

# GP Specialty Training Programme

## GPStR Self-Assessment Tool

PAEDIATRICS

### How to use this tool

To help you identify your learning needs in relation to the GP Curriculum we have attached a list of the knowledge base and learning outcomes taken from section 8 in the form of a confidence rating scale. You will then be able to use it to help you identify areas that require development. Then using the specialty handbook you can consider how you may be able to address these learning needs and how they could be assessed. Please complete this before your initial meeting with your Clinical Supervisor. In this meeting you will then be able to complete an educational plan for the post.

Please note that it may not be possible to cover all of these learning objectives within this post. By repeating the self-assessment tool at the end of the post you will be able to identify areas that you still need to cover. By sharing this with your Educational Supervisor they will be able to help you with finding ways to cover these potential gaps as part of your overall GP Specialty Training Programme.

<b>WHAT learning needs identified?</b> ( where rated as less confident)	<b>HOW may this be addressed?</b> <b>Learning objective</b>	<b>How will you ASSESS your learning?</b> <b>e.g. CbD / Mini-CEX / DOP</b>

<b>WHAT learning needs identified?</b> ( where rated as less confident)	<b>HOW may this be addressed?</b> <b>Learning objective</b>	<b>How will you ASSESS your learning?</b> e.g. CbD / Mini-CEX / DOP

Please rate your confidence in your knowledge of the following areas	<div style="border: 1px solid black; padding: 5px; display: flex; justify-content: space-between;"> <span>Not Confident</span> <span>Slightly Confident</span> <span>Confident</span> <span>Very Confident</span> </div>			
<b>Symptoms</b>				
➤ vomiting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ fever	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ drowsiness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ developmental delay	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ infantile colic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ 'failure to thrive' and growth disorders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ behavioural problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Common and/or important conditions</b>				
➤ Neonatal problems: birthmarks, feeding problems, heart murmur, sticky eye, jaundice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ Constipation, abdominal pain (acute and recurrent)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please rate your confidence in your knowledge of the following areas	<div style="border: 1px solid black; padding: 5px; display: flex; justify-content: space-between; align-items: center;"> <span>Not Confident</span> <span>Slightly Confident</span> <span>Confident</span> <span>Very Confident</span> </div>			
➤ Pyrexia, febrile convulsions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ Cough/dyspnoea, wheezing including respiratory infections, bronchiolitis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ Otitis media	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ Sensory deficit especially deafness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ Gastroenteritis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ Viral exanthems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ Urinary tract infection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ Meningitis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ Epilepsy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ Chronic disease: asthma, diabetes, arthritis, learning disability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ Child abuse, deprivation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ Mental health problems such as attention deficit hyperactivity disorder, depression, eating disorders, substance misuse and self-harm, autistic spectrum disorder and related conditions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please rate your confidence in your knowledge of the following areas	<div style="border: 1px solid black; padding: 5px; display: flex; justify-content: space-between;"> <span>Not Confident</span> <span>Slightly Confident</span> <span>Confident</span> <span>Very Confident</span> </div>			
➤ Psychological problems: enuresis, encopresis, bullying, school refusal, behaviour problems including tantrums	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ Child and young person development (physical and psychological).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Prevention</b>				
➤ Breastfeeding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ Healthy diet and exercise for children and young people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ Social and emotional wellbeing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ Keeping children and young people safe; child protection, accident prevention	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ Immunisation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
➤ Avoiding smoking, avoiding the use of volatile substances and other drugs, and minimising alcohol intake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## 8 CARE OF CHILDREN AND YOUNG PEOPLE – LEARNING OUTCOMES

Please rate your confidence against the following statements taken from learning outcomes of the GP Curriculum	<div style="border: 1px solid black; padding: 5px; display: flex; justify-content: space-between; align-items: center;"> <span>Strongly disagree</span> <span>Disagree</span> <span>Agree</span> <span>Strongly Agree</span> </div>			
<b>Person-centred care</b>				
I can effectively communicate and engage with patients and their families (listening to and involving children and young people, and working with parents, carers and families)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand the importance of supporting parents and having the skills, noting that the role of fathers in parenting their children and teenagers is frequently overlooked.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have the skills for engaging with fathers as well as mothers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can enable parents or carers, children and young people to participate in their own care planning and delivery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can enable parents or carers, children and young people to be routinely involved and supported in making informed decisions and choices about their care, taking into account their age and development, increasing autonomy with age, and the need for confidentiality balanced with the parents' need for information	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can enable parents or carers, children and young people to be achieve concordance, including active listening and shared decision-making with children, young people and parents	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can give information on medicines to children, young people and parents in a clear way	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Specific problem-solving skills</b>				
I am aware of normal growth and development of children and young people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I aware of neonatal problems including jaundice and feeding problems, breastfeeding and nutrition.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please rate your confidence against the following statements taken from learning outcomes of the GP Curriculum	<div style="display: flex; justify-content: space-between; padding: 5px;"> <span>Strongly disagree</span> <span>Disagree</span> <span>Agree</span> <span>Strongly Agree</span> </div>			
I have a thorough understanding of normal development, and being able to recognise delayed development through childhood and adolescence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can recognise normal growth, and dealing with faltering growth and failure to thrive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can recognise children and young people at risk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am aware that consultations about children may be a presentation of a mother's postnatal depression; and being aware of the effect that postnatal depression may have on her children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I recognise the significance of non-attending	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

A comprehensive approach				
I recognise inappropriate eating habits such as the development of anorexia nervosa or bulimia and be able to make appropriate referrals if specialist help is required.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can describe the importance of supporting parents who have special needs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can describe the needs of children of parents with substance misuse, mental health or domestic violence problems, teenage mothers and those with severe chronic or short-term conditions that affect their capacity to parent their children; some may need referral for multi-agency assessment and support services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Attitudinal aspects				
I can describe the importance of treating children and young people equitably, and with respect for their beliefs, preferences, dignity and rights.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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I can describe the importance of the sensitivities of young people about their health attitudes, behaviours and needs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can describe the importance of the issues of confidentiality and consent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can describe the importance of record-keeping and sharing information.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Scientific aspects</b>				
I can access information on the best evidence about interventions and the effectiveness of medicines.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can describe the importance of recording significant events and their using them in multidisciplinary and multi-agency audits.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Psychomotor skills</b>				
I can perform an examination of the newborn child.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can perform a six-week check.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can perform basic life support of infants, children and young people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**NOTES:**