

PLAB- HELP

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INFORMATION FOR PLAB CANDIDATES

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PLAB PART 2

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JOB SCENARIO

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PLAB PART 1

A Period of at least three months is essential to prepare for the exam

Books

Essential:

Oxford Handbook of Internal Medicine
Oxford Handbook of Specialties
Oxford Handbook of Emergency Medicine
Plab Digest, Plab Plus

Desirable:

Kumar &Clarks-Clinical Medicine

Useful Websites

www.mcqs.com

www.pastest.co.uk

Tips for studying:

- Ideally make a group of 4 – 5; the exam pattern is extended multiple-choice questions, so discuss the question bank in detail.
- There will be 40 themes and totally 200 questions
- Managing time is very important in part 1.
- Practice and have mock test for three hours.
- Try to think of different clinical scenario and how u will manage in that situation.

An example of a theme is shown here:

Theme: Management of Polycystic Ovary Syndrome

- A. GnRH agonist
- B. No treatment
- C. Clomiphine citrate
- D. Weight loss
- E. Ovarian diathermy
- F. Appetite suppressant
- G. Combined formulation of oestrogen with cyproterone acetate
- H. Bilateral oophorectomy

Comments:

Clomiphene is particularly useful in stimulating ovulation in women with Polycystic Ovary Syndrome (PCO), but these women are also particularly prone to ovarian hyperstimulation syndrome (OHSS). The most effective initial treatment in an overweight woman with PCO and amenorrhea is for her to lose weight; a dietician is often useful. Appetite suppressants are either used with extreme caution or not at all and are not recommended in this

scenario. The combined oestrogen/cyproterone formulation contraceptive pill is useful as a contraceptive, regaining cycle control and reducing hirsutism. If hirsutism is the major problem, cyproterone may be used on its own in larger dosages but will take many months to work. The diagnosis of polycystic ovarian disease cannot be made simply on the classical ultrasound findings; there must also be secondary amenorrhoea. GnRH agonists and bilateral oophorectomy have no place in the normal management of PCO.

PLAB PART 2:

It is an exam to check your communication skills and how well you make the patient comfortable and empathize with his/her sickness rather than testing your knowledge of medicine.

As the exam is in UK, it is ideal you arrive here 3-4 weeks before to get oriented to the people and culture.

Ideal to join some coaching classes which you feel to be good, don't get carried away and attend two, three centres, stick to one, this is an exam of practice.

If possible you can attend some personality development courses which helps to enhance your confidence before coming to U.K.

Commonly repeated stations in Plab 2:

CPR & BLOOD PRESSURE ARE COMPULSARY STATIONS

MANIKINS-

CATHERISATION

CERVICAL SMEAR

CANNULATION-sharps in sharps

FUNDOSCOPY

OTOSCOPY

PER RECTAL EXAMINATION

COUNSELLING -DON'T TRY TO SHOW YOUR CLINICAL KNOWLEDGE, SHOWING EMPATHY AND SYMPATHY IS VERY IMPORTANT

PAEDIATRIC STATIONS- child abuse, neonatal jaundice, meningitis, diarrhoeal illness, counseling a mother of a child with simple URI, phone conversation are new paediatric stations

www.gmc-uk.org gives you a video clipping of the exam

JOB SCENARIO:

- Look through the www.bmjcareers.com to find out the exact vacancies.
- The current situation is approximately 400 applications for one job.
- It takes a minimum of 6-8 months to secure a job.
- Try to secure a clinical attachment before u land up in UK by looking at the hospital web sites. www.nhs.uk.
- Sometimes the wait is too long so be prepared for your wait.
- In specialties like medicine and surgery, it is difficult to get into a specialist register post.
- Have options like entering into GP training if you want to settle in UK.

VISA DETAILS:

Get your visa just five days before your travel.

If you are planning to get a job before you go back to India get a one-way ticket, many people have ended up canceling the ticket which is a real waste of money.

In the UK the Home Office has introduced a fee of 250 pounds for extension of visa (150pounds by post).

Usually you will be given 1 year permit free training visa upon getting your first job, then after you will be given for the exact period of your employment.

This means if you have 6 months job only, you will get it for further 6 months. Few of us may not be getting second job or even the third job in which case it will be a nightmare. You will have to find sources for extension of visa (in this situation you can only apply for visitors visa) by applying for membership exams or clinical attachments. Or else you will have to get back home with whatever you have made so far. As the number of doctors coming into UK is increasing in an "exponential fashion", be realistic about your long term plans and ask your friends and well wishers to tell about the real ground situation in securing a job. For instance one may have to wait for 5-6 months in securing a clinical attachment itself. (In such situation you will have to find a source for extending the visitors visa by securing a clinical attachment or by applying for exams.

Sometimes your life may become difficult if the visa officer grants an extension until your attachment or the day of your exam. Remember you have to pay the cost for whatever the duration maybe). If your parents are not rich enough to support you get the details of few friends who can lend you money.

As the numbers of training posts are limited, getting a training grade post or a training rotation of 2 or 3 years is extremely difficult nowadays.

You may have to be content with a non-training post (also called Trust Doctor) and expect to get a training post later on.

VISA DOCUMENTS:

- Application form and documents as required by the local High Commission, depending on the type of visa, Passport.
- Copy of the admission letter (your part 2 hall ticket)
- Sponsorship letter from your friend in UK.
- Tenancy agreement if possible, they do ask sometimes not always.
- Latest sponsors bank statement- 6 months
- Your parents can sponsor you; they should provide a letter and their bank statement.

COPY OF A SPONSORSHIP DECLARATION FORM:

To Whom It May Concern:

I, Dr x living in the United Kingdom on permit free training visa, wish to sponsor y for his/her stay in the United Kingdom and pursue higher education.

Details of the Sponsor:

Name Dr
Address

Bank Details
Account No:
Sort Code
Passport No:
Date of Issue
Place of Issue

Occupation Doctor
Income

Details of Person Sponsored:

Name

Passport Details

Number

Place of Issue

Date of Issue

Date of Expiry

Yours sincerely

Other Documents

Name Expansion Affidavit

If your name is in different way in different certificates get a certificate attesting from a lawyer stating that all the name is one and the same.

FINANCIAL CONSTRAINTS

- Cost of living is very high especially when you have not got a job.
- Money minimum you will require, if you have passed plab 2 in first go-2000 -3000 pounds. Unfortunately it is not predictable and in that case you may have to spend 4000 -5000 pounds.
- Accommodation 100 – 300 pounds / month
- Food 50 – 100-pounds/ month if you self cook
- For essentials like transport and communication u may end up spending 100 pounds/month.

THINK TWICE BEFORE YOU DECIDE TO START

THINGS TO BE DONE:

- Block your flight tickets well in advance.
- Get an international students id from the British embassy in India or any travel agency.
- Prepare good curriculum vitae and get it corrected with your referees
- Advisable to have referees who have a regular access to e-mail or a fax number
- Driving licence with international permit.
- Try to learn cooking; it will make your life much easier.

TIPS FOR PACKING

TRAVELLING IN WINTER,SUMMER for BOYS & GIRLS.

WINTER:

- GOOD LEATHER JACKET
- TWO PAIR OF JUMPERS
- THERMAL WEAR
- 6 PAIR OF WOLLEN SOCKS
- 1 PAIR OF WOLLEN GLOVES
- VASELINE FOR LIP CARE
- GOOD MOISTURISER

COMMON:

- Umbrella
- Homes wear slippers preferable wollen one
- Extra spectacles if you wear one
- Adequate analgseics and antibiotics.

SUMMER:

- Two pair of jumpers
- 6 pair of wollen socks
- Good moisturizer

Note: when you travel in summer we assume u should a job before winter and u can purchase winter clothes here .

BOYS:

- One set of dark colored suit blue, black or brown- preferably a dark colored one.
- 12 formal shirts –buy polyester; do not buy cotton mix it is very difficult to maintain (get easy iron clothes).
- Get light and medium colored shirts, preferably with mild stripes.
- 8 dark colored pants.
- 6 ties (contrast ones to match with your pant and shirts).
- Adequate inner garments preferably 12 pairs.
- You can have minimum of casual dresses as you can manage with just 1 or 2 jeans.
- One pair of Formal Shoes and Casual shoes get a good quality which should last for atleast an year or two.

GIRLS:

- 1 suit with skirt or pant.
- 12 Formal tops preferably not flowered ones
- 8 formal pants
- 2 jeans
- Night dress- 2 sets
- Adequate inner garments 12 pairs (they are very costly in UK so have as much as you like, as they will not occupy much space and weight

- Sanitary napkins atleast for 4- 5 months (as they are less weight and you can save more money buy not buying it here)
- On pair of formal shoes and one pair of casual shoes.

EATABLES:

The rest of your packing space can fill in with your eatables, whatever you like.

USEFUL WEBSITES:

www.gmc-uk.org

www.nhs.uk

www.bmjcareers.com

www.onexamination.com

www.mcqs.com

www.mrcpuk.org

www.specialistinfo.com

:: WISH YOU ALL THE BEST ::