to make doctors more aware of their workplace, the people around them and how to work with others to get the best outcomes.

Best patient outcomes are achieved by the most cohesive teams rather than the brilliance of one individual. This course will emphasize team work. The program has been designed to achieve the following benefits for participating registrars:

- Enhance personal managerial and leadership skills
- Develop greater self-awareness of personal strengths and weaknesses
- Recognise the need for developing a range of different conflict resolution techniques
- Enhance teaching, learning and presentation skills
- Recognise the need to mix and match leadership and management styles
- Improve time management & delegation skills
- Understand and apply team dynamics and collaborative working skills
- Give and receive effective feedback
- Improved networking with peers

Develop action plans to transfer learning to medical practice

Comments:

“Strategies. Interaction with other regs- sharing of experiences and working through how to manage the situations”.

“Interactive. Learning together with work colleagues. Organised”

“Interactive teaching. Well structured”

“Was good to talk through with other registrars and realise that we face the same struggles”
Careers Expo

The expo is usually held in June from 10.00 am - 2.00 pm. This is the first of its kind run within an Australian large teaching hospital. On display will be representations of most of the training disciplines in Monash Health from specialty surgery, to pathology and a number of the physician training disciplines.

Aspiring candidates are expected to use this as an opportunity to talk to heads of unit and other senior medical staff to become familiar with what that training discipline has to offer.

The atmosphere is fun and engaging.

Careers Evening

“Enhance your CV and find out what is looked for in selecting advanced trainees”

Usually held in June at Monash Medical Centre, Clayton (Check noticeboards for details)

We train our group to be highly competitive for advanced training positions. Each April, we run a 1.5 hours evening session going through what is expected in developing your CV. This information, question and answer session is not to be missed.

Each year, a Head of Unit from a highly sought after specialty will talk and answer your questions as to what they are looking for in interviews for advanced training positions. You will need to be more strategic than was previously required so come along and hear what the experts say.