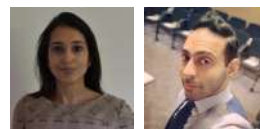


Arora 180 Day AKT Programme

Exam Date: 26th October 2022 **#CanPassWillPass**



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Date	Section	Topics to cover	Possible resources
180 days to go 29th April	Cardiovascular 1	Angina MI	NICE CKS Angina, MI Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 3-7, 22-25 Arora Pharmacology Flash Cards 1,4,11,13,22,31,40,56,58,69,76,93
179 days to go 30th April	Neurology 1	Epilepsy Parkinson's Disease	NICE CKS Epilepsy, Parkinson's Disease Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 51-52 Arora Pharmacology Flash Cards 18, 41, 66
178 days to go 1st May	MSK 1	Osteoarthritis Rheumatoid Arthritis	NICE CKS Osteoarthritis, Rheumatoid Arthritis Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Cards 115-117 Arora Pharmacology Flash Cards 12, 50, 60, 62, 63, 87
177 days to go 2nd May	ENT 1	Sore throat Tonsillitis Laryngitis ENT 2 week referral	NICE CKS Sore throat, NICE Cancer referral Arora Clinical Online Course – ENT chapter Arora Clinical Audiobook – ENT chapter Arora Clinical Flash Cards 123-125 Arora Pharmacology Flash Card 64
176 days to go 3rd May	Cardiovascular 2	Heart Failure Congenital Heart Disease	NICE CKS Heart Failure Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 15-16, 81 Arora Pharmacology Flash Cards 1, 4, 10, 17, 44
175 days to go 4th May	Respiratory 1	COPD Spirometry Smoking cessation	NICE CKS COPD, Smoking, Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter Arora Clinical Flash Cards 29-30, 35 Arora Pharmacology Flash Cards 15, 57, 99
174 days to go 5th May	Gastroenterology 1	Dyspepsia H Pylori Peptic Ulcers GORD	NICE CKS Dyspepsia (various) Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 38-40 Arora Pharmacology Flash Card 75
173 days to go 6th May	Substance Misuse 1	Alcohol Substance misuse (eg opiates, cannabis)	NICE CKS Alcohol, Opioid dependence Arora Clinical Online Course – Substance Misuse chapter Arora Clinical Audiobook – Substance Misuse chapter Arora Clinical Flash Card 150 Arora Pharmacology Flash Card 60
172 days to go 7th May	Gastroenterology 2	Lower GI cancer including referral	NICE CKS NICE Lower GI cancer Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 42-44
171 days to go 8th May	Statistics 1	Graphs 1 - Bar chart Histogram Box Plot Scatter plot L'abbé plot	Arora Statistics Online Course – Graphs chapter Arora Statistics Audiobook – Graphs chapter
170 days to go 9th May	Immunology 1	Allergy Anaphylaxis Intolerance	NICE CKS Anaphylaxis, Food Allergy Arora Clinical Online Course – Immunology chapter Arora Clinical Audiobook – Immunology chapter Arora Clinical Flash Card 146
169 days to go 10th May	ENT 2	Hyperthyroidism Thyroid cancer Goitre	NICE CKS Hyperthyroidism, NICE Cancer referral Arora Clinical Online Course – ENT chapter Arora Clinical Audiobook – ENT chapter Arora Clinical Flash Cards 125, 130 Arora Pharmacology Flash Card 19
168 days to go 11th May	Psychiatry 1	Depression Postnatal depression	NICE CKS Depression, Postnatal Depression Arora Clinical Online Course – Psychiatry chapter Arora Clinical Audiobook – Psychiatry chapter Arora Clinical Flash Cards 60-62 Arora Pharmacology Flash Cards 54, 80, 83, 95

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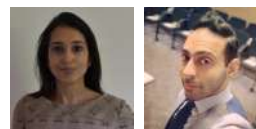


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Date	Section	Topics to cover	Possible resources
167 days to go 12th May	Ophthalmology 1	Acute Eye problems: Glaucoma Uveitis Artery/Vein occlusion Flashes/Floaters	NICE CKS Glaucoma, Uveitis Arora Clinical Online Course – Ophthalmology chapter Arora Clinical Audiobook – Ophthalmology chapter
166 days to go 13th May	Renal 1	Acute Kidney Injury Chronic Kidney Disease	NICE CKS AKI, CKD Arora Clinical Online Course – Renal chapter Arora Clinical Audiobook – Renal chapter Arora Clinical Flash Cards 142-144
165 days to go 14th May	Respiratory 2	Pneumothorax Pleural Effusion	NICE CKS PE Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter
164 days to go 15th May	Admin 1	Birth registration Death registration Cremation Coroner Disease notification	Arora Admin Online Course – Chapter 2 Arora Admin Audiobook – Chapter 2
163 days to go 16th May	Catch-up Day 1	Complete any missed days above Review material from days 180 → 164	Consider taking an Arora Mock Exam
162 days to go 17th May	Dermatology 1	Moles Skin Cancer	NICE CKS Moles, NICE Skin Cancer Arora Clinical Online Course – Dermatology chapter Arora Clinical Audiobook – Dermatology chapter Arora Clinical Flash Card 135
161 days to go 18th May	Women's Health 1	Contraception (including Emergency)	NICE CKS Contraception (various) Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Cards 88-91 Arora Pharmacology Flash Cards 24-25, 46, 98
160 days to go 19th May	Genetics 1	Genetics: Autosomal Dominant and Recessive X-linked Dominant and Recessive	Arora Clinical Online Course – Genetics chapter Arora Clinical Audiobook – Genetics chapter Arora Clinical Flash Card 148
159 days to go 20th May	Neurology 2	Stroke TIA	NICE CKS Stroke and TIA Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 49-50 Arora Pharmacology Flash Cards 11, 22, 31, 100
158 days to go 21st May	Cardiovascular 3	Cholesterol CVD Risk Statins Primary/Secondary Prevention	NICE CKS CVD Risk Assessment, Lipid Modification Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 1-2, 6, 24 Arora Pharmacology Flash Card 84
157 days to go 22nd May	Gastroenterology 3	Irritable Bowel Disease Inherited polyps	NICE CKS Crohns Disease, UC, NICE Lower GI cancer Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 42-44 Arora Pharmacology Flash Card 12
156 days to go 23rd May	Statistics 2	UK screening Types of study/research	Arora Statistics Online Course – Chapters 2, 5, 6 Arora Statistics Audiobook – Chapters 4, 5, 6
155 days to go 24th May	Endocrinology 1	Hypo/Hyperkalaemia Hypo/Hypernatraemia	NICE CKS Hyponatraemia Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter
154 days to go 25th May	Admin 2	Fitness to Work Maternity Staff occupational health	Arora Admin Online Course – Chapters 2, 4 Arora Admin Audiobook – Chapters 2, 4

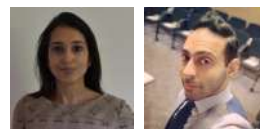
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Date	Section	Topics to cover	Possible resources
153 days to go 26th May	Haematology 1	Leukaemia Lymphoma Myeloma	NICE CKS Myeloma, NICE Haematological Cancer Arora Clinical Online Course – Haematology chapter Arora Clinical Audiobook – Haematology chapter
152 days to go 27th May	Cardiovascular 4	Hypertension	NICE CKS Hypertension Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 8-11, 22-25 Arora Pharmacology Flash Cards 1, 4, 10, 13, 17, 82, 91
151 days to go 28th May	Respiratory 3	Pulmonary Embolism OSA	NICE CKS PE, OSA Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter Arora Clinical Flash Cards 29-30, 35 Arora Pharmacology Flash Cards 32, 100
150 days to go 29th May	MSK 2	Neck eg Whiplash, Radiculopathy, Neck Injury Shoulder eg Frozen Shoulder, Rotator Cuff, Dislocation	NICE CKS Neck (various), Shoulder pain Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Cards 108-111 Arora Pharmacology Flash Cards 59-60, 62
149 days to go 30th May	Respiratory 4	URTI LRTI Pneumonia	NICE CKS Chest Infections Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter Arora Clinical Flash Card 32 Arora Pharmacology Flash Cards 47, 64
148 days to go 31st May	Neurology 3	Meningitis Encephalitis Facial nerve palsy	NICE CKS Meningitis, Bell's Palsy Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 59, 147 Arora Pharmacology Flash Card 2
147 days to go 1st June	Gastroenterology 4	Upper GI cancer including referral	NICE CKS NICE Upper GI Cancer referral Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Card 41
146 days to go 2nd June	Paediatrics 1	Paediatrics infection eg Chickenpox, Scarlet Fever School Exclusion Rules	NICE CKS Paeds infection (various) Arora Clinical Online Course – Paediatrics chapter Arora Clinical Audiobook – Paediatrics chapter Arora Clinical Flash Card 78
145 days to go 3rd June	Catch-up Day 2	Complete any missed days above Review material from days 162 → 146	Consider taking an Arora Mock Exam
144 days to go 4th June	Women's Health 2	Menorrhagia Endometriosis	NICE CKS Menorrhagia, Endometriosis Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Card 84 Arora Pharmacology Flash Cards 24, 94
143 days to go 5th June	Statistics 3	Odds Risk Error Bias Confounding	Arora Statistics Online Course – Chapters 2, 5, 6 Arora Statistics Audiobook – Chapters 4, 5, 6
142 days to go 6th June	Respiratory 5	Asthma including childhood	NICE CKS Asthma Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter Arora Clinical Flash Cards 26-28
141 days to go 7th June	Endocrinology 2	Cushing's Addison's Disease Conn's Syndrome	NICE CKS Addison's Disease Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter Arora Pharmacology Flash Card 85
140 days to go 8th June	Men's Health 1	PSA Prostate Cancer including referral	NICE CKS PSA, Prostate Cancer, Prostatitis Arora Clinical Online Course – Men's Health chapter Arora Clinical Audiobook – Men's Health chapter Arora Clinical Flash Cards 100-102
139 days to go 9th June	Infection Disease 1	HIV + PEP Malaria Yellow Fever	NICE CKS HIV, Malaria Arora Clinical Online Course – Infection Disease chapter Arora Clinical Audiobook – Infection Disease chapter

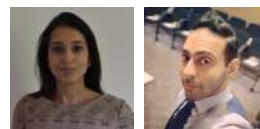
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138 days to go 10th June	Gastroenterology 5	Liver Cirrhosis LFTs	NICE CKS Cirrhosis Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 45-46
137 days to go 11th June	Paediatrics 2	Autism ADHD Enuresis	NICE CKS Autism, ADHD, Enuresis Arora Clinical Online Course – Paediatrics chapter Arora Clinical Audiobook – Paediatrics chapter Arora Clinical Flash Cards 79, 82 Arora Pharmacology Flash Card 27
136 days to go 12th June	Admin 3	DVLA and Fitness to fly	Arora Admin Online Course – Chapter 2 Arora Admin Audiobook – Chapter 2
135 days to go 13th June	Haematology 2	Anaemia (B12 Folate Fe) FBC results	NICE CKS Anaemia (various) Arora Clinical Online Course – Haematology chapter Arora Clinical Audiobook – Haematology chapter Arora Clinical Flash Cards 139-141 Arora Pharmacology Flash Card 38
134 days to go 14th June	Dermatology 2	Eczema Acne Psoriasis	NICE CKS Eczema, Acne, Psoriasis Arora Clinical Online Course – Dermatology chapter Arora Clinical Audiobook – Dermatology chapter Arora Clinical Flash Cards 132-133, 138 Arora Pharmacology Flash Cards 39, 50, 90
133 days to go 15th June	ENT 3	Nose eg Epistaxis, Polyps, Fracture, Hay Fever	NICE CKS Nose: Epistaxis, Allergic Rhinitis, Sinusitis Arora Clinical Online Course – ENT chapter Arora Clinical Audiobook – ENT chapter Arora Clinical Flash Cards 120-121
132 days to go 16th June	MSK 3	Back Pain (simple and red flag)	NICE CKS Back Pain Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Cards 108-109 Arora Pharmacology Flash Cards 59-60, 62
131 days to go 17th June	Gastroenterology 6	Irritable Bowel Syndrome Coeliac Disease	NICE CKS Irritable Bowel Syndrome, Coeliac Disease Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 36-37 Arora Pharmacology Flash Cards 16, 42, 45
130 days to go 18th June	Dermatology 3	Skin Ulcers Skin Infection	NICE CKS Ulcers, Cellulitis, Impetigo, Fungal infection etc Arora Clinical Online Course – Dermatology chapter Arora Clinical Audiobook – Dermatology chapter Arora Clinical Flash Cards 134-137
129 days to go 19th June	Catch-up Day 3	Complete any missed days above Review material from days 144 → 130	Consider taking an Arora Mock Exam
128 days to go 20th June	Psychiatry 2	Somatisation Bipolar Disorder	NICE CKS Somatisation, Bipolar Disorder Arora Clinical Online Course – Psychiatry chapter Arora Clinical Audiobook – Psychiatry chapter Arora Pharmacology Flash Card 43
127 days to go 21st June	Statistics 4	Graphs 2 - Forest Plot Funnel plot Cates Diagram	Arora Statistics Online Course – Graphs chapter Arora Statistics Audiobook – Graphs chapter
126 days to go 22nd June	Cardiovascular 5	Brady and tachycardia including Atrial Fibrillation	NICE CKS Atrial Fibrillation, Palpitations Arora Clinical Online Course – Cardiology chapter Arora Clinical Audiobook – Cardiology chapter Arora Clinical Flash Cards 12-14 Arora Pharmacology Flash Cards 6, 13, 30, 32, 100
125 days to go 23rd June	Women's Health 3	Infertility Urinary Incontinence	NICE CKS Infertility, Urinary Incontinence Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Cards 83, 95 Arora Pharmacology Flash Card 9

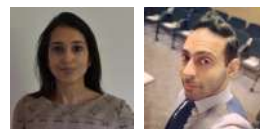
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Date	Section	Topics to cover	Possible resources
124 days to go 24th June	Respiratory 6	Covid-19 Tuberculosis	NICE CKS Covid-19, Tuberculosis, Arora Clinical Online Course – Respiratory, ID chapters Arora Clinical Audiobook – Respiratory, ID chapters Arora Clinical Flash Cards 32, 34 Arora Pharmacology Flash Card 77
123 days to go 25th June	Admin 4	Abortion Adoption Surrogacy Capacity Power of Attorney DVLA	Arora Admin Online Course – Chapters 1, 2, 3 Arora Admin Audiobook – Chapters 1, 2, 3
122 days to go 26th June	Neurology 4	Migraine Tension Headache Cluster Headache Medical Overuse Headache	NICE CKS Headache (various) Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 53-55, 57 Arora Pharmacology Flash Cards 11, 52, 59-62, 97
121 days to go 27th June	Endocrinology 3	Hyperparathyroidism Hyper/Hypocalcaemia Obesity	NICE CKS Hypercalcaemia, Obesity Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter Arora Clinical Flash Card 131 Arora Pharmacology Flash Card 61
120 days to go 28th June	Ophthalmology 2	Chronic vision loss: Cataract Age Related Macular Degeneration Retinopathy (DM and Hypertensive)	NICE CKS Cataract, Age Related Macular Degeneration Arora Clinical Online Course – Ophthalmology chapter Arora Clinical Audiobook – Ophthalmology chapter Arora Clinical Flash Cards 105-107
119 days to go 29th June	ENT 4	Ear infection Tinnitus Hearing Loss	NICE CKS Otitis M/E, Tinnitus, Hearing Loss Arora Clinical Online Course – ENT chapter Arora Clinical Audiobook – ENT chapter Arora Clinical Flash Cards 119, 122
118 days to go 30th June	Women's Health 4	Fibroids PCOS	NICE CKS Fibroids, PCOS Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Cards 84-85 Arora Pharmacology Flash Card 24
117 days to go 1st July	Women's Health 5	Ovarian Endometrial Cancer Gynaecology 2 week referral	NICE Suspected Gynaecological Cancer Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Card 92
116 days to go 2nd July	Paediatrics 3	Child and Adult safeguarding	NICE CKS Child Maltreatment Arora Clinical Online Course – Paediatrics chapter Arora Clinical Audiobook – Paediatrics chapter
115 days to go 3rd July	Paediatrics 4	Immunisation Schedule	NICE CKS Immunisation Arora Clinical Online Course – Paediatrics chapter Arora Clinical Audiobook – Paediatrics chapter Arora Clinical Flash Card 69
114 days to go 4th July	Palliative Care 1	Palliative care - Analgesia Nausea Dose Calculations	NICE CKS Palliative Care - Analgesia, Nausea Arora Clinical Online Course – Palliative Care chapter Arora Clinical Audiobook – Palliative Care chapter Arora Clinical Flash Card 145 Arora Pharmacology Flash Cards 26, 52, 59-60, 62
113 days to go 5th July	Admin 5	Confidentiality Data Protection Request for Records	Arora Admin Online Course – Chapters 3, 4 Arora Admin Audiobook – Chapters 3, 4
112 days to go 6th July	Haematology 3	Sickle Cell Disease Thalassaemia Spleen	NICE CKS Sickle Cell Disease Arora Clinical Online Course – Haematology chapter Arora Clinical Audiobook – Haematology chapter
111 days to go 7th July	Catch-up Day 4	Complete any missed days above Review material from days 128 → 112	Consider taking an Arora Mock Exam
110 days to go 8th July	Endocrinology 4	Hypothyroidism (including Subclinical)	NICE CKS Hypothyroidism Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter Arora Clinical Flash Card 129 Arora Pharmacology Flash Card 92

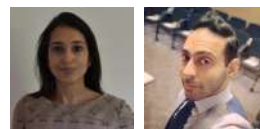
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109 days to go 9th July	ENT 5	Cholesteatoma Vertigo	NICE CKS Vertigo, BPPV Arora Clinical Online Course – ENT chapter Arora Clinical Audiobook – ENT chapter Arora Clinical Flash Card 119 Arora Pharmacology Flash Card 71
108 days to go 10th July	Psychiatry 3	Dementia Delirium	NICE CKS Dementia, Delirium Arora Clinical Online Course – Psychiatry chapter Arora Clinical Audiobook – Psychiatry chapter Arora Clinical Flash Cards 65-66 Arora Pharmacology Flash Card 7
107 days to go 11th July	Cardiovascular 6	Peripheral Vascular Disease DVT Varicose Veins	NICE CKS Peripheral Vascular Disease, DVT, Varicose Veins Arora Clinical Online Course – Cardiology chapter Arora Clinical Audiobook – Cardiology chapter Arora Clinical Flash Cards 18-20 Arora Pharmacology Flash Cards 32, 55, 100
106 days to go 12th July	Neurology 5	Temporal Arteritis PMR Cluster Headache	NICE CKS Giant Cell Arteritis, Headache (various) Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 54, 56 Arora Pharmacology Flash Card 85
105 days to go 13th July	Psychiatry 4	Anxiety OCD PTSD	NICE CKS Anxiety, OCD, PTSD Arora Clinical Online Course – Psychiatry chapter Arora Clinical Audiobook – Psychiatry chapter Arora Clinical Flash Cards 63-64 Arora Pharmacology Flash Cards 29, 70, 80, 83
104 days to go 14th July	Neurology 6	Falls LOC Intracerebral bleeds	NICE CKS Falls, Intracerebral bleeds Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 49-50
103 days to go 15th July	Women's Health 6	Breast cancer including referral Familial Benign Breast Disease	NICE Breast Cancer Referral, NICE CKS Familial Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Cards 93-94
102 days to go 16th July	GU Medicine 1	STIs including Chlamydia Gonorrhoeae	NICE CKS STI (various) Arora Clinical Online Course – GU Medicine chapter Arora Clinical Audiobook – GU Medicine chapter
101 days to go 17th July	Endocrinology 5	Diabetes diagnosis and complications (acute and chronic)	NICE CKS Diabetes Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter Arora Clinical Flash Cards 126-127 Arora Pharmacology Flash Cards 33, 36, 49, 67, 78, 86
100 days to go 18th July	MSK 4	Knees - Osgood-Schlatter's Disease, Chondromalacia Patella, Osteocondritis Dissecans, Knee OA, Replacement, Injury	NICE CKS Knee pain, OSD, OA Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Card 112 Arora Pharmacology Flash Cards 59-60, 62
99 days to go 19th July	Renal 2	UTI (adult and kids)	NICE CKS UTI (men, women, children) Arora Clinical Online Course – Renal chapter Arora Clinical Audiobook – Renal chapter Arora Pharmacology Flash Cards 20, 96
98 days to go 20th July	Catch-up Day 5	Complete any missed days above Review material from days 110 → 99	Consider taking an Arora Mock Exam
97 days to go 21st July	Gastroenterology 7	Hernia Appendix Abdominal surgery Enteral feeding	NICE CKS Appendicitis Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter
96 days to go 22nd July	Neurology 7	Neuro assessment - CN UML/LMN Dermatomes Myotomes Gait	Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 47-48
95 days to go 23rd July	Gastroenterology 8	Hepatitis A, B, C	NICE CKS Hepatitis, Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter
94 days to go 24th July	Paediatrics 5	Paediatrics development (all 4 areas)	Arora Clinical Online Course – Paediatrics chapter Arora Clinical Audiobook – Paediatrics chapter Arora Clinical Flash Cards 70-73

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💬 "I have no idea how you covered so much in one day!"

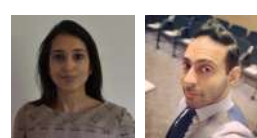


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Boost AKT on Social Media

Arora 180 Day AKT Programme

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Date	Section	Topics to cover	Possible resources
93 days to go 25th July	Cardiovascular 7	Pericarditis Myocarditis Endocarditis	Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter
92 days to go 26th July	Respiratory 7	Bronchiectasis Pulmonary Fibrosis Clubbing Lung cancer including referral	NICE CKS Bronchiectasis, NICE Lung Cancer Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter Arora Clinical Flash Cards 33, 149
91 days to go 27th July	MSK 5	Elbow eg Tennis/Golfers/Bursa Wrist eg Carpal Tunnel Syndrome, De Quervains	NICE CKS Tennis Elbow, CTS Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Cards 110-111 Arora Pharmacology Flash Cards 59-60, 62
90 days to go 28th July	Admin 6	Mental health act Social care Sight impairment	Arora Admin Online Course/Audiobook Chapter 2
89 days to go 29th July	Paediatrics 6	Neonatal conditions eg FTT, Jaundice	NICE CKS Jaundice in Newborn Arora Clinical Online Course – Paediatrics chapter Arora Clinical Audiobook – Paediatrics chapter
88 days to go 30th July	MSK 6	Foot and ankle eg Plantar Fasciitis, Injury, Achilles, Mortons, Diabetic foot	NICE CKS Achilles Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Cards 113-114
87 days to go 31st July	Renal 3	Glomerulonephritis Renal Stones	NICE CKS Renal Stones Arora Clinical Online Course – Renal chapter Arora Clinical Audiobook – Renal chapter
86 days to go 1st August	Psychiatry 5	Schizophrenia Acute psychosis	NICE CKS Psychosis and Schizophrenia Arora Clinical Online Course – Psychiatry chapter Arora Clinical Audiobook – Psychiatry chapter
85 days to go 2nd August	Cardiovascular 8	Valvular Heart Disease Murmurs	Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Card 17
84 days to go 3rd August	Endocrinology 6	Diabetes (management + targets)	NICE CKS Diabetes Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter Arora Clinical Flash Card 128 Arora Pharmacology Flash Cards 33, 36, 49, 67, 78, 86
83 days to go 4th August	Women 's Health 7	Cervical Cancer and Screening	NICE CKS Cervical Screening Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Card 92
82 days to go 5th August	Men's Health 2	Erectile Dysfunction BPH	NICE CKS Erectile Dysfunction, BPH Arora Clinical Online Course – GU Medicine, Men's Health Arora Clinical Audiobook – GU Medicine, Men's Health Arora Clinical Flash Cards 100-102 Arora Pharmacology Flash Cards 4, 34, 79
81 days to go 6th August	Catch-up Day 6	Complete any missed days above Review material from days 97 → 82	Consider taking an Arora Mock Exam
80 days to go 7th August	Statistics 5	Screening table and Calculations	Arora Statistics Online Course – Screening chapter 2 Arora Statistics Audiobook – Screening chapter 6
79 days to go 8th August	MSK 7	Osteoporosis SLE Gout	NICE CKS Osteoporosis, Gout Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Card 118 Arora Pharmacology Flash Cards 3, 8, 14, 23, 59
78 days to go 9th August	Admin 7	Controlled Drugs NHS eligibility NHS Funding Contracts Complaints	Arora Admin Online Course – Chapters 3, 4, 5 Arora Admin Audiobook – Chapters 3, 4, 5
77 days to go 10th August	Gastroenterology 9	Gallstones Pancreas Jaundice	NICE CKS Gallstones, Jaundice Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Card 46
76 days to go 11th August	Neurology 8	Multiple Sclerosis Motor Neurone Disease Myasthenia Gravis	NICE CKS Multiple Sclerosis Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter

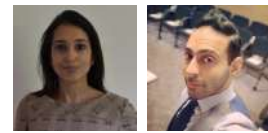
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Date	Section	Topics to cover	Possible resources
75 days to go 12th August	Women's Health 8	Antenatal: Advice, Early Pregnancy Problems, Mid Pregnancy Problems	NICE CKS Antenatal, Miscarriage, Ectopic Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Cards 97-99
74 days to go 13th August	Admin 8	GMC Good Medical Practice	GMC Website Good Medical Practice Booklet
73 days to go 14th August	Women's Health 9	Menopause HRT	NICE CKS Menopause Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Cards 86-87 Arora Pharmacology Flash Card 37
72 days to go 15th August	Men's Health 3	Testicles: Epididymo-orchitis Torsion Testicular Cancer/referral	NICE CKS Undescended, NICE Testicular Cancer referral Arora Clinical Online Course – Men's Health chapter Arora Clinical Audiobook – Men's Health chapter
71 days to go 16th August	Statistics 6	Standard Deviation Confidence interval Parametric/non-P P value	Arora Statistics Online Course – Chapters 1, 3 Arora Statistics Audiobook – Chapters 1, 2
70 days to go 17th August	Ophthalmology 3	Conjunctivitis Blepharitis Subconjunctival Haemorrhage	NICE CKS Conjunctivitis, Blepharitis Arora Clinical Online Course – Ophthalmology chapter Arora Clinical Audiobook – Ophthalmology chapter Arora Clinical Flash Card 104
69 days to go 18th August	Catch-up Day 7	Complete any missed days above Review material from days 80 → 70	Consider taking an Arora Mock Exam
68 days to go 19th August	Cardiovascular 9	Review: Angina MI Hypertension Congenital Heart Disease	NICE CKS Angina, MI, Hypertension Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 3-11, 22-25 Arora Pharmacology Flash Cards 1,4,10,11,13,17,22,31,40,44,56,58,69,76,93
67 days to go 20th August	Neurology 9	Review: Epilepsy Parkinson's Disease Falls LOC	NICE CKS Epilepsy, Parkinson's Disease Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 51-52 Arora Pharmacology Flash Cards 18, 41, 66
66 days to go 21st August	MSK 8	Review: Osteoarthritis Rheumatoid Arthritis SLE Gout	NICE CKS Osteoarthritis, Rheumatoid Arthritis Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Cards 115-117 Arora Pharmacology Flash Cards 12, 50, 59- 60, 62-63, 87
65 days to go 22nd August	ENT 6 Respiratory 8	Review: Sore throat Tonsillitis Laryngitis ENT 2 week referral PE	NICE CKS Sore throat, PE, NICE ENT Cancer referral Arora Clinical Online Course – ENT, Respiratory chapters Arora Clinical Audiobook – ENT, Respiratory chapters Arora Clinical Flash Cards 31, 123-125 Arora Pharmacology Flash Cards 32, 64, 100
64 days to go 23rd August	Respiratory 9	Review: COPD Spirometry Smoking cessation OSA	NICE CKS COPD, Smoking Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter Arora Clinical Flash Cards 29-30, 35 Arora Pharmacology Flash Cards 15, 57, 99
63 days to go 24th August	Substance Misuse 2	Review: Alcohol Substance misuse (eg opiates, cannabis)	NICE CKS Alcohol, Opioid dependence Arora Clinical Online Course – Substance Misuse chapter Arora Clinical Audiobook – Substance Misuse chapter Arora Clinical Flash Card 150 Arora Pharmacology Flash Card 60
62 days to go 25th August	Statistics 7	Review: Graphs 1 - Bar chart Histogram Box Plot Scatter Plot L'abbé plot Forest Plot Funnel Plot	Arora Statistics Online Course – Graphs chapter Arora Statistics Audiobook – Graphs chapter
61 days to go 26th August	ENT 7 Immunology 2	Review: Ear infection Tinnitus Hearing Loss Allergy Anaphylaxis Intolerance	NICE CKS Otitis M/E, Tinnitus, Hearing Loss, Anaphylaxis, Food Allergy Arora Clinical Online Course – ENT, Immunology chapters Arora Clinical Audiobook – ENT, Immunology chapters Arora Clinical Flash Cards 119, 122, 146

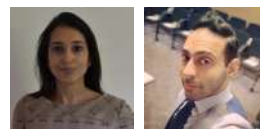
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Date	Section	Topics to cover	Possible resources
60 days to go 27th August	Endocrinology 7	Review: Hyperthyroidism Thyroid Cancer Goitre Hypothyroidism (including subclinical)	NICE CKS Hyperthyroidism,, Hypothyroidism Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter Arora Clinical Flash Cards 129-130 Arora Pharmacology Flash Cards 19, 92
59 days to go 28th August	Catch-up Day 8	Complete any missed days above Review material from days 68 → 60	Consider taking an Arora Mock Exam
58 days to go 29th August	Psychiatry 6	Review: Depression Postnatal depression Dementia Delirium	NICE CKS Depression, Postnatal Depression, Dementia, Delirium Arora Clinical Online Course – Psychiatry chapter Arora Clinical Audiobook – Psychiatry chapter Arora Clinical Flash Cards 60-62, 65-66 Arora Pharmacology Flash Cards 7, 54, 80, 83, 95
30th August: Free ‘8 Week Booster’ Webinar – 8.30-10pm (Click here)			
57 days to go 30th August	Ophthalmology 4	Review: Acute Eye problems - Glaucoma Uveitis Artery/Vein occlusion Flashes/Floaters Conjunctivitis Blepharitis Subconjunctival Haemorrhage	NICE CKS Glaucoma, Uveitis, Conjunctivitis, Blepharitis Arora Clinical Online Course – Ophthalmology chapter Arora Clinical Audiobook – Ophthalmology chapter Arora Clinical Flash Card 104
56 days to go 31st August	Renal 4 MSK 9	Review: Acute Kidney Injury Chronic Kidney Disease Osteoporosis	NICE CKS AKI, CKD, Osteoporosis Arora Clinical Online Course – Renal, MSK chapters Arora Clinical Audiobook – Renal, MSK chapters Arora Clinical Flash Cards 118, 142-144 Arora Pharmacology Flash Card 14
55 days to go 1st September	Dermatology 4	Review: Moles Skin Cancer Ulcers Skin infection Psoriasis Acne	NICE CKS Ulcers, Cellulitis, Impetigo, Acne, Psoriasis, NICE Skin Cancer Arora Clinical Online Course – Dermatology chapter Arora Clinical Audiobook – Dermatology chapter Arora Clinical Flash Cards 132-138 Arora Pharmacology Flash Cards 39, 50, 90
54 days to go 2nd September	Women’s Health 10	Review: Infertility Contraception (including Emergency) Menorrhagia	NICE CKS Infertility, Contraception (various), Menorrhagia Arora Clinical Online Course – Women’s Health chapter Arora Clinical Audiobook – Women’s Health, Arora Clinical Flash Cards 84-85, 88-91, 95 Arora Pharmacology Flash Cards 24-25, 46, 94, 98
53 days to go 3rd September	Genetics 2	Review: Genetics: Autosomal Dominant and Recessive X-linked Dominant and Recessive	Arora Clinical Online Course – Genetics chapter Arora Clinical Audiobook – Genetics chapter Arora Clinical Flash Card 148
52 days to go 4th September	Cardiovascular 10	Review: Cholesterol CVD Risk Statins Primary/Secondary Prevention Tachycardia including Atrial Fibrillation	NICE CKS CVD Risk Assessment, Lipid Modification, Atrial Fibrillation Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 1-2, 6, 12-14, 24 Arora Pharmacology Flash Cards 6, 13, 30, 32, 84, 100
51 days to go 5th September	Gastroenterology 10	Review: Irritable Bowel Disease Lower GI Cancer including referral Inherited polyps	NICE CKS Crohns Disease, UC, NICE Lower GI cancer Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 42-44 Arora Pharmacology Flash Card 12
50 days to go 6th September	Endocrinology 8	Review: Hypo/Hyperkalaemia Hypo/Hypernatraemia Hyperparathyroidism Hyper/Hypocalcaemia	NICE CKS Hyponatraemia, Hypercalcaemia Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter
49 days to go 7th September	Admin 9	Review: Fitness to Work Maternity Staff occupational health Cremation Coroner Confidentiality	Arora Admin Online Course – Chapters 2, 4 Arora Admin Audiobook – Chapters 2, 4

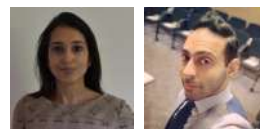
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Date	Section	Topics to cover	Possible resources
48 days to go 8th September	Catch-up Day 9	Complete any missed days above Review material from days 58 → 49	Consider taking an Arora Mock Exam
47 days to go 9th September	Men's Health 4 Haematology 4	Review: PSA Prostate Cancer Leukaemia Lymphoma Myeloma	NICE CKS PSA, Prostate Cancer, Myeloma, NICE Haematological Cancer Arora Clinical Online Course – Men's Health, Haematology chapters Arora Clinical Audiobook – Men's Health , Haematology chapters Arora Clinical Flash Cards 100-102
46 days to go 10th September	MSK 10	Review: Neck eg Whiplash, Radiculopathy, Neck Injury Back Pain (simple and red flag) Shoulder eg Frozen Shoulder, Rotator Cuff, Dislocation	NICE CKS Neck (various), Low Back Pain, Shoulder pain Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Cards 108-111 Arora Pharmacology Flash Cards 59-60, 62
45 days to go 11th September	Respiratory 10	Review: URTI LRTI Pneumonia Covid-19 Tuberculosis	NICE CKS Chest Infections, Covid-19, TB Arora Clinical Online Course – Respiratory, ID chapters Arora Clinical Audiobook – Respiratory, ID chapters Arora Clinical Flash Cards 32, 34 Arora Pharmacology Flash Cards 47, 64, 77
44 days to go 12th September	Neurology 10	Review: Meningitis Encephalitis Facial Nerve Palsy Temporal Arteritis PMR	NICE CKS Meningitis, Bell's Palsy, Giant Cell Arteritis, PMR Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 56, 59, 147 Arora Pharmacology Flash Cards 2, 85
43 days to go 13th September	Paediatrics 7	Review: Paediatric infections eg Chickenpox, Scarlet Fever School Exclusion Autism ADHD	NICE CKS Paeds infection (various), Autism, ADHD Arora Clinical Online Course – Paediatrics chapter Arora Clinical Audiobook – Paediatrics chapter Arora Clinical Flash Cards 78-79
42 days to go 14th September	Respiratory 11 Dermatology 5	Review: Asthma including childhood Pneumothorax Eczema	NICE CKS Asthma, Eczema Arora Clinical Online Course – Respiratory, Dermatology chapters Arora Clinical Audiobook – Respiratory, Dermatology chapters Arora Clinical Flash Cards 26-28, 133
41 days to go 15th September	Endocrinology 9	Review: Cushing's Addison's Disease Conn's Syndrome Obesity	NICE CKS Addison's Disease, Obesity Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter Arora Clinical Flash Card 131 Arora Pharmacology Flash Card 85
40 days to go 16th September	Haematology 5	Review: Anaemia (B12 Folate Fe) FBC results Sickle Cell Disease Thalassaemia Spleen	NICE CKS Anaemia (various), Sickle Cell Disease Arora Clinical Online Course – Haematology chapter Arora Clinical Audiobook – Haematology chapter Arora Clinical Flash Cards 139-141 Arora Pharmacology Flash Card 38
39 days to go 17th September	ENT 8	Review: Cholesteatoma Vertigo Nose eg Epistaxis, Polyps, Fracture, Hay Fever	NICE CKS Vertigo, BPPV, Nose: Epistaxis, Allergic Rhinitis, Sinusitis Arora Clinical Online Course – ENT chapter Arora Clinical Audiobook – ENT chapter Arora Clinical Flash Cards 119-122 Arora Pharmacology Flash Card 71
38 days to go 18th September	Catch-up Day 10	Complete any missed days above Review material from days 47→ 39	Consider taking an Arora Mock Exam
37 days to go 19th September	Statistics 8	Review: Graphs 2 - Cates Diagram Screening table and Calculations UK Screening	Arora Statistics Online Course – Chapters 2, 5, 6 Arora Statistics Audiobook – Chapters 4, 5, 6
36 days to go 20th September	Admin 10	Review: Abortion Adoption Surrogacy Capacity Power of Attorney DVLA Data Protection Request for records	Arora Admin Online Course – Chapters 1, 2, 3 Arora Admin Audiobook – Chapters 1, 2, 3

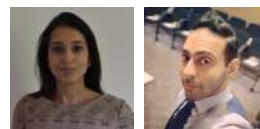
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Date	Section	Topics to cover	Possible resources
35 days to go 21st September	Neurology 11	Review: Migraine Tension Headache Cluster Headache Medical Overuse Headache	NICE CKS Headache (various) Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 53-55, 57 Arora Pharmacology Flash Cards 11, 52, 59, 62, 97
34 days to go 22nd September	Ophthalmology 5	Review: Chronic vision loss: Cataract Age Related Macular Degeneration Retinopathy (DM and Hypertensive)	NICE CKS Cataract, Age Related Macular Degeneration Arora Clinical Online Course – Ophthalmology chapter Arora Clinical Audiobook – Ophthalmology chapter Arora Clinical Flash Cards 105-107
33 days to go 23rd September	Paediatrics 8 Women's Health 11	Review: Immunisation Schedule Neonate conditions eg FTT, Jaundice Antenatal: Advice, Early Pregnancy Problems, Mid Pregnancy Problems	NICE CKS Immunisation, Jaundice in Newborn, Antenatal, Miscarriage, Ectopic Arora Clinical Online Course – Paediatrics, Women's Health chapters Arora Clinical Audiobook – Paediatrics, Women's Health chapters Arora Clinical Flash Cards 69, 97-99
32 days to go 24th September	Palliative Care 2	Review: Palliative care - Analgesia Nausea Dose Calculations	NICE CKS Palliative Care - Analgesia, Nausea Arora Clinical Online Course – Palliative Care chapter Arora Clinical Audiobook – Palliative Care chapter Arora Clinical Flash Card 145 Arora Pharmacology Flash Cards 26, 52, 59-60, 62
31 days to go 25th September	Cardiovascular 11	Review: Heart Failure Peripheral Vascular Disease DVT Varicose Veins	NICE CKS Heart Failure, PVD, DVT, Varicose Veins Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 15-16, 18-20 Arora Pharmacology Flash Cards 1, 10, 32, 44, 55, 100
30 days to go 26th September	Neurology 12	Review: Intracerebral bleeds Multiple Sclerosis Motor Neurone Disease Myasthenia Gravis	NICE CKS Multiple Sclerosis Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter
27th September: Free '4 Week Booster' Webinar – 8.30-9.30pm (Click here)			
29 days to go 27th September	Psychiatry 7	Review: Anxiety OCD PTSD Schizophrenia Acute psychosis Bipolar Disorder Somatisation	NICE CKS Anxiety, OCD, PTSD, Psychosis and Schizophrenia, Bipolar Disorder Arora Clinical Online Course – Psychiatry chapter Arora Clinical Audiobook – Psychiatry chapter Arora Clinical Flash Cards 63-64 Arora Pharmacology Flash Cards 29, 70, 80, 83
28 days to go 28th September	Catch-up Day 11	Complete any missed days above Review material from days 37 → 29	Consider taking an Arora Mock Exam
27 days to go 29th September	Women's Health 12	Review: Breast Cancer including referral Familial Benign Breast Disease Urinary Incontinence Endometriosis	NICE Breast Cancer Referral, NICE CKS Urinary Incontinence Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Cards 83, 93-94 Arora Pharmacology Flash Cards 9, 24
26 days to go 30th September	GU Medicine 2 Infection Disease 2	Review: Erectile Dysfunction STIs including Chlamydia, Gonorrhoeae HIV + PEP	NICE CKS Erectile Dysfunction, STI (various) Arora Clinical Online Course – GU Medicine, Infection Disease chapters Arora Clinical Audiobook – GU Medicine, Infection Disease chapters Arora Pharmacology Flash Card 79
1st October: Live Big Mock AKT Course (Virtual) – 9.30am-5.30pm (Click here)			
25 days to go 1st October	Endocrinology 10	Review: Diabetes diagnosis, management and complications (acute and chronic)	NICE CKS Diabetes Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter Arora Clinical Flash Cards 126-128 Arora Pharmacology Flash Cards 33, 36, 49, 67, 78, 86

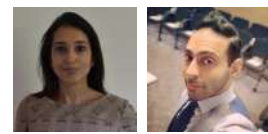
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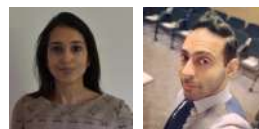
Date	Section	Topics to cover	Possible resources
24 days to go 2nd October	MSK 11	Review: Elbow eg Tennis/Golfers/Bursa Wrist eg Carpal Tunnel Syndrome, De Quervain's Knees eg Osgood-Schlatter's Disease, Chondromalacia Patella, Osteochondritis Dissecans, OA, Replacement, Injury Foot eg Plantar fasciitis, Injury, Achilles, Mortons, Diabetic Foot	NICE CKS Knee pain, OSD, OA, Plantar fasciitis, Achilles, Tennis Elbow, CTS Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Cards 110-114 Arora Pharmacology Flash Cards 59-60, 62
23 days to go 3rd October	Renal 5 Infection Disease 3	Review: UTI (adult and kids) Glomerulonephritis Renal Stones Malaria Yellow Fever	NICE CKS UTI (men, women, children), Renal Stones, Malaria Arora Clinical Online Course – Renal, ID chapters Arora Clinical Audiobook – Renal, ID chapters Arora Pharmacology Flash Cards 8, 20, 96
22 days to go 4th October	Gastroenterology 11	Review: Irritable Bowel Syndrome Coeliac Disease Hernia Appendix Abdominal Surgery Enteral feeding	NICE CKS Irritable Bowel Syndrome, Coeliac Disease, Appendicitis Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 36-37 Arora Pharmacology Flash Cards 16, 42, 45
21 days to go 5th October	Neurology 13	Review: Stroke TIA Neuro assessment - CN UML/LMN Dermatomes Myotomes Gait	NICE CKS Stroke and TIA Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 47-50 Arora Pharmacology Flash Cards 11, 22, 31
20 days to go 6th October	Paediatrics 9	Review: Paediatrics development (all 4 areas) Enuresis Child safeguarding	NICE CKS Child Maltreatment Arora Clinical Online Course – Paediatrics chapter Arora Clinical Audiobook – Paediatrics chapter Arora Clinical Flash Cards 70-73, 82 Arora Pharmacology Flash Card 27
19 days to go 7th October	Cardiovascular 12	Review: Pericarditis Myocarditis Endocarditis Valvular Heart Disease Murmurs Bradycardia	Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Card 17
18 days to go 8th October	Respiratory 12	Review: Pleural Effusion Bronchiectasis Pulmonary Fibrosis Clubbing Lung Cancer including referral	NICE CKS Bronchiectasis, NICE Lung Cancer Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter Arora Clinical Flash Cards 33, 149
17 days to go 9th October	Catch-up Day 12	Complete any missed days above Review material from days 27 → 18	Consider taking an Arora Mock Exam
16 days to go 10th October	Admin 11	Review: Birth registration Death registration Mental health act Social care Sight impairment	Arora Admin Online Course – Chapter 2 Arora Admin Audiobook – Chapter 2
15 days to go 11th October	Women's Health 13	Review: Cervical Cancer and screening Ovarian Cancer Endometrial Cancer Gynaecology 2 week referral	NICE CKS Cervical Screening, NICE Gynaecology Suspected Cancer referral Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Card 92
14 days to go 12th October	Gastroenterology 12	Review: Dyspepsia H Pylori Peptic Ulcers GORD Upper GI cancer including referral	NICE CKS Dyspepsia (various), NICE Upper GI Cancer referral Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 38-41
13 days to go 13th October	Admin 12	Review: Controlled Drugs NHS eligibility NHS Funding Contracts Complaints	Arora Admin Online Course – Chapters 3, 4, 5 Arora Admin Audiobook – Chapters 3, 4, 5
12 days to go 14th October	Gastroenterology 13	Review: Gallstones Pancreas Jaundice Liver Cirrhosis LFTs Hepatitis A, B, C	NICE CKS Gallstones, Jaundice, Cirrhosis, NAFLD, Hepatitis Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 45-46

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Date	Section	Topics to cover	Possible resources
11 days to go 15th October	Admin 13	Review: Disease notification GMC Good Medical Practice	GMC Website Good Medical Practice Booklet
10 days to go 16th October	Women's Health 14	Review: Menopause including HRT Fibroids PCOS	NICE CKS Menopause, PCOS Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Cards 85-87 Arora Pharmacology Flash Card 37
9 days to go 17th October	Men's Health 5	Review: BPH Testicles: Epididymo-orchitis Torsion Testicular Cancer/referral	NICE CKS LUTS, Undescended testicles, NICE Testicular Cancer referral Arora Clinical Online Course – Men's Health chapter Arora Clinical Audiobook – Men's Health chapter Arora Clinical Flash Card 100 Arora Pharmacology Flash Cards 4, 34
8 days to go 18th October	Statistics 9	Review: Standard Deviation Confidence interval Parametric/non-P P value Types of study Odds Risk Error Bias Confounding	Arora Statistics Online Course – Chapters 1, 2, 3, 5, 6 Arora Statistics Audiobook – Chapters 1, 2, 4, 5, 6
7 days to go 19th October	Mocks Day	Final preps – High value topics	Arora Mocks
6 days to go 20th October	Mocks Day	Final preps – High value topics	Arora Mocks
5 days to go 21st October	Mocks Day	Final preps – High value topics	Arora Mocks
4 days to go 22nd October	Mocks Day	Final preps	Arora Mocks
3 days to go 23rd October	Mocks Day	Final preps	Arora Mocks
2 days to go 24th October	Mocks Day	Final preps	Arora Mocks
1 day to go 25th October	Mocks Day	Final preps	Arora Mocks

26th October - Exam Day

MY TIME TO SHINE

#CanPassWillPass

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we've got your MRCGP AKT covered

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AKT Gold Pass Package

- Our most comprehensive, bespoke AKT package designed for success
- Two key focuses: boost AKT knowledge and enhance AKT exam technique
- Save time, money and planning – created for a 3 to 12 months AKT preparation plan

💬 "Your Gold package was crucial to my AKT pass"

SAVE

AKT Online Courses

- Interactive AKT teaching courses from the comfort of your own home
- Focused, detailed, to the point: based on RCGP curriculum
- Pause, restart, rewatch – 1, 3, 6 or 12 month packages

💬 "Love your AKT online courses! So much from them were needed in my exam"



AKT Mock Exams

- Detailed and challenging AKT mock exams from your own home
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💬 "So realistic! As close to the real thing as I found anywhere"



AKT On-the-Go Audiobook Courses

- Time-saving AKT audio teaching courses to use wherever you are
- Focused, detailed, to the point: based on RCGP curriculum
- Improve efficiency of travel, shopping, exercise... No expiry

💬 "My car became an AKT factory! Must have listened at least 20 times"



Live Big Mock AKT Course

- Our flagship live course to boost your AKT technique and knowledge
- Leave with a clearer, simpler and more efficient approach to acing your AKT exam
- Mock exam done at home in advance, followed by intense breakdown and learning day

💬 "I have no idea how you covered so much in one day!"

AKT Flash Cards

- Simple, beautiful, focused AKT teaching cards posted directly to your home
- Based on nice CKS guidelines – perfect for AKT
- Use as quick reference between questions or for focused study sessions

💬 "The best flash cards out there for AKT by far!"



SCAN ME

Boost AKT on Social Media