

PLAB1 RESOURCES

REACHE NORTH WEST, JANUARY 2014

TEXTBOOK / MEDICINE REFERENCE SOURCES

Davidson / Kumar&Clark / Hutchinson / Oxford Textbook of Medicine – *get outdated quickly, publishing delay, doesn't make it easy to see what is common and what is obscure*

UpToDate.com – *need subscription, available on Salford Royal Library computers, too much detail but a reputable source*

eMedicine.com – *see Medscape*

BNF – *medication and prescribing, specifics for prescribing controlled drugs / palliative care etc, also guidelines eg asthma, infections, available free online bnf.org*

UK NATIONAL GUIDELINES

NICE, SIGN, BTS (asthma etc), Resus.org, BASH (headaches), BSCH, BSG (anaemia), British Hypertension Society, FSRH (contraception), BAD, DoH (immunisations)

AIDE MEMOIRE RESOURCES

Oxford Handbook of Clinical Specialties / Emergency Medicine / General Practice / others – *may not help longterm recall so do not use as primary sources*

ONLINE OFFICIAL SOURCES

Patient.co.uk – *quite useful for reference; for language to use with a “well informed patient”. Is up-to-date. Official UK source for leaflets*

NHS Choices – *another good source for UK information and language that you might use with patients*

Map of Medicine – *available at <http://eng.mapofmedicine.com/> and through the NHS Choices website [link](#).*

Royal colleges (RCPsych, RCPCH, RCS, RCOG, RCGP) – *often offer resources and guidelines*

Charities (Asthma UK, MS Society, Alzheimer’s Society, British Heart Foundation, Macmillan Cancer Support, Diabetes UK, The Stroke Association, and other charities / patient information sites)

CPD (Continuous Professional Development) / CME (Continuous Medical Education) Resources

Medscape.com (and eMedicine) – *free online CPD resource including learning modules, American so aware it will not cover UK guidelines, may be good for pathophysiology, reliable resource but not always applicable to UK*

BMJ Learning – *choose specific ones useful for PLAB1 knowledge*

e-Learning for Healthcare (e-LfH) - *an NHS Health Education England website with e-learning modules (“enable cookies” for this website to work). Contains official modules required for many NHS jobs such as Equality & Diversity training.*

Review articles in journals, especially BMJ for UK practice

EXAM STUDY GUIDES

Oxford Assess and Progress Books – *containing Single Best Answer questions so appropriate for PLAB1 preparation*

PasTest PLAB1 Revision Made Easy book – *well-written questions with explanations for correct answers but not recently updated which is a problem with all the PLAB exam books*

MRCP Part1 / Medical Student Finals revision question books – *choose ones with Single Best Answer (or Best Of Five) questions to match the type of questions in PLAB1. More likely to find up-to-date editions for these than for PLAB1 books*

OnExamination / PassMedicine / PasTest websites – *subscription services, good question banks but remember may not exactly represent exam questions. OnExamination has been recommended for PLAB1 in a recent online blog.*

USMLE Online Resources – *Reache NW members report that some lectures are very useful, some less so.*

ONLINE FORUMS

RXPG online forum and published books – *exam question database built up only from recall from past candidates, so could be remembered incorrectly despite some expert editorial review. Forum topics can be useful for examination technique. Their published book is out-of-date.*

Facebook PLAB1 group – *exam technique, sharing of exam experience, questions that came up, could ask others for tips.*

[Seven Sisters website – *use with caution! Always be wary of who has written a website resource. Just because it is recommended in an online forum, it may not be a good or reliable resource.]*

Geekymedics.com – *founded by medical students, probably a good resource but be careful that may not be entirely accurate.*

SPECIFIC SKILLS

Anatomy: Snell, Cunningham, Moore, Anatomy for Nurses, medical student books for anatomy (CrashCourse), smartphone apps

ECG and CXR: ECG Made Easy book, CXR Made Easy book, website workbooks

ATTENDING COURSES

The PLAB Trainer (Swamy) in London – *have to pay, we have heard that it is often taught by people who have only just passed PLAB1 and not yet in UK practice; lecture-based, not ideal way to revise for Single Best Answer examination questions.*

OFFICIAL GMC SITE

PLAB information on GMC website – *includes a page called “How to I prepare for Part 1”, and a page listing recommended resources for PLAB. There is also the examination Blueprint, a spreadsheet table listing skill areas along the top and topics down the left with links that you click on that takes you to lists with more information about each topic. They also give a link to their Part 1 Sampling Grid that gives you an idea of the number of questions to expect in each topic/skill area: for example there will be quite a lot more questions on longterm-management of chronic conditions than there will be on statistics / epidemiology / genetics.*

Our general tips: you'll have your own way of studying but ensure you cover a range of topics as you go along (don't focus on just a few or work your way through all of Medicine before doing any Psychiatry or Gynaecology), set yourself a timetable, work on your technique and timekeeping for answering Single Best Answer questions. On the day, relax and read the question carefully, and be systematic and careful filling in your answer sheet (example sheet on the GMC PLAB1 website page). GOOD LUCK!