

Pass Your MRCP PACES in One Attempt!™



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Dedication

This book is dedicated to Junie Ong, Jian Bin and Jian Feng, the three most important persons in my life. And to Ong Ah Wan, a mother who has given her unconditional love to me!

If ever there is a lack of any kind, whether it is need for employment, or for money, or for guidance, or even for healing, something is blocking the flow. And the most effective remedy:

Give!

*-- Eric Butterworth, **Spiritual Economics: The Prosperity Process***

"Success doesn't come to you... you go to it. "

~ Marva Collins



Introduction

When I first wrote this ebook in late 2009, many changes have been made in MRCP PACES format. Therefore I find it necessary to review and update this ebook so that it suits the current requirement outlined by the Royal College of Physicians ,UK.

One of the major changes is now after passing your MRCP Part 1, you can either sit for your Part 2 or PACES in any order. Many candidates ask me whether they should sit for Part 2 or PACES first. I will talk more about this during the next chapter.

Besides that, The Clinical Examining Board also revised the marking scheme for PACES candidates. Candidates now have to separately pass seven skills required by the College before passing the examination. You can read more about these changes [HERE!](#)

However, I still believe that passing clinical examination is totally a different ball game as compared to passing theory papers (Part 1 and 2). Clinical examination is always a very subjective examination no matter how hard you want make it to be assessed objectively. Therefore, you have to act, speak and behave professionally in front of examiners to show them you deserve to pass the PACES.

Yes,you can pass your MRCP PACES, if you have passed your theory papers, there is no reason why you cannot pass your MRCP PACES. Trust me, theory paper is always the hardest part. You CAN pass your MRCP PACES if you follow my advice,and you can pass it in one attempt! Yes, you hear me right,you can pass in **one attempt**, save your money, save your time and save your headache!

Remember....

You always have the best chance to succeed no matter what you do in life- MRCP PACES included. If you use the right techniques and strategies, you will get your MRCP(UK) or MRCP (Ireland) title after **Only One Attempt!**

Get your mind *firmly focused* in the right direction and the rest will fall into place!

Believe That- "It's Possible For YOU!"

You have to believe that you CAN get whatever results you are after. If you think you can, YOU CAN!!



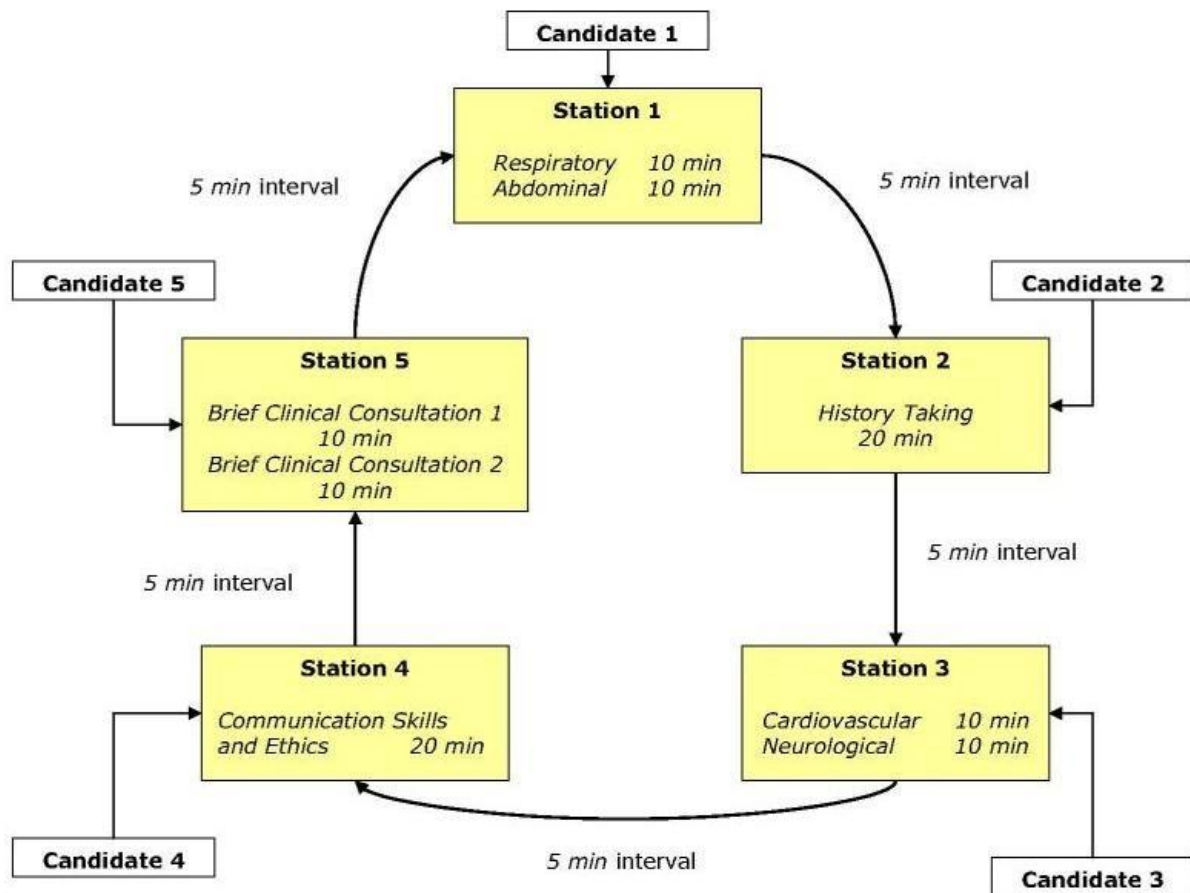
The Game!

Before you play a game, you must understand the rules, the MRCP PACES (Practical Assessment of Clinical Examinations) consists of five clinical stations, each assessed by two independent examiners.

Candidates will start at any one of the five stations, and then move round the carousel of stations, at 20 minute intervals (Figure 1), until they have completed the cycle. There is a five-minute period between each Station.

Only one of the Stations, Station 5, will change in the new format of the examination.

Figure 1 : The carousel of PACES stations



Remember that in MRCP PACES, the following skills are relevant

- **Physical Examination** - Demonstrate correct, thorough, systematic (or focused in Station 5 encounters), appropriate, fluent, and professional technique of physical examination.
- **Identifying Physical Signs** - Identify physical signs correctly, and not find physical signs that are not present.
- **Clinical Communication** - Elicit a clinical history relevant to the patient's complaints, in a systematic, thorough (or focused in Station 5 encounters), fluent and professional manner.

Explain relevant clinical information in an accurate, clear, structured, comprehensive, fluent and professional manner.

- **Differential Diagnosis** - Create a sensible differential diagnosis for a patient that the candidate has personally clinically assessed.
- **Clinical Judgement** - Select or negotiate a sensible and appropriate management plan for a patient, relative or clinical situation.
Select appropriate investigations or treatments for a patient that the candidate has personally clinically assessed.
Apply clinical knowledge, including knowledge of law and ethics, to the case.
- **Managing Patients' Concerns** - Seek, detect, acknowledge and address patients' or relatives' concerns.
Listen to a patient or relative, confirm their understanding of the matter under discussion and demonstrate empathy.
- **Managing Patient Welfare** - Treat a patient or relative respectfully and sensitively and in a manner that ensures their comfort, safety and dignity.

If you analyse the passing mark for all the relevant skills required, the three most important skills you need are clinical communication, managing patients' concern and managing patient welfare.

What does it mean basically is you can pass your PACES with little knowledge and the most crucial part is the way how do you communicate and talk to your patients!

Yes, after working for so many years, I find that a patient or family members complain always not because the doctor is doing enough but he/she is not TALKING ENOUGH! Communication is the crucial ingredient for you to be a respectable and responsible doctor!

PACES is a showmanship examination- there are only 4 skills you need to show to your examiners- **' cause no harm to your patient, examine your patient properly, work out your differential diagnosis logically and talk your patient politely!**

1) Cause no harm to your patient

Remember- never cause any pain, unnecessary worry to your patient. You can acquire this skill easily unless you are an idiot. Talk to your patient clearly and gently!

2) Examine your patient properly

This is a more difficult skill to acquire. However, practices make you a perfect person. No short cut for you to acquire this skill. You must practise examination skill regularly during your rounds in the hospital. Clinical examination should be a spinal reflex for you, **no hesitation, no pause and of course no mistakes!**

3) Work out your diagnosis!

Before you open your mouth in the examination, think twice first. As I told you earlier, clinical examination needs spinal reflex (smooth and spontaneous), answering question in MRCP PACES needs cortical reflex (you need brain cells to answer!) Never dig your own grave because you will be buried alive if you give stupid answers!

Another common syndrome candidates are facing during MRCP PACES is '**Verbal constipation**', try to say something when examiners ask you, if you are lucky, they might guide you to the answers. If you remain silent, of course, even God can't help you to pass!

4) Talk to your patient!

Yes, your patient is worried when they come to see you (of course in real life and not in PACES examination), you have to talk to them and address their concerns. Clear their doubt and give correct information. You are not supposed to know everything in medicine. If you are not sure, tell your patients frankly and inform them you will get input from your superiors

and update them later. NEVER TRY to act smart because wrong information equals to ignorance! Examiners and patients hate wrong information!

Please, stay focus, if you follow my advice, miracle will happen!

- 1) No matter what happens in the past, it is a new start from today. **No matter how many times you have failed MRCP PACES before, today is a new beginning**, you will not make the same mistakes again!

- 2) Don't panic, there is still ample time for you to prepare for your PACES. If I meet any challenges/ problems while forwarding towards my goal to get my MRCP, I will spend very little time focusing on the problem while spending most of my time focusing on the *solution!*

- 3) I will also realize and keep reminding myself that every problem, every challenge has within it the seed of a new opportunity! And that's what I will focus on - the opportunities.

- 4) I will keep all the negative influence people out of my life for months to come before my MRCP PACES because these people are like diseases, they retard your potential to be a better person!

- 5) There are people out there whom I think are not as smart as me but they have passed MRCP PACES. If they can do it, definitely I can do it too..... and of course in only **ONE attempt!!**

Every morning, before I do anything else, I will remind myself of the above. My goal is success and that's all I'm going to focus on. **Failure is never an option.**



Every night, before falling asleep, I will visualize myself as having already passed my MRCP PACES, as clearly and vividly as I can. I am waiting to take my second step after my PACES. Yes, you are right! You will pass your PACES in one attempt!

" Dreaming is my passion but making it true is my obsession."

Rajnish Sharma --- India

Yes, you have to dream before achieving your goal but the important part is making it real! You have to trust your ability and capability. People can do it and I also believe that I can do it!

A lot of candidates ask me whether they should sit for Part 2 written first or PACES first. I think it all depends, if you are posted to medical department and having ample time seeing a lot of medical patients, then I will recommend you to sit for PACES first.

10 MRCP PACES myths

Your brain is the best asset you have in life. You choose to believe something that people ask you to believe!

Long time ago, people believed that the earth was flat. No one dared to challenge this fact. Even people were sentenced to death if they tried to prove this wrong. They firmly held on to this belief until one day someone proved them wrong by sailing around the world.

When something new were discovered, it opened up my horizon to look beyond. Beliefs are not necessary based on facts.

Here are a few MRCP PACES myths that hold many candidates from succeeding in their PACES,

Myth # 1: You can't pass it in one attempt!

Fact: A lot of people passed their MRCP PACES in one and first attempt. Trust me, the more attempts you try, less likely chance you will pass! **The best shot is always the first shot!!**

Myth # 2: I just passed my Part 1, I have to wait first!

Fact: Candidates think they need to wait at least 1-2 years before sitting their PACES after Part 1, I don't believe that, if you think you are ready, go ahead! Don't waste your time!

Myth # 3: I need to know a lot to pass PACES

Fact: Remember that each station is a 20-minute station, after spending 10 min examining your patient and presenting your findings, examiners actually have **less than 2 mins** to ask you questions.

Come on, you think the examiners can ask you more than 3 questions during MRCP PACES, forget about it, if you can come to diagnosis and answer only one question correctly, you will get 3 out of 4 marks!