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Date	Section	Topics to cover	Possible resources
Day 1 150 days to go	Cardiovascular Part 1	Angina MI Hypertension	GPI Q Bank– Cardiovascular. Audio-Video Books – Cardiovascular. Flash Cards
Day 2 149 days to go	Neurology Part 1	Epilepsy Parkinson's Disease	GPI Q Bank– Neurology. Audio-Video Books – Neurology. Flash Cards
Day 3 148 days to go	Musculoskeletal Part 1	Osteoarthritis Rheumatoid Arthritis	GPI Q Bank– Musculoskeletal. Audio-Video Books – Musculoskeletal. Flash Cards
Day 4 147 days to go	ENT Part 1	Sore throat Tonsillitis Laryngitis ENT suspected cancer referral	GPI Q Bank– ENT. Audio-Video Books – ENT. Flash Cards
Day 5 146 days to go	Cardiovascular Part 2	Heart Failure congenital heart disease	GPI Q Bank– Cardiovascular. Audio-Video Books – Cardiovascular. Flash Cards
Day 6 145 days to go	Respiratory Part 1	COPD including Spirometry Smoking cessation OSA	GPI Q Bank– Respiratory. Audio-Video Books – Respiratory. Flash Cards
Day 7 144 days to go	Addiction Medicine Part 1	Alcohol Addiction Medicine (e.g., opiates, cannabis)	GPI Q Bank– Addiction Medicine. Audio-Video Books – Addiction Medicine. Flash Cards
Day 8 143 days to go	Statistics Part 1	Graphs 1: Bar chart Histogram Box Plot Scatter plot L'abbé plot	Statistics GPI Q Bank – Graphs Statistics Audio-Video Books – Graphs
Day 9 142 days to go	Immunology Part 1	Allergy Anaphylaxis Intolerance	GPI Q Bank– Immunology. Audio-Video Books – Immunology. Flash Cards
Day 10 141 days to go	ENT Part 2	Hyperthyroidism Thyroid cancer Goitre	GPI Q Bank– ENT. Audio-Video Books – ENT. Flash Cards
Day 11 140 days to go	Psychiatry Part 1	Depression Postnatal depression	GPI Q Bank– Psychiatry. Audio-Video Books – Psychiatry. Flash Cards
Day 12 139 days to go	Ophthalmology Part 1	Acute Eye problems including Glaucoma Uveitis Artery/Vein occlusion Flashes & Floaters	GPI Q Bank– Ophthalmology . Audio-Video Books – Ophthalmology
Day 13 138 days to go	Renal Part 1	Acute Kidney Injury Chronic Kidney Disease	GPI Q Bank– Renal. Audio-Video Books – Renal. Flash Cards
Day 14 137 days to go	Respiratory Part 2	Pneumothorax Pleural Effusion Pulmonary Embolism	GPI Q Bank– Respiratory. Audio-Video Books – Respiratory. Flash Cards
Day 15 136 days to go	Admin Part 1	Birth registration Death registration Cremation Coroner referral Disease notification	Admin GPI Q Bank – Admin Audio-Video Books –
Day 16 135 days to go	Dermatology Part 1	Moles Skin Cancer Ulcers Skin infection	GPI Q Bank– Dermatology. Audio-Video Books – Dermatology. Flash Cards
Day 17 134 days to go	Women's Health Part 1	Contraception including Emergency	GPI Q Bank– Women's Health. Audio-Video Books – Women's Health. Flash Cards
Day 18 133 days to go	Genetics Part 1	Genetics: Autosomal Dominant and Recessive X-linked Dominant and Recessive	GPI Q Bank– Genetics. Audio-Video Books – Genetics. Flash Cards
Day 19 132 days to go	Catch-up Day Part 1	Complete any missed days above Review material from days 150 → 133	Consider taking a Mock Exam
Day 20 131 days to go	Neurology Part 2	Stroke TIA Falls Loss of consciousness	GPI Q Bank– Neurology. Audio-Video Books – Neurology. Flash Cards

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Date	Section	Topics to cover	Possible resources
Day 21 130 days to go	Cardiovascular Part 3	Cholesterol CVD Risk Statins Primary and Secondary Prevention	GPIQ Bank– Cardiovascular. Audio-Video Books – Cardiovascular. Flash Cards
Day 22 129 days to go	Gastroenterology Part 1	Lower GI Cancer including referral Inherited Polyps Irritable Bowel Disease	GPIQ Bank– Gastroenterology. Audio-Video Books – Gastroenterology. Flash Cards
Day 23 128 days to go	Endocrinology Part 1	Hypo and Hyperkalaemia Hypo and Hypernatremia	GPIQ Bank– Endocrinology . Audio-Video Books – Endocrinology
Day 24 127 days to go	Admin Part 2	Fitness to Work Maternity Staff Occupational Health	Admin GPIQ Bank. Admin Audio-Video Books –
Day 25 126 days to go	Haematology Part 1	Leukaemia Lymphoma Myeloma	GPIQ Bank– Haematology . Audio-Video Books – Haematology
Day 26 125 days to go	Musculoskeletal Part 2	Neck e.g., Whiplash, Radiculopathy, Neck Injury Back Pain e.g., Simple, Sciatica, Disc, Red flags	GPIQ Bank– Musculoskeletal. Audio-Video Books – Musculoskeletal. Flash Cards
Day 27 124 days to go	Respiratory Part 3	URTI LRTI Pneumonia Covid-19	GPIQ Bank– Respiratory. Audio-Video Books – Respiratory. Flash Cards
Day 28 123 days to go	Neurology Part 3	Meningitis Encephalitis Facial Nerve Palsy	GPIQ Bank– Neurology. Audio-Video Books – Neurology. Flash Cards
Day 29 122 days to go	Paediatrics Part 1	Paediatric infection e.g., Chickenpox, Scarlet Fever, MMR, Pertussis School Exclusion Rules	GPIQ Bank– Paediatrics. Audio-Video Books – Paediatrics. Flash Cards
Day 30 121 days to go	Women's Health Part 2	Menorrhagia Endometriosis Fibroids	GPIQ Bank– Women's Health. Audio-Video Books – Women's Health. Flash Cards
Day 31 120 days to go	Statistics Part 2	Odds Risk Error Bias Confounding UK Screening	Statistics GPIQ Bank. Statistics Audio-Video Books –
Day 32 119 days to go	Respiratory Part 4	Asthma (including childhood)	GPIQ Bank– Respiratory. Audio-Video Books – Respiratory. Flash Cards
Day 33 118 days to go	Endocrinology Part 2	Cushing's Addison's Disease Conn's Syndrome	GPIQ Bank– Endocrinology . Audio-Video Books – Endocrinology
Day 34 117 days to go	Paediatrics Part 2	Autism ADHD Enuresis Child Safeguarding	GPIQ Bank– Paediatrics. Audio-Video Books – Paediatrics. Flash Cards
Day 35 116 days to go	Haematology Part 2	Anaemia (B12 Folate Fe) FBC results Sickle Cell Disease Thalassaemia Spleen	GPIQ Bank– Haematology. Audio-Video Books – Haematology. Flash Cards
Day 36 115 days to go	Dermatology Part 2	Eczema Acne Psoriasis	GPIQ Bank– Dermatology. Audio-Video Books – Dermatology. Flash Cards
Day 37 114 days to go	Catch-up Day Part 2	Complete any missed days above Review material from days 131 → 115	Consider taking a Mock Exam
Day 38 113 days to go	ENT Part 3	Nose e.g., Epistaxis, Polyps, Fracture, Hay Fever	GPIQ Bank– ENT. Audio-Video Books – ENT. Flash Cards
Day 39 112 days to go	Gastroenterology Part 2	Irritable Bowel Syndrome Coeliac Disease	GPIQ Bank– Gastroenterology. Audio-Video Books – Gastroenterology. Flash Cards
Day 40 111 days to go	Psychiatry Part 2	Somatisation Dementia Delirium bipolar disorder	GPIQ Bank– Psychiatry. Audio-Video Books – Psychiatry. Flash Cards

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Date	Section	Topics to cover	Possible resources
Day 41 110 days to go	Statistics Part 3	Graphs 2 - Forest Plot Funnel Plot Cates Diagram	Statistics GPI Q Bank – Graphs Statistics Audio-Video Books – Graphs
Day 42 109 days to go	Cardiovascular Part 4	Brady and Tachycardia including Atrial Fibrillation	GPI Q Bank– Cardiovascular. Audio-Video Books – Cardiovascular. Flash Cards
Day 43 108 days to go	Women's Health Part 3	PCOS Infertility Urinary Incontinence	GPI Q Bank– Women's Health. Audio-Video Books – Women's Health. Flash Cards
Day 44 107 days to go	Admin Part 3	Abortion Adoption Surrogacy Capacity Power of Attorney RMS Fitness to Drive	Admin GPI Q Bank. Admin Audio-Video Books –
Day 45 106 days to go	Neurology Part 4	Migraine Tension Headache Cluster Headache Medical Overuse Headache	GPI Q Bank– Neurology. Audio-Video Books – Neurology. Flash Cards
Day 46 105 days to go	Endocrinology Part 3	Hyperparathyroidism Hyper and Hypocalcaemia Obesity	GPI Q Bank– Endocrinology. Audio-Video Books – Endocrinology. Flash Cards
Day 47 104 days to go	Ophthalmology Part 2	Chronic vision loss: Cataract Age Related Macular Degeneration Retinopathy (DM and Hypertensive)	GPI Q Bank– Ophthalmology. Audio-Video Books – Ophthalmology. Flash Cards
Day 48 103 days to go	ENT Part 4	Ear infection Tinnitus Hearing Loss Cholesteatoma Vertigo	GPI Q Bank– ENT. Audio-Video Books – ENT. Flash Cards
Day 49 102 days to go	Paediatrics Part 3	Immunisation Schedule Neonate Conditions e.g., FTT, Jaundice	GPI Q Bank– Paediatrics. Audio-Video Books – Paediatrics. Flash Cards
Day 50 101 days to go	Palliative Care Part 1	Palliative Care - Analgesia Nausea Dose Calculations	GPI Q Bank– Palliative Care. Audio-Video Books – Palliative Care. Flash Cards
Day 51 100 days to go	Admin Part 4	Confidentiality Data Protection Request for Records	Admin GPI Q Bank. Admin Audio-Video Books –
Day 52 99 days to go	Endocrinology Part 4	Hypothyroidism (including subclinical)	GPI Q Bank– Endocrinology. Audio-Video Books – Endocrinology. Flash Cards
Day 53 98 days to go	Cardiovascular Part 5	Peripheral Vascular Disease DVT Varicose Veins	GPI Q Bank– Cardiovascular. Audio-Video Books – Cardiovascular. Flash Cards
Day 54 97 days to go	Neurology Part 5	Intracerebral Bleeds Temporal Arteritis PMR	GPI Q Bank– Neurology. Audio-Video Books – Neurology. Flash Cards
Day 55 96 days to go	Catch-up Day Part 3	Complete any missed days above Review material from days 113 → 97	Consider taking a Mock Exam
Day 56 95 days to go	Psychiatry Part 3	Anxiety OCD PTSD Schizophrenia Acute Psychosis	GPI Q Bank– Psychiatry. Audio-Video Books – Psychiatry. Flash Cards
Day 57 94 days to go	Women's Health Part 4	Breast Cancer (including Familial) Benign Breast Disease	GPI Q Bank– Women's Health. Audio-Video Books – Women's Health. Flash Cards
Day 58 93 days to go	Renal Part 1	Erectile Dysfunction STIs including Chlamydia, Gonorrhoeae, Syphilis, TV	GPI Q Bank– Renal . Audio-Video Books – Renal
Day 59 92 days to go	Endocrinology Part 5	Diabetes diagnosis, management and complications (acute and chronic)	GPI Q Bank– Endocrinology. Audio-Video Books – Endocrinology. Flash Cards
Day 60 91 days to go	Musculoskeletal Part 3	Knees e.g., Osgood-Schlatter's Disease, Chondromalacia Patella, Osteochondritis Dissecans, OA, Replacement, Injury Foot e.g., Plantar Fasciitis, Injury, Achilles' injury, Morton's, Diabetic Foot	GPI Q Bank– Musculoskeletal. Audio-Video Books – Musculoskeletal. Flash Cards

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Date	Section	Topics to cover	Possible resources
Day 61 90 days to go	Renal Part 2	UTI (adult and children) Glomerulonephritis Renal Stones	GPI Q Bank– Renal . Audio-Video Books – Renal
Day 62 89 days to go	Gastroenterology Part 3	Hernia Appendix Abdominal surgery Enteral feeding	GPI Q Bank– Gastroenterology . Audio-Video Books – Gastroenterology
Day 63 88 days to go	Neurology Part 6	Neurological Assessment: Cranial Nerves, UML vs LMN Dermatomes Myotomes Gait	GPI Q Bank– Neurology. Audio-Video Books – Neurology. Flash Cards
Day 64 87 days to go	Gastroenterology Part 4 Infectious Disease Part 1	Hepatitis A, B, C Tuberculosis Malaria Yellow Fever HIV + PEP	GPI Q Bank– Gastroenterology Infectious Disease . Audio-Video Books – Gastroenterology Infectious Disease .Flash Card
Day 65 86 days to go	Paediatrics Part 4	Paediatric Development (gross motor, fine motor, speech and language, communication)	GPI Q Bank– Paediatrics. Audio-Video Books – Paediatrics. Flash Cards
Day 66 85 days to go	Cardiovascular Part 6	Pericarditis Myocarditis Endocarditis Valvular Heart Disease Murmurs	GPI Q Bank– Cardiovascular. Audio-Video Books – Cardiovascular. Flash Cards
Day 67 84 days to go	Respiratory Part 5	Bronchiectasis Pulmonary Fibrosis Clubbing Lung Cancer including referral	GPI Q Bank– Respiratory. Audio-Video Books – Respiratory. Flash Cards
Day 68 83 days to go	Musculoskeletal Part 4	Shoulder e.g., Frozen Shoulder, Rotator Cuff, Dislocation Elbow e.g., Tennis/ Golfers/ Bursa Wrist e.g., Carpal Tunnel, De Quatrain	GPI Q Bank– Musculoskeletal. Audio-Video Books – Musculoskeletal. Flash Cards
Day 69 82 days to go	Psychiatry Part 4	Mental Health Act Social Care Sight Impairment	GPI Q Bank– Psychiatry . Audio-Video Books – Psychiatry
Day 70 81 days to go	Women's Health Part 5	Gynaecology 2-week referral Cervical Cancer and Screening Ovarian and Endometrial Cancer	GPI Q Bank– Women's Health. Audio-Video Books – Women's Health. Flash Cards
Day 71 80 days to go	Men's Health Part 2	LUTS in Males BPH PSA Prostate Cancer including referral Prostatitis	GPI Q Bank– Men's Health. Audio-Video Books – Men's Health. Flash Cards
Day 72 79 days to go	Gastroenterology Part 5	Dyspepsia H Pylori Peptic Ulcers GORD Upper GI cancer including referral	GPI Q Bank– Gastroenterology. Audio-Video Books – Gastroenterology. Flash Cards
Day 73 78 days to go	Catch-up Day Part 4	Complete any missed days above Review material from days 95 → 79	Consider taking a Mock Exam
Day 74 77 days to go	Statistics Part 4	Screening Table and Calculations	Statistics GPI Q Bank –screening Statistics Audio-Video Books –screening
Day 75 76 days to go	Musculoskeletal Part 5	Osteoporosis SLE Gout	GPI Q Bank– Musculoskeletal. Audio-Video Books – Musculoskeletal. Flash Cards
Day 76 75 days to go	Admin Part 5	Controlled Drugs Medicare Eligibility Medicare Funding Contracts Complaints	Admin GPI Q Bank. Admin Audio-Video Books –
Day 77 74 days to go	Gastroenterology Part 6	LFT Results Gallstones Pancreas Jaundice Liver Cirrhosis	GPI Q Bank– Gastroenterology. Audio-Video Books – Gastroenterology. Flash Cards
Day 78 73 days to go	Neurology Part 7	Multiple Sclerosis Motor Neurone Disease Myasthenia Gravis	GPI Q Bank– Neurology . Audio-Video Books – Neurology
Day 79 72 days to go	Women's Health Part 6	Antenatal: Advice, Early Pregnancy Problems, Mid Pregnancy Problems	GPI Q Bank– Women's Health. Audio-Video Books – Women's Health. Flash Cards
Day 80 71 days to go	Admin Part 6	AMC Good Medical Practice	AMC Website Good Medical Practice Booklet

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Date	Section	Topics to cover	Possible resources
Day 81 70 days to go	Women's Health Part 7	Menopause HRT	GPI Q Bank– Women's Health. Audio-Video Books – Women's Health. Flash Cards
Day 82 69 days to go	Men's Health Part 3	Testicles: Epididymo-orchitis Torsion Testicular Cancer and referral	GPI Q Bank– Men's Health . Audio-Video Books – Men's Health
Day 83 68 days to go	Statistics Part 5	Standard Deviation Confidence Interval Parametric/non-Parametric P value Types of Study	Statistics GPI Q Bank. Statistics Audio-Video Books –
Day 84 67 days to go	Ophthalmology Part 3	Conjunctivitis Blepharitis Subconjunctival Haemorrhage	GPI Q Bank– Ophthalmology. Audio-Video Books – Ophthalmology. Flash Cards
Day 85 66 days to go	Cardiovascular Part 7	Revision: Angina MI Hypertension congenital heart disease	GPI Q Bank– Cardiovascular. Audio-Video Books – Cardiovascular. Flash Cards
Day 86 65 days to go	Neurology Part 8	Revision: Epilepsy Parkinson's Disease Falls LOC	GPI Q Bank– Neurology. Audio-Video Books – Neurology. Flash Cards
Day 87 64 days to go	Musculoskeletal Part 6	Revision: Osteoarthritis Rheumatoid Arthritis SLE Gout	GPI Q Bank– Musculoskeletal. Audio-Video Books – Musculoskeletal. Flash Cards
Day 88 63 days to go	ENT Part 5	Revision: Sore throat Tonsillitis Laryngitis ENT 2-week referral PE	GPI Q Bank– ENT Respiratory. Audio-Video Books – ENT Respiratory. Flash Cards -
Day 89 62 days to go	Respiratory Part 6	Revision: COPD Spirometry Smoking cessation OSA	GPI Q Bank– Respiratory. Audio-Video Books – Respiratory. Flash Cards
Day 90 61 days to go	Catch-up Day Part 5	Complete any missed days above Review material from days 77 → 62	Consider taking a Mock Exam
Day 91 60 days to go	Addiction Medicine Part 2	Revision: Alcohol Addiction Medicine (e.g., opiates, cannabis)	GPI Q Bank– Addiction Medicine. Audio-Video Books – Addiction Medicine. Flash Cards
Day 92 59 days to go	Statistics Part 6	Revision: Graphs 1 - Bar chart Histogram Box Plot Scatter Plot L'abbé plot Forest Plot Funnel Plot	Statistics GPI Q Bank – Graphs Statistics Audio-Video Books – Graphs
Day 93 58 days to go	ENT Part 6 Immunology Part 2	Revision: Ear infection Tinnitus Hearing Loss Allergy Anaphylaxis Intolerance	GPI Q Bank– ENT Immunology. Audio-Video Books – ENT Immunology. Flash Cards
Day 94 57 days to go	Women's Health Part 8 Endocrinology Part 6	Revision: Hyperthyroidism Thyroid Cancer Goitre Hypothyroidism (including subclinical)	GPI Q Bank– Endocrinology. Audio-Video Books – Endocrinology. Flash Cards
Day 95 56 days to go	Psychiatry Part 5	Revision: Depression Postnatal depression Dementia Delirium	GPI Q Bank– Psychiatry. Audio-Video Books – Psychiatry. Flash Cards
Day 96 55 days to go	Ophthalmology Part 4	Revision: Acute Eye problems - Glaucoma Uveitis Artery/Vein occlusion Flashes/Floaters Conjunctivitis Blepharitis Subconjunctival Haemorrhage	GPI Q Bank– Ophthalmology. Audio-Video Books – Ophthalmology. Flash Cards
Day 97 54 days to go	Renal Part 3 Musculoskeletal Part 7	Revision: Acute Kidney Injury chronic kidney disease Osteoporosis	GPI Q Bank– Renal Musculoskeletal. Audio-Video Books – Renal Musculoskeletal. Flash Cards -
Day 98 53 days to go	Dermatology Part 3	Revision: Moles Skin Cancer Ulcers Skin infection Psoriasis Acne	GPI Q Bank– Dermatology. Audio-Video Books – Dermatology. Flash Cards
Day 99 52 days to go	Women's Health Part 9 Palliative Care Part 2	Revision: Infertility Contraception (including Emergency) Menorrhagia	GPI Q Bank– Women's Health . Audio-Video Books – Women's Health .Flash Cards
Day 100 51 days to go	Genetics Part 2	Revision: Genetics: Autosomal Dominant and Recessive X-linked Dominant and Recessive	GPI Q Bank– Genetics. Audio-Video Books – Genetics. Flash Cards

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Date	Section	Topics to cover	Possible resources
Day 101 50 days to go	Cardiovascular Part 8	Revision: Cholesterol CVD Risk Statins Primary/Secondary Prevention Tachycardia including Atrial Fibrillation	GPI Q Bank– Cardiovascular. Audio-Video Books – Cardiovascular. Flash Cards -
Day 102 49 days to go	Gastroenterology Part 7	Revision: Irritable Bowel Disease Lower GI cancer including referral Inherited polyps	GPI Q Bank– Gastroenterology. Audio-Video Books – Gastroenterology. Flash Cards
Day 103 48 days to go	Endocrinology Part 7	Revision: Hypo/Hyperkalaemia Hypo/Hyponatremia Hyperparathyroidism Hyper/Hypocalcaemia	GPI Q Bank– Endocrinology . Audio-Video Books – Endocrinology
Day 104 47 days to go	Admin Part 7	Revision: Fitness to Work Maternity Staff occupational health Cremation Coroner Confidentiality	Admin GPI Q Bank. Admin Audio-Video Books –
Day 105 46 days to go	Men's Health Haematology Part 3	Revision: PSA Prostate Cancer Leukaemia Lymphoma Myeloma	GPI Q Bank– Men's Health Haematology . Audio-Video Books – Men's Health Haematology .Flash Cards
Day 106 45 days to go	Musculoskeletal Part 8	Revision: Neck e.g., Whiplash, Radiculopathy, Neck Injury Back Pain (simple and red flag) Shoulder e.g., Frozen Shoulder, Rotator Cuff, Dislocation	GPI Q Bank– Musculoskeletal. Audio-Video Books – Musculoskeletal. Flash Cards
Day 107 44 days to go	Respiratory Part 7	Revision: URTI LRTI Pneumonia Covid-19 Tuberculosis	GPI Q Bank– Respiratory ID. Audio-Video Books – Respiratory ID. Flash Cards
Day 108 43 days to go	Catch-up Day Part 6	Complete any missed days above Review material from days 60 → 44	Consider taking a Mock Exam
Day 109 42 days to go	Neurology Part 9	Revision: Meningitis Encephalitis Facial Nerve Palsy Temporal Arteritis PMR	GPI Q Bank– Neurology. Audio-Video Books – Neurology. Flash Cards
Day 110 41 days to go	Paediatrics Part 5	Revision: Paediatric infections e.g., Chickenpox, Scarlet Fever School Exclusion Autism ADHD	GPI Q Bank– Paediatrics. Audio-Video Books – Paediatrics. Flash Cards
Day 111 40 days to go	Respiratory Part 8 Dermatology Part 4	Revision: Asthma including childhood Pneumothorax Eczema	GPI Q Bank– Respiratory Dermatology . Audio-Video Books – Respiratory Dermatology .Flash Cards
Day 112 39 days to go	Endocrinology Part 8	Revision: Cushing's Addison's Disease Conn's Syndrome Obesity	GPI Q Bank– Endocrinology. Audio-Video Books – Endocrinology. Flash Cards
Day 113 38 days to go	Haematology Part 4	Revision: Anaemia (B12 Folate Fe) FBC results Sickle Cell Disease Thalassaemia Spleen	GPI Q Bank– Haematology. Audio-Video Books – Haematology. Flash Cards
Day 114 37 days to go	ENT Part 7	Revision: Cholesteatoma Vertigo Nose e.g., Epistaxis, Polyps, Fracture, Hay Fever	GPI Q Bank– ENT. Audio-Video Books – ENT. Flash Cards
Day 115 36 days to go	Statistics Part 7	Revision: Graphs 2 - Cates Diagram Screening table and Calculations UK Screening	Statistics GPI Q Bank. Statistics Audio-Video Books –
Day 116 35 days to go	Admin Part 8	Revision: Abortion Adoption Surrogacy Capacity Power of Attorney RMS Fitness to Drive Data Protection Request for records	Admin GPI Q Bank. Admin Audio-Video Books –
Day 117 34 days to go	Neurology Part 10	Revision: Migraine Tension Headache Cluster Headache Medical Overuse Headache	GPI Q Bank– Neurology. Audio-Video Books – Neurology. Flash Cards
Day 118 33 days to go	Ophthalmology Part 5	Revision: Chronic vision loss: Cataract Age Related Macular Degeneration Retinopathy (DM and Hypertensive)	GPI Q Bank– Ophthalmology. Audio-Video Books – Ophthalmology. Flash Cards
Day 119 32 days to go	Paediatrics Part 6 Women's Health Part 10	Revision: Immunisation Schedule Neonate conditions e.g., FTT, Jaundice Antenatal: Advice, Early Pregnancy Problems, Mid Pregnancy Problems	GPI Q Bank– Paediatrics Women's Health . Audio-Video Books – Paediatrics Women's Health .Flash Cards -
Day 120 31 days to go	Palliative Care Part 3	Revision: Palliative care - Analgesia Nausea Dose Calculations	GPI Q Bank– Palliative Care. Audio-Video Books – Palliative Care. Flash Cards

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Date	Section	Topics to cover	Possible resources
Day 121 30 days to go	Cardiovascular Part 9	Revision: Heart Failure Peripheral Vascular Disease DVT Varicose Veins	GPI Q Bank– Cardiovascular. Audio-Video Books – Cardiovascular. Flash Cards
Day 122 29 days to go	Neurology Part 1Part 1	Revision: Intracerebral bleeds Multiple Sclerosis Motor Neurone Disease Myasthenia Gravis	GPI Q Bank– Neurology . Audio-Video Books – Neurology
Day 123 28 days to go	Psychiatry Part 6	Revision: Anxiety OCD PTSD Schizophrenia Acute psychosis bipolar disorder Somatisation	GPI Q Bank– Psychiatry. Audio-Video Books – Psychiatry. Flash Cards
Day 124 27 days to go	Women's Health Part 1Part 1	Revision: Breast Cancer including referral Familial Benign Breast Disease Urinary Incontinence Endometriosis	GPI Q Bank– Women's Health. Audio-Video Books – Women's Health. Flash Cards -
Day 125 26 days to go	Renal Part 2	Revision: Erectile Dysfunction STIs including Chlamydia, Gonorrhoeae HIV + PEP	GPI Q Bank– Renal Infection Disease . Audio-Video Books – Renal Infection Disease
Day 126 25 days to go	Catch-up Day Part 7	Complete any missed days above Review material from days 42 → 26	Consider taking a Mock Exam
Day 127 24 days to go	Endocrinology Part 9	Revision: Diabetes diagnosis, management and complications (acute and chronic)	GPI Q Bank– Endocrinology. Audio-Video Books – Endocrinology. Flash Cards
Day 128 23 days to go	Musculoskeletal Part 9	Revision: Elbow e.g., Tennis/Golfers/Bursa Wrist e.g., Carpal Tunnel Syndrome, De Quatrain's Knees e.g., Osgood-Schlatter's Disease, Chondromalacia Patella, Osteochondritis Dissecans, OA, Replacement, Injury Foot e.g., Plantar fasciitis, Injury, Achilles, Morton's, Diabetic Foot	GPI Q Bank– Musculoskeletal. Audio-Video Books – Musculoskeletal. Flash Cards
Day 129 22 days to go	Renal Part 4 Infectious Disease Part 2	Revision: UTI (adult and kids) Glomerulonephritis Renal Stones Malaria Yellow Fever	GPI Q Bank– Renal, Infectious Diseases . Audio-Video Books – Renal, Infectious Diseases
Day 130 21 days to go	Gastroenterology Part 9	Revision: Irritable Bowel Syndrome Coeliac Disease Hernia Appendix Abdominal Surgery Enteral feeding	GPI Q Bank– Gastroenterology. Audio-Video Books – Gastroenterology. Flash Cards
Day 131 20 days to go	Neurology Part 12	Revision: Stroke TIA Neuro assessment - CN UML/LMN Dermatomes Myotomes Gait	GPI Q Bank– Neurology. Audio-Video Books – Neurology. Flash Cards
Day 132 19 days to go	Paediatrics Part 7	Revision: Paediatrics development (all 4 areas) Enuresis Child safeguarding	GPI Q Bank– Paediatrics. Audio-Video Books – Paediatrics. Flash Cards
Day 133 18 days to go	Cardiovascular Part 10	Revision: Pericarditis Myocarditis Endocarditis Valvular Heart Disease Murmurs Bradycardia	GPI Q Bank– Cardiovascular. Audio-Video Books – Cardiovascular. Flash Cards
Day 134 17 days to go	Respiratory Part 9	Revision: Pleural Effusion Bronchiectasis Pulmonary Fibrosis Clubbing Lung Cancer including referral	GPI Q Bank– Respiratory. Audio-Video Books – Respiratory. Flash Cards
Day 135 16 days to go	Admin Part 9	Revision: Birth registration Death registration Mental health act Social care Sight impairment	Admin GPI Q Bank – Admin Audio-Video Books –
Day 136 15 days to go	Women's Health Part 12	Revision: Cervical Cancer and screening Ovarian Cancer Endometrial Cancer Gynaecology 2-week referral	GPI Q Bank– Women's Health. Audio-Video Books – Women's Health. Flash Cards
Day 137 14 days to go	Gastroenterology Part 10	Revision: Dyspepsia H Pylori Peptic Ulcers GORD Upper GI cancer including referral	GPI Q Bank– Gastroenterology. Audio-Video Books – Gastroenterology. Flash Cards
Day 138 13 days to go	Admin Part 10	Revision: Controlled Drugs Medicare eligibility Medicare Funding Contracts Complaints	Admin GPI Q Bank. Admin Audio-Video Books –
Day 139 12 days to go	Gastroenterology Part 1Part 1	Revision: Gallstones Pancreas Jaundice Liver Cirrhosis LFTs Hepatitis A, B, C	GPI Q Bank– Gastroenterology. Audio-Video Books – Gastroenterology. Flash Cards
Day 140 11 days to go	Admin Part 1Part 1	Revision: Disease notification AMC Good Medical Practice	AMC Website Good Medical Practice Booklet

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Date	Section	Topics to cover	Possible resources
Day 141 10 days to go	Women's Health Part 13	Revision: Menopause including HRT Fibroids PCOS	GPI Q Bank– Women's Health. Audio-Video Books – Women's Health. Flash Cards
Day 142 9 days to go	Men's Health Part 3	Revision: BPH Testicles: Epididymo-orchitis Torsion Testicular Cancer/referral	GPI Q Bank– Men's Health. Audio-Video Books – Men's Health. Flash Cards
Day 143 8 days to go	Statistics Part 8	Revision: Standard Deviation Confidence interval Parametric/non-P P value Types of Study Odds Risk Error Bias Confounding	Statistics GPI Q Bank. Statistics Audio-Video Books –
Day 144 7 days to go	Mocks Day	Final preps	Mocks
Day 145 6 days to go	Mocks Day	Final preps	Mocks
Day 146 5 days to go	Mocks Day	Final preps	Mocks
Day 147 4 days to go	Mocks Day	Final preps	Mocks
Day 148 3 days to go	Mocks Day	Final preps	Mocks
Day 149 2 days to go	Mocks Day	Final preps	Mocks
Day 150 1 day to go	Mocks Day	Final preps	Mocks



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