

## AKT Examination Tips

### **Revision Tips**

1. The first and most important point that one must appreciate when sitting the AKT is that it is a difficult exam; do not underestimate it.
2. The most common reason for failure is often 'cramming' all content two weeks before the exam which, is a high-risk strategy that can lead to failure.
3. It is advisable to start your preparation at least two months before the exam. Weekends in the last four weeks can be taken up with high intensity revision.

### **Applied Knowledge Test (AKT) Exam Structure**

Trainees have **3 hours and 10 minutes** to answer **200 questions**.

The questions are approximately:

- 80% on clinical knowledge
- 10% on evidence-based practice (including evidence interpretation and the critical appraisal skills needed to interpret research data)
- 10% on primary care organisation and management issues (including administrative, ethical, regulatory and statutory frameworks)

**N.B.** All questions address issues relating to UK general practice. They focus on higher order problem-solving rather than the recall of basic facts.

### **Healthy Balance**

1. Maintain a healthy balance between reading around topics and answering questions.
2. Simply repeating questions may provide you with a false sense of reassurance as questions can be answered correctly by pattern recognition the second time round.
3. Similarly, reading alone has its own pitfalls, as it does not allow you to assess whether you have truly absorbed the information you covered.
4. Online AKT examination websites are sometimes favoured over traditional textbooks.

5. To supplement your statistical knowledge, you may wish to consider a basic text such as *Medical Statistics Made Easy* by Michael Harrison.
6. Look at the latest NICE/SIGN guidelines on common topics such as asthma, diabetes, hypertension etc. as this is a common area for AKT questions.

### **Exam Tips for The Day**

- You have 190 minutes to complete 200 questions or 57 seconds per question.
- Don't dwell too much on one question. If you remain unsure, select an answer, mark it for review and come back to it later.
- Answer every question even if it is complete guesswork. Remember the exam is not negatively marked.
- Read the question carefully and thoroughly, appreciating discriminators such as most likely, least likely, diagnostic, etc.

### **Useful Resources**

**MRCGP Applied Knowledge Test (AKT)** – <https://www.rcgp.org.uk/mrcgp-exams/applied-knowledge-test>

**BNF** – Learn the first 36 pages, especially controlled drugs and familiarise yourself with common drugs and side-effects.

**GP Curriculum (RCGP)** - <https://www.rcgp.org.uk/mrcgp-exams/gp-curriculum>

**GP Curriculum Super Condensed Guides** - <https://www.rcgp.org.uk/training-exams/training/gp-curriculum-overview/rcgp-curriculum-super-condensed-curriculum-guides>

**NHS Health Education England – AKT Guidance for The Exam** - <https://kss.hee.nhs.uk/wp-content/uploads/sites/15/2020/06/AKT-guidance.pdf>

Memorise **guidelines** on fitness to drive (DVLA) and fitness to fly (CAA).

Familiarise yourself with **NICE/SIGN guidelines** on common topics; asthma, diabetes etc.

Be aware of **RCGP feedback** release from previous exams.

### **Practice Question Banks**

1. **iMedics** – a free online resource of 2500+ AKT questions. These ask questions primarily from guidelines, which can be helpful to solidify your knowledge.
2. **GP Self-Test** – this is a free resource if you are a RCGP member. There are thousands of questions here which are about a similar level to the exam.
3. **MCRGP Exam Prep (Practice Questions)** - <https://www.mrcgpexamprep.co.uk/node/2431/take>
4. **PastTest+** (48-hour Trial) - <https://www.pastest.com/mrcgp-akt/online-revision/>