

EXAMS

September 2021

To start, the pandemic has really changed things up on us — a new normal. Traditionally, there were two examination bodies — the CFPC and MCC. The CFPC exam involves the SAMP and SOO, while the MCC had the LMCC2 OSCE style exam.

Currently, there is no plan for LMCC2 OSCE exam, so let's skip over information about that, unless it becomes relevant for you in the future. Yay for less exams!

Let's get down to it. SAMPs and SOOs.

Short Answer Management Problems (aka SAMPS)

These are part of the CFPC exam.

A lot of information is available on the CFPC website, including registration dates, fees, FAQs and sample questions/answers (cost is somewhere around 3200\$ last time I checked).

<https://www.cfpc.ca/en/education-professional-development/examinations-and-certification/certification-examination-in-family-medicine>

- It is a 4 hour exam of clinical cases with written answers, usually presented as a clinical scenario followed by 3-4 questions.
- The presentation of the patient will be provided—take note of the setting (ER/office/etc).
- Each question will require a single word, short phrase or short list as a response.
- It is delivered on computer via Prometric platform (there is a video intro to this program you can watch before writing the exam on the CFPC website).
- You may use generic or trade names.
- Exams are scored by physicians.
- Answers are pre-defined on an answer key.
- Normal values will be given.

TIPS

Usually the question asks for the BEST available so don't answer based on what's available in your area but on GOLD standards

Be precise with your answers e.g. “abdominal ultrasound” not “ultrasound”, “WBC or “Hemoglobin” not “CBC”

READ THE QUESTION CAREFULLY

Highlight scenario, key words, e.g. gender, age, NOT, EXCEPT, ONLY

IMPORTANT

Review video demonstration on CFPC website prior to taking actual exam.

There is a SAMP software tutorial on the CFPC website (this is different than how your MOCK SAMPs will be delivered via Entrada).

There are 20 sample questions on the CFPC website:

<https://www.cfpc.ca/en/education-professional-development/examinations-and-certification/certification-examination-in-family-medicine/preparing-for-the-certification-examination-in-fam>

Kelowna site prep = 2 MOCK SAMPs in R1 year and 2 in R2 year

*****Your first MOCK SAMP** is scheduled later this month (Sept 29). You will have one hour during AHD to do the SAMP. Following this, we will have you self mark your SAMPs. I will share the answer key via screen share on Zoom. We will ask you to send your result sheet to me. The results are shared with the program to identify any sites that might be struggling (not the individual resident).

After this, we can have a debrief session on how the examination process felt. Please note that this first session is really just to give you an idea of how the SAMP examination process works. The questions are made up by UBC faculty (they do not come from the CFPC). They are created based on Key Topics and the Key Features (<https://www.cfpc.ca/CFPC/media/Resources/Certificate-of-Added-Competence/Priority-Topics-and-KFs-with-skills-and-phases-Jan-2011.pdf>).

Any particular questions/concerns that arise from the questions/answers/wording, I am happy to bring forward to the program for future amendments. Questions are always evolving, since that is MEDICINE. Always changing. If there are particular concerns about how a question reads etc, I will also bring that forward to the Program. Again, this is just for you to get a feel for the exam style. This is just for practice.

Delivering mock SAMPs via Entrada is new to us. We are still working out the process, so please bare with us.

Simulated Office Orals (aka SOOs)

****Practice SOO # 1 is December 1st.**

Second part of the CFPF exam. Starting in 2022, the plan is to move to deliver these virtually. Refer to the Candidate Guide to the Certificate Exam in Family Medicine at cfpc.ca (link above)

- This is a 3 hour exam, consisting of 5 office orals at 15 minute each
- There are no physical exams associated with these (HINT: “Let’s book you in for a physical exam” if you deem necessary based on the scenario)
- Candidate is expected to:
 - define and manage the problems presented by the patient
 - understand the patient’s perspective of the problems
 - arrive at a management plan which is satisfactory to both parties

- use patient centred interviewing
- Examiners usually are the patient
- Each encounter usually deals with TWO patient problems (e.g. medical condition with psychosocial issue, or multiple medical conditions in a cultural/psychosocial context)
- **TIMELINE during a SOO:** Problem A is presenting complaint—the first sentence, while problem B is not initially apparent
 - if problem A not addressed by 5 minutes the examiner will give a prompt
 - if problem B not addressed by 8 minutes the examiner will give a prompt
 - At 12 minutes you will be given a “3 minute warning” —reserve your integrative statement and action plan to this time

APPROACH TO SOO PROBLEMS

- Consider each problem by taking an appropriate **history** to include:
 - assessment of current status
 - past treatments and investigations risk factors
 - Remember to efficiently do your general history — past medical/surgical history, social history, family history , allergies, medications, etc.
 - Assess how this illness has affected the patient’s life by incorporating **FIFE** (feelings, ideas, functions and expectations) in a conversational and subtle manner
- **Integration**—demonstrate insight into the patient’s condition by putting both conditions into context, state what the patient has told you, discuss with regards to the individual’s family and community supports and current context
- **Management** has to be mutually agreeable
- Patient centred communication skills are important

SCORING OF THE SOOs

Scored on your problem identification and management of each problem AND exploration of the social and developmental context as well as the overall process and organization of your interview

1. Identification of Problem #1
2. Illness Experience in reference to Problem #1
3. Identification of Problem #2
4. Illness Experience in reference to Problem #2
5. Context Identification within the Social and Developmental Context

6. Management of Problem #1
7. Finding Common Ground in reference to Problem #1
8. Management of Problem #2
9. Finding Common Ground in reference to Problem #2
10. Interview Process and Organization

Scoring: non-certificant, certificant, or superior certificant

How to do well on SOOs

In addition to identification and management, a good social/developmental history, a smooth conversational flow to your interview AND active exploration of the patient's illness is important to demonstrate your understanding of their situation. You are assessed more globally on your listening skills, your non-verbal communication as well.

Communication, your language skills, your ability to use appropriate language for the culture and age of the patient

IMPORTANT

Review SOO video library on **cfpc.ca** Review scripts library on **cfpc.ca**

There are 28 cases available for practice on CFPC website.

PRACTICE DURING YOUR 1st YEAR WHEN ALL OF YOU ARE TOGETHER in Kelowna.

Site practice = we will have a practice SOO in December, and during Academic week. One with other residents as patient/examiners and one with attending physicians as patient/examiners.

COMMON MISTAKES

NERVES. How to overcome this? PRACTICE, so you are comfortable with the process.

Time efficiency—again practice to get all the information in 15 minutes.

Interrogative style—avoid “laundry lists”, use open ended questions.

Missed cues—the examiners will ONLY tell you what is important and will redirect you if you focus on something unimportant.

not paying attention/listening
not engaging the patient
not organized
management too soon without all relevant information