

## Trainees Corner – Book review

*My First nMRCGP Book*. Simon Curtis and Penny Moore. Remedica, 2008, ISBN: 978-1-901346-86-2

‘General practice is both the best and hardest job in medicine’, the authors wrote and certainly this book was very easy to read, had a jovial undertone and a readable layout. It gave useful hints on completing evidence on the eportfolio as well as good exam techniques in a collaborative style. The humorous side of the book certainly made it more enjoyable, but we hope the reader will be able to concentrate on the useful tips rather than skimming the book for another joke.

The appendices had particularly useful information e.g. evidence-based medicine, consultation models and ethics which was just enough for exam revision purposes allowing the reader not to become bogged down with the detail.

However, the style of the book was quite different to *My First MRCP*, which is essentially a revision guide. It doesn’t match the brand since there was very little clinical information. We wonder if adding a practice AKT paper or CSA stations could bulk out the clinical information and align with the other book in the series. There was a lot on the format of exams and competencies but maybe the examples given could be better presented as ‘real examples.’

The authors state that the ‘nMRCGP examination is straightforward, as long as you can see the wood for the trees’. It was a useful introduction to the layout of

the nMRCGP which would be particularly useful at the start of VTS training. It provides an easy way to recognise the new layout of the nMRCGP and of the accumulation of competencies. It explains how to get the best out of your training and the resources available. We hope that the book wets the appetite of the trainees to read more about topics such as consultation models, for example. It was good to see resources split into ‘essential guides’ and ‘original source publications’.

If purchased at ST3 level, in preparation for exams, the learner may be a little disappointed if they feel that they have already got to grips with the format of the nMRCGP. This kind of book is a useful addition to the practice library but probably would only be read once, hopefully as a stimulus to further reading and seeing lots of patients. The side effect of good evidence-based patient care is passing the nMRCGP!

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