FRCS(Tr&Orth) Exam

Examinations are formidable even to the best prepared, for the greatest fool may ask more than the wisest man can answer

Charles Caleb Colton
1780 - 1832
The Current Exam
(same as late ‘09)

Section 1
Single best answer (SBA) paper 2 hrs + 15 mins to read Published Paper
First 12 questions relate to Published Paper

Extended Matching Items (EMI) paper

Answers on OMR sheet
Do’s and Don’ts

• Do be on time, in right place
• Don’t take in a mobile phone
• Don’t take in any papers
• Don’t even appear to cheat
  – Stop when told
  – don’t make notes to take out
• Do allow time to fill in OMR Answer sheet
  – Warning at 30 mins remaining
A 65 year-old man has difficulty rising from a seated position and straightening his trunk, but he has no difficulty flexing his leg. Which of the following muscles is affected?

a) Gluteus maximus  
b) Gluteus minimus  
c) Hamstrings  
d) Iliopsoas  
e) Obturator internus
Example EMI Question

NERVES
A  Anterior interosseous nerve
B  Lateral cutaneous nerve of forearm
C  Long thoracic nerve
D  Medial cutaneous nerve of forearm
E  Median nerve
F  Musculo-cutaneous nerve
G  Radial nerve
H  Ulnar nerve

Which of the options above is best described in each of the following statements? Each option may be used once, more than once or not at all.
1. It supplies the pronator teres.
2. It supplies the short head biceps.
3. It is formed from the posterior cord of the brachial plexus.
Section 2 – clinical component

• Clinical Intermediate Cases –
  – 2 cases of 15 mins
    • 5 min history, 5 min exam, 5 min management

• Clinical Short cases
  – 15 min upper limb – 3 cases
  – 15 min lower limb – 3 cases
Tips

• ICS
  – It’s Clinical, Stupid

• AFQ
  – Answer the F***ing Question
Vivas
(Clinicals without patients)

• 30 minutes each session;
  – Will involve 6 topics each session (2 examiners)

• Adult Elective (including pathology)
• Trauma
• Paeds and Hands
• Applied Basic Sciences
Intercollegiate Specialty Examinations
Oral Question Card

Basic Science

Topic: Fracture Healing

Introductory/Focus Question: How would you define a fracture? How does it heal?

Default Question: Tell me about the process of bone healing?

Competence Question: What cells are involved? How are they coordinated?

Default Question: What is fracture callus?

Advanced Question: What advances have there been in the understanding & clinical application of BMPs?

Escape Question: Apart from cells, what else is involved in fracture healing? Any proteins?
The examiner will try to find out how much you know – it might not feel comfortable.
Tips

• Discuss and explain to the examiner
• ICS
• AFQ

When you have nothing to say, say nothing – BUT NOT TODAY!!
How to pass

Have the knowledge, attitudes and abilities of a day 1 consultant in the generality of trauma and orthopaedic surgery
What to know and do:

- Knowledge

“That writer does the most who gives his reader the most knowledge and takes from him the least time”
What to know and do:

• Clinical competence

• What you do in practice, not just on a course

He who studies books alone will know how things ought to be, and he who studies men will know how they are.
Don’t hurt the patient

Clean hands afterwards
How to present yourself

“Imitation is the sincerest flattery”
Ladies
What’s the pass mark?

- Part 1 - Standard setting
  - ? Wrong answers/too hard/ambiguous
  - Delete or change
  - Refer back to writers

- Angoff process to set pass mark
Which of the following is NOT a feature of an ideal routine screening test?

A  High sensitivity
B  High specificity
C  Low incidence of disease
D  Test has low morbidity
E  Treatment already available
A 12 year old boy has a lytic lesion in the proximal humeral epiphysis. It is eccentric in location with a narrow zone of transition. What is it most likely to be?

A  Chondroblastoma
B  Chondromyxoid fibroma
C  Enchondroma
D  Eosinophilic granuloma
E  Ewing’s sarcoma
Which factor does NOT enhance stability of ring fixators?

A  Decreased ring diameter  
B  Increased number of rings  
C  Increased spacing between adjacent rings  
D  Use of olive wires  
E  Wires crossing at >60°
Pass Mark

• Decided for Part 1 after Angoff process
  – Arrive at agreed mark
  – pass is lowest mark above that

• Part 2
  – Average of 6 per section (closed marking 4-8)
  – No “trap door”
Pass Rate

• Varies for Part 1

• Part 2 trend
  – Overall 60% pass
  – Type 1 trainees 80+ % pass
  – Those not in training ~30% pass
Charles Caleb Colton

I'm aiming by the time I'm fifty to stop being an adolescent
It could be worse...