

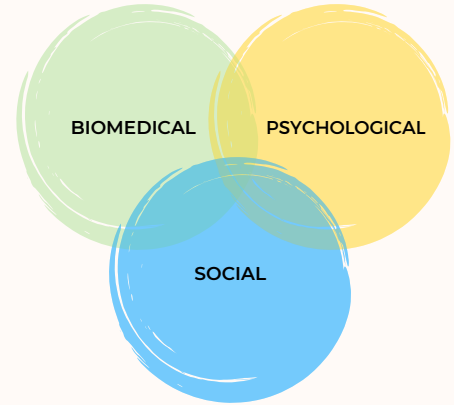


RCA Blueprint



Crib -sheet

Notes



Data Gathering and Interpersonal skills

0 mins

1. Opens consultation (Golden moment usually 2 minutes)
2. Listens with curiosity and identifies relevant cues
3. Explores medical problem
4. Excludes serious pathologies Red Flags
5. Elicits Idea, Concern & Expectation
6. Discovers Psycho-social occupational impact
7. Examination and investigations



Clinical Management and Interpersonal skills

6 mins

1. Formulates & verbalises a working diagnosis
2. Re-addresses ICE
3. Achieves shared understanding
4. Involves patient in management plan
5. Takes into account Psycho-social occupational impact
6. Explains management options (pros and cons)
7. Supports patient to make an informed decision
8. Arranges follow-up as required
9. Offers realistic safety net advice



12 mins

