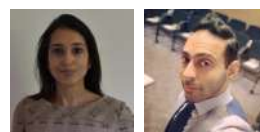


# Arora 270 Day AKT Programme

Exam Date: 25<sup>th</sup> January 2023 **#CanPassWillPass**



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Date	Section	Topics to cover	Possible resources
270 days to go 30th April	Cardiovascular 1	Angina	NICE CKS Angina Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 3-4, 22-25 Arora Pharmacology Flash Cards 13, 17, 40, 56, 58, 76
269 days to go 1st May	Cardiovascular 2	MI	NICE MI Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 3, 5-7, 22-25 Arora Pharmacology Flash Cards 1, 10, 11, 13, 22, 69, 93
268 days to go 2nd May	Cardiovascular 3	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
267 days to go 3rd May	Neurology 1	Epilepsy	NICE CKS Epilepsy Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Card 52 Arora Pharmacology Flash Cards 18, 41, 66
266 days to go 4th May	Neurology 2	Parkinson's Disease	NICE CKS Parkinson's Disease Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Card 51
265 days to go 5th May	MSK 1	Osteoarthritis	NICE CKS Osteoarthritis Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Cards 115-117 Arora Pharmacology Flash Cards 59- 60, 62
264 days to go 6th May	MSK 2	Rheumatoid Arthritis	NICE CKS Rheumatoid Arthritis Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Cards 116-117 Arora Pharmacology Flash Cards 12, 50, 59-60, 62, 63, 87
263 days to go 7th May	ENT 1	Sore throat   Tonsillitis   Laryngitis	NICE CKS Sore throat Arora Clinical Online Course – ENT chapter Arora Clinical Audiobook – ENT chapter Arora Clinical Flash Cards 123-124 Arora Pharmacology Flash Card 64
262 days to go 8th May	ENT 2	ENT 2 week referral	NICE CKS NICE Cancer referral Arora Clinical Online Course – ENT chapter Arora Clinical Audiobook – ENT chapter Arora Clinical Flash Card 125
261 days to go 9th May	Cardiovascular 4	Heart Failure	NICE CKS Heart Failure Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 15-16 Arora Pharmacology Flash Cards 1, 10, 13, 17, 44, 82
<b>260 days to go 10th May</b>	<b>Catch-up Day 1</b>	<b>Complete any missed days above Review material from days 270 → 261</b>	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
259 days to go 11th May	Cardiovascular 5	Congenital Heart Disease	NICE CKS Heart Failure Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Card 81

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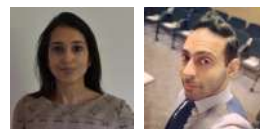


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# Arora 270 Day AKT Programme

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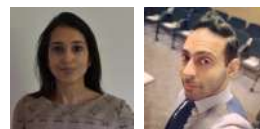
Date	Section	Topics to cover	Possible resources
258 days to go 12th May	Respiratory 1	COPD   Spirometry	NICE CKS COPD Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter Arora Clinical Flash Cards 29-30
257 days to go 13th May	Respiratory 2	Smoking cessation   OSA	NICE CKS Smoking Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter Arora Clinical Flash Card 35 Arora Pharmacology Flash Cards 15, 57, 99
256 days to go 14th May	Substance Misuse 1	Alcohol	NICE CKS Alcohol Arora Clinical Online Course – Substance Misuse chapter Arora Clinical Audiobook – Substance Misuse chapter Arora Clinical Flash Card 150
255 days to go 15th May	Substance Misuse 2	Substance misuse (eg opiates, cannabis)	NICE CKS Opioid dependence Arora Clinical Online Course – Substance Misuse chapter Arora Clinical Audiobook – Substance Misuse chapter Arora Pharmacology Flash Card 60
254 days to go 16th May	Statistics 1	Graphs 1 - Bar chart   Histogram   Box Plot	Arora Statistics Online Course – Graphs chapter Arora Statistics Audiobook – Graphs chapter
253 days to go 17th May	Statistics 2	Graphs 2 - Scatter plot   L'abbé plot	Arora Statistics Online Course – Graphs chapter Arora Statistics Audiobook – Graphs chapter
252 days to go 18th May	Immunology 1	Allergy   Anaphylaxis	NICE CKS Anaphylaxis, Food Allergy Arora Clinical Online Course – Immunology chapter Arora Clinical Audiobook – Immunology chapter Arora Clinical Flash Card 146
251 days to go 19th May	Immunology 2	Intolerance	NICE CKS Food Allergy Arora Clinical Online Course – Immunology chapter Arora Clinical Audiobook – Immunology chapter
250 days to go 20th May	ENT 3	Hyperthyroidism	NICE CKS Hyperthyroidism Arora Clinical Online Course – ENT chapter Arora Clinical Audiobook – ENT chapter Arora Clinical Flash Card 130 Arora Pharmacology Flash Card 19
<b>249 days to go 21st May</b>	<b>Catch-up Day 2</b>	<b>Complete any missed days above Review material from days 259 → 250</b>	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
248 days to go 22nd May	ENT 4	Thyroid Cancer   Goitre	NICE CKS NICE Cancer referral Arora Clinical Online Course – ENT chapter Arora Clinical Audiobook – ENT chapter Arora Clinical Flash Card 125
247 days to go 23rd May	Psychiatry 1	Depression	NICE CKS Depression Arora Clinical Online Course – Psychiatry chapter Arora Clinical Audiobook – Psychiatry chapter Arora Clinical Flash Cards 60-61 Arora Pharmacology Flash Cards 54, 80, 83, 95
246 days to go 24th May	Psychiatry 2	Postnatal Depression	NICE CKS Postnatal Depression Arora Clinical Online Course – Psychiatry chapter Arora Clinical Audiobook – Psychiatry chapter Arora Clinical Flash Card 62 Arora Pharmacology Flash Cards 54, 80, 83, 95

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# Arora 270 Day AKT Programme

Exam Date: 25<sup>th</sup> January 2023 #CanPassWillPass



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Date	Section	Topics to cover	Possible resources
245 days to go 25th May	Ophthalmology 1	Acute Eye problems: Glaucoma   Uveitis	NICE CKS Glaucoma, Uveitis Arora Clinical Online Course – Ophthalmology chapter Arora Clinical Audiobook – Ophthalmology chapter
244 days to go 26th May	Ophthalmology 2	Acute Eye problems: Artery/Vein occlusion   Flashes/Floaters	NICE CKS Artery/Vein occlusion Arora Clinical Online Course – Ophthalmology chapter Arora Clinical Audiobook – Ophthalmology chapter
243 days to go 27th May	Renal 1	Acute Kidney Injury	NICE CKS AKI Arora Clinical Online Course – Renal chapter Arora Clinical Audiobook – Renal chapter Arora Clinical Flash Cards 142, 144
242 days to go 28th May	Renal 2	Chronic Kidney Disease	NICE CKS CKD Arora Clinical Online Course – Renal chapter Arora Clinical Audiobook – Renal chapter Arora Clinical Flash Cards 143-144
241 days to go 29th May	Respiratory 3	Pneumothorax	NICE CKS PE Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter
240 days to go 30th May	Respiratory 4	Pleural Effusion	NICE CKS PE Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter
239 days to go 31st May	Admin 1	Birth registration   Death registration   Disease notification	Arora Admin Online Course – Chapter 2 Arora Admin Audiobook – Chapter 2
<b>238 days to go 1st June</b>	<b>Catch-up Day 3</b>	<b>Complete any missed days above Review material from days 248 → 239</b>	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
237 days to go 2nd June	Admin 2	Cremation   Coroner	Arora Admin Online Course – Chapter 2 Arora Admin Audiobook – Chapter 2
236 days to go 3rd June	Dermatology 1	Moles   Skin Cancer	NICE CKS Skin Cancer Arora Clinical Online Course – Dermatology chapter Arora Clinical Audiobook – Dermatology chapter Arora Clinical Flash Card 135
235 days to go 4th June	Dermatology 2	Ulcers   Skin infection	NICE CKS NICE Skin Cancer Arora Clinical Online Course – Dermatology chapter Arora Clinical Audiobook – Dermatology chapter Arora Clinical Flash Cards 134, 136-137
234 days to go 5th June	Women's Health 1	Contraception (combined options)	NICE CKS Contraception (various) Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Cards 88-89 Arora Pharmacology Flash Card 24
233 days to go 6th June	Women's Health 2	Contraception (progesterone only options)	NICE CKS Contraception (various) Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Cards 88, 90 Arora Pharmacology Flash Card 25
232 days to go 7th June	Women's Health 3	Emergency contraception	NICE CKS Contraception (various) Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Card 91 Arora Pharmacology Flash Cards 46, 98
231 days to go 8th June	Genetics 1	Genetics: Autosomal Dominant and Recessive	Arora Clinical Online Course – Genetics chapter Arora Clinical Audiobook – Genetics chapter Arora Clinical Flash Card 148

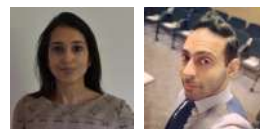
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# Arora 270 Day AKT Programme

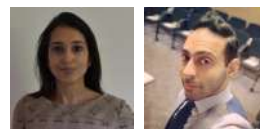
Exam Date: 25<sup>th</sup> January 2023 **#CanPassWillPass**



Date	Section	Topics to cover	Possible resources
230 days to go 9th June	Genetics 2	Genetics: X-Linked Dominant and Recessive	Arora Clinical Online Course – Genetics chapter Arora Clinical Audiobook – Genetics chapter Arora Clinical Flash Card 148
229 days to go 10th June	Neurology 3	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
228 days to go 11th June	Neurology 4	Falls   LOC	NICE CKS Falls, LOC Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 49-50
<b>227 days to go 12th June</b>	<b>Catch-up Day 4</b>	<b>Complete any missed days above Review material from days 237 → 228</b>	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
226 days to go 13th June	Cardiovascular 6	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
225 days to go 14th June	Gastroenterology 1	Irritable Bowel Disease	NICE CKS Crohns Disease, UC Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Pharmacology Flash Card 12
224 days to go 15th June	Gastroenterology 2	Lower GI cancer including referral	NICE Lower GI cancer referral Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 42-44
223 days to go 16th June	Gastroenterology 3	Inherited polyps	Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 42-44
222 days to go 17th June	Endocrinology 1	Hypo/Hyperkalaemia	Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter
221 days to go 18th June	Endocrinology 2	Hypo/Hypernatraemia	NICE CKS Hyponatraemia Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter
220 days to go 19th June	Admin 3	Fitness to Work   Maternity	Arora Admin Online Course – Chapters 2, 4 Arora Admin Audiobook – Chapters 2, 4
219 days to go 20th June	Admin 4	Staff occupational health	Arora Admin Online Course – Chapters 2, 4 Arora Admin Audiobook – Chapters 2, 4
218 days to go 21st June	Haematology 1	Leukaemia   Lymphoma	NICE Haematological Cancer Arora Clinical Online Course – Haematology chapter Arora Clinical Audiobook – Haematology chapter
217 days to go 22nd June	Haematology 2	Myeloma	NICE CKS Myeloma Arora Clinical Online Course – Haematology chapter Arora Clinical Audiobook – Haematology chapter
<b>216 days to go 23rd June</b>	<b>Catch-up Day 5</b>	<b>Complete any missed days above Review material from days 226 → 217</b>	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>

# Arora 270 Day AKT Programme

Exam Date: 25<sup>th</sup> January 2023 #CanPassWillPass



Date	Section	Topics to cover	Possible resources
215 days to go 24th June	MSK 3	Neck - Whiplash   Radiculopathy   Neck Injury	NICE CKS Neck (various) Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Card 108 Arora Pharmacology Flash Cards 59-60, 62
214 days to go 25th June	MSK 4	Back Pain (simple and red flag)	NICE CKS Back Pain Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Card 109 Arora Pharmacology Flash Cards 59-60, 62
213 days to go 26th June	Respiratory 5	URTI   LRTI	NICE CKS Chest Infections Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter Arora Pharmacology Flash Cards 47, 64
212 days to go 27th June	Respiratory 6	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
211 days to go 28th June	Respiratory 7	Covid-19	NICE CKS Covid-19 Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter
210 days to go 29th June	Neurology 5	Meningitis   Encephalitis	NICE CKS Meningitis Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 59, 147
209 days to go 30th June	Neurology 6	Facial nerve palsy	NICE CKS Bell's Palsy Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Card 147
208 days to go 1st July	Paediatrics 1	Paediatrics infection eg Chickenpox   Scarlet Fever	NICE CKS Paeds infection (various) Arora Clinical Online Course – Paediatrics chapter Arora Clinical Audiobook – Paediatrics chapter
207 days to go 2nd July	Paediatrics 2	Paediatric infection school exclusion	NICE CKS Paeds infection (various) Arora Clinical Online Course – Paediatrics chapter Arora Clinical Audiobook – Paediatrics chapter Arora Clinical Flash Card 78
206 days to go 3rd July	Women's Health 4	Menorrhagia	NICE CKS Menorrhagia 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
<b>205 days to go 4th July</b>	<b>Catch-up Day 6</b>	<b>Complete any missed days above Review material from days 215 → 206</b>	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
204 days to go 5th July	Women's Health 5	Endometriosis	NICE CKS Endometriosis Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Pharmacology Flash Card 24
203 days to go 6th July	Women's Health 6	Fibroids	NICE CKS Fibroids Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter
202 days to go 7th July	Statistics 3	Odds   Risk   Error   Bias	Arora Statistics Online Course – Chapters 2, 5, 6 Arora Statistics Audiobook – Chapters 4, 5, 6

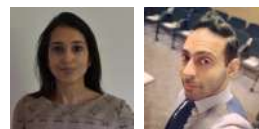
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# Arora 270 Day AKT Programme

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201 days to go 8th July	Statistics 4	Confounding   UK screening	Arora Statistics Online Course – Chapters 2, 5, 6 Arora Statistics Audiobook – Chapters 4, 5, 6
200 days to go 9th July	Respiratory 8	Asthma (adult)	NICE CKS Asthma Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter Arora Clinical Flash Cards 26-28
199 days to go 10th July	Respiratory 9	Asthma (childhood)	NICE CKS Asthma Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter Arora Clinical Flash Cards 26-28
198 days to go 11th July	Endocrinology 3	Cushing's disease/syndrome	Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter Arora Pharmacology Flash Card 85
197 days to go 12th July	Endocrinology 4	Addison's Disease	NICE CKS Addison's Disease Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter Arora Pharmacology Flash Card 85
196 days to go 13th July	Endocrinology 5	Conn's Syndrome	Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter
195 days to go 14th July	Paediatrics 3	Autism   ADHD	NICE CKS Autism, ADHD Arora Clinical Online Course – Paediatrics chapter Arora Clinical Audiobook – Paediatrics chapter Arora Clinical Flash Card 79
<b>194 days to go 15th July</b>	<b>Catch-up Day 7</b>	<b>Complete any missed days above Review material from days 204 → 195</b>	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
193 days to go 16th July	Paediatrics 4	Enuresis	NICE CKS Enuresis Arora Clinical Online Course – Paediatrics chapter Arora Clinical Audiobook – Paediatrics chapter Arora Clinical Flash Card 82 Arora Pharmacology Flash Card 27
192 days to go 17th July	Paediatrics 5	Child safeguarding	NICE CKS Child Maltreatment Arora Clinical Online Course – Paediatrics chapter Arora Clinical Audiobook – Paediatrics chapter
191 days to go 18th July	Haematology 3	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
190 days to go 19th July	Haematology 4	Sickle Cell Disease   Thalassaemia	NICE CKS Sickle Cell Disease Arora Clinical Online Course – Haematology chapter Arora Clinical Audiobook – Haematology chapter Arora Clinical Flash Cards 139-141
189 days to go 20th July	Haematology 5	Spleen and Splenectomy	NICE CKS Sickle Cell Disease Arora Clinical Online Course – Haematology chapter Arora Clinical Audiobook – Haematology chapter Arora Clinical Flash Cards 139-141
188 days to go 21st July	Dermatology 3	Eczema   Psoriasis	NICE CKS Eczema, Psoriasis Arora Clinical Online Course – Dermatology chapter Arora Clinical Audiobook – Dermatology chapter Arora Clinical Flash Cards 133, 138 Arora Pharmacology Flash Card 50

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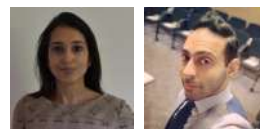
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# Arora 270 Day AKT Programme

Exam Date: 25<sup>th</sup> January 2023 #CanPassWillPass



Date	Section	Topics to cover	Possible resources
187 days to go 22nd July	Dermatology 4	Acne	NICE CKS Acne Arora Clinical Online Course – Dermatology chapter Arora Clinical Audiobook – Dermatology chapter Arora Clinical Flash Card 132 Arora Pharmacology Flash Cards 39, 90
186 days to go 23rd July	ENT 5	Nose: Epistaxis, Polyps, Fracture	NICE CKS Nose: Epistaxis Arora Clinical Online Course – ENT chapter Arora Clinical Audiobook – ENT chapter
185 days to go 24th July	ENT 6	Allergic Rhinitis	NICE CKS Nose: Allergic Rhinitis Arora Clinical Online Course – ENT chapter Arora Clinical Audiobook – ENT chapter Arora Clinical Flash Card 121
184 days to go 25th July	Gastroenterology 4	Irritable Bowel Syndrome	NICE CKS Irritable Bowel Syndrome Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 36-37 Arora Pharmacology Flash Cards 16, 42, 45
<b>183 days to go 26th July</b>	<b>Catch-up Day 8</b>	<b>Complete any missed days above Review material from days 193 → 184</b>	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
182 days to go 27th July	Gastroenterology 5	Coeliac Disease	NICE CKS Coeliac Disease Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter
181 days to go 28th July	Psychiatry 3	Somatisation	NICE CKS Somatisation Arora Clinical Online Course – Psychiatry chapter Arora Clinical Audiobook – Psychiatry chapter
180 days to go 29th July	Psychiatry 4	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
179 days to go 30th July	Psychiatry 5	Bipolar disorder	NICE CKS Bipolar Disorder Arora Clinical Online Course – Psychiatry chapter Arora Clinical Audiobook – Psychiatry chapter Arora Pharmacology Flash Card 43
178 days to go 31st July	Statistics 5	Graphs 3 - Forest Plot   Funnel plot	Arora Statistics Online Course – Graphs chapter Arora Statistics Audiobook – Graphs chapter
177 days to go 1st August	Statistics 6	Graphs 4 - Cates Diagram	Arora Statistics Online Course – Graphs chapter Arora Statistics Audiobook – Graphs chapter
176 days to go 2nd August	Cardiovascular 7	Bradycardia	NICE CKS Atrial Fibrillation, Palpitations Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 12-14 Arora Pharmacology Flash Cards 6, 13, 30, 32, 100
175 days to go 3rd August	Cardiovascular 8	Tachycardia including Atrial Fibrillation	NICE CKS Atrial Fibrillation, Palpitations Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter

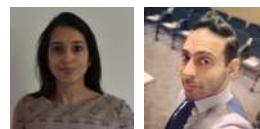
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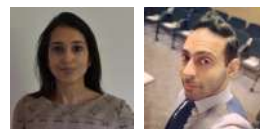
Date	Section	Topics to cover	Possible resources
174 days to go 4th August	Women's Health 7	PCOS	NICE CKS PCOS Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Card 85 Arora Pharmacology Flash Card 24
173 days to go 5th August	Women's Health 8	Infertility	NICE CKS Infertility Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Card 95
<b>172 days to go 6th August</b>	<b>Catch-up Day 9</b>	<b>Complete any missed days above Review material from days 182 → 173</b>	Consider taking an <a href="#">Arora Mock Exam</a>
171 days to go 7th August	Women's Health 9	Urinary Incontinence	NICE CKS Urinary Incontinence Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Card 83 Arora Pharmacology Flash Card 9
170 days to go 8th August	Admin 5	Abortion   Adoption   Surrogacy	Arora Admin Online Course – Chapters 1, 2, 3 Arora Admin Audiobook – Chapters 1, 2, 3
169 days to go 9th August	Admin 6	Capacity   Power of Attorney   DVLA	Arora Admin Online Course – Chapters 1, 2, 3 Arora Admin Audiobook – Chapters 1, 2, 3
168 days to go 10th August	Neurology 7	Migraine   Tension Headache	NICE CKS Headache (various) Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 53, 55 Arora Pharmacology Flash Cards 11, 52, 59, 62, 97
167 days to go 11th August	Neurology 8	Cluster Headache   Medical Overuse Headache	NICE CKS Headache (various) Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 54, 57
166 days to go 12th August	Endocrinology 6	Hyperparathyroidism   Hyper/Hypocalcaemia	NICE CKS Hypercalcaemia Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter
165 days to go 13th August	Endocrinology 7	Obesity	NICE CKS Obesity Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter Arora Clinical Flash Card 131
164 days to go 14th August	Ophthalmology 3	Chronic vision loss: Cataract   Age Related Macular Degeneration	NICE CKS Cataract, Age Related Macular Degeneration Arora Clinical Online Course – Ophthalmology chapter Arora Clinical Audiobook – Ophthalmology chapter Arora Clinical Flash Cards 105-106
163 days to go 15th August	Ophthalmology 4	Chronic vision loss: Retinopathy - DM   hypertensive	Arora Clinical Online Course – Ophthalmology chapter Arora Clinical Audiobook – Ophthalmology chapter Arora Clinical Flash Card 107
162 days to go 16th August	ENT 7	Tinnitus   Hearing Loss	NICE CKS Tinnitus, Hearing Loss Arora Clinical Online Course – ENT chapter Arora Clinical Audiobook – ENT chapter
<b>161 days to go 17th August</b>	<b>Catch-up day 10</b>	<b>Complete any missed days above Review material from days 171 → 162</b>	Consider taking an <a href="#">Arora Mock Exam</a>
160 days to go 18th August	ENT 8	Ear infection   Cholesteatoma	NICE CKS Otitis M/E Arora Clinical Online Course – ENT chapter Arora Clinical Audiobook – ENT chapter Arora Clinical Flash Card 122
159 days to go 19th August	ENT 9	Vertigo	NICE CKS Vertigo Arora Clinical Online Course – ENT chapter Arora Clinical Audiobook – ENT chapter Arora Clinical Flash Card 119 Arora Pharmacology Flash Card 71

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Date	Section	Topics to cover	Possible resources
158 days to go 20th August	Paediatrics 6	Immunisation schedule	NICE CKS Immunisation Arora Clinical Online Course – Paediatrics chapter Arora Clinical Audiobook – Paediatrics chapter Arora Clinical Flash Card 69
157 days to go 21st August	Paediatrics 7	Neonatal conditions eg FTT, Jaundice	NICE CKS Jaundice in Newborn Arora Clinical Online Course – Paediatrics chapter Arora Clinical Audiobook – Paediatrics chapter
156 days to go 22nd August	Palliative Care 1	Palliative care - Nausea including dose calculations	NICE CKS Palliative Care - Nausea Arora Clinical Online Course – Palliative Care chapter Arora Clinical Audiobook – Palliative Care chapter Arora Pharmacology Flash Cards 26, 52
155 days to go 23rd August	Palliative Care 2	Palliative care - Analgesia including dose calculations	NICE CKS Palliative Care - Analgesia Arora Clinical Online Course – Palliative Care chapter Arora Clinical Audiobook – Palliative Care chapter Arora Clinical Flash Card 145 Arora Pharmacology Flash Cards 59-60, 62
154 days to go 24th August	Admin 7	Confidentiality	Arora Admin Online Course – Chapters 3, 4 Arora Admin Audiobook – Chapters 3, 4
153 days to go 25th August	Admin 8	Data Protection   Request for records	Arora Admin Online Course – Chapters 3, 4 Arora Admin Audiobook – Chapters 3, 4
152 days to go 26th August	Endocrinology 8	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
151 days to go 27th August	Cardiovascular 9	Peripheral Vascular Disease	NICE CKS Peripheral Vascular Disease Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 18-19 Arora Pharmacology Flash Card 55
<b>150 days to go 28th August</b>	<b>Catch-up Day 11</b>	<b>Complete any missed days above Review material from days 160 → 151</b>	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
149 days to go 29th August	Cardiovascular 10	DVT   Varicose Veins	NICE CKS DVT, Varicose Veins Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Card 20 Arora Pharmacology Flash Cards 32, 100
148 days to go 30th August	Neurology 9	Intracerebral bleeds	Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter
147 days to go 31st August	Neurology 10	Temporal Arteritis   PMR	NICE CKS Giant Cell Arteritis Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Card 56 Arora Pharmacology Flash Card 85
146 days to go 1st September	Psychiatry 6	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
145 days to go 2nd September	Psychiatry 7	Schizophrenia   Acute psychosis	NICE CKS Psychosis and Schizophrenia Arora Clinical Online Course – Psychiatry chapter Arora Clinical Audiobook – Psychiatry chapter
144 days to go 3rd September	Women's Health 10	Breast cancer including referral	NICE Breast Cancer Referral Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Cards 93-94
143 days to go 4th September	Women's Health 11	Familial and Benign Breast Disease	NICE CKS Familial Breast cancer Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter

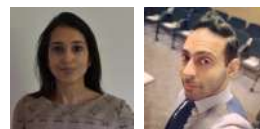
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Date	Section	Topics to cover	Possible resources
142 days to go 5th September	Men's Health 1	Erectile Dysfunction	NICE CKS Erectile Dysfunction Arora Clinical Online Course – Men's Health chapter Arora Clinical Audiobook – Men's Health chapter Arora Pharmacology Flash Card 79
141 days to go 6th September	GU Medicine 1	STIs including Chlamydia   Gonorrhoeae	NICE CKS STI (various) Arora Clinical Online Course – GU Medicine chapter Arora Clinical Audiobook – GU Medicine chapter
140 days to go 7th September	Endocrinology 9	Diabetes diagnosis and targets	NICE CKS Diabetes Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter Arora Clinical Flash Cards 126-127
<b>139 days to go 8th September</b>	<b>Catch-up Day 12</b>	<b>Complete any missed days above Review material from days 150 → 140</b>	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
138 days to go 9th September	Endocrinology 10	Diabetes management and complications (acute and chronic)	NICE CKS Diabetes Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter Arora Clinical Flash Cards 127-128 Arora Pharmacology Flash Cards 33, 36, 49, 67, 78, 86
137 days to go 10th September	MSK 5	Knees eg Osgood-Schlatter's Disease, Chondromalacia Patella, Osteochondritis 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
136 days to go 11th September	MSK 6	Foot eg Plantar Fasciitis, Injury, Achilles, Mortons, Diabetic foot	NICE CKS Plantar Fasciitis, Achilles Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Cards 113-114 Arora Pharmacology Flash Cards 59-60, 62
135 days to go 12th September	Renal 3	UTI (adult + children)	NICE CKS UTI (men, women, children) Arora Clinical Online Course – Renal chapter Arora Clinical Audiobook – Renal chapter Arora Pharmacology Flash Cards 20, 96
134 days to go 13th September	Renal 4	Glomerulonephritis	Arora Clinical Online Course – Renal chapter Arora Clinical Audiobook – Renal chapter
133 days to go 14th September	Renal 5	Renal Stones	NICE CKS Renal Stones Arora Clinical Online Course – Renal chapter Arora Clinical Audiobook – Renal chapter
132 days to go 15th September	Gastroenterology 6	Hernia   Appendix   Abdominal surgery	NICE CKS Appendicitis Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter
131 days to go 16th September	Gastroenterology 7	Enteral feeding	Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter
130 days to go 17th September	Neurology 11	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
129 days to go 18th September	Gastroenterology 8	Hepatitis A, B, C	NICE CKS Hepatitis Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter
<b>128 days to go 19th September</b>	<b>Catch-up Day 13</b>	<b>Complete any missed days above Review material from days 138 → 129</b>	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
127 days to go 20th September	Respiratory 10	Tuberculosis	NICE CKS Tuberculosis, Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter Arora Clinical Flash Card 34 Arora Pharmacology Flash Card 77
126 days to go 21st September	Infectious Disease 1	Malaria   Yellow Fever	NICE CKS Malaria, Yellow Fever Arora Clinical Online Course – ID chapter Arora Clinical Audiobook – ID chapter

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- 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 On-the-Go Audiobook Courses

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- 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

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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 Mock Exams

- Detailed and challenging AKT mock exams from your own home
- Re-create exam conditions. Immediate feedback. Boost your score
- Pause, return, review, repeat... As many times as you like Target your weak areas

*"So realistic! As close to the real thing as I found anywhere"*



## Live Big Mock AKT Course

- Our flagship live course to boost your AKT technique and knowledge
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- Mock exam done at home in advance, followed by intense breakdown and learning day

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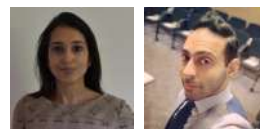


SCAN ME

## Boost AKT on Social Media

# Arora 270 Day AKT Programme

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Date	Section	Topics to cover	Possible resources
125 days to go 22nd September	Infectious Disease 2	HIV + PEP	NICE CKS HIV Arora Clinical Online Course – ID chapter Arora Clinical Audiobook – ID chapter
124 days to go 23rd September	Paediatrics 8	Paediatrics development (all 4 areas)	Arora Clinical Online Course – Paediatrics chapter Arora Clinical Audiobook – Paediatrics chapter Arora Clinical Flash Cards 70-73
123 days to go 24th September	Cardiovascular 11	Pericarditis   Myocarditis   Endocarditis	Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter
122 days to go 25th September	Cardiovascular 12	Valvular heart disease   Murmurs	Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Card 17
121 days to go 26th September	Respiratory 11	Bronchiectasis   Pulmonary Fibrosis   Clubbing	NICE CKS Bronchiectasis Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter Arora Clinical Flash Card 149
120 days to go 27th September	Respiratory 12	Lung cancer including referral	NICE CKS NICE Lung Cancer Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter Arora Clinical Flash Card 33
119 days to go 28th September	MSK 7	Shoulder eg Frozen Shoulder   Rotator Cuff   Dislocation	NICE CKS Shoulder pain Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Pharmacology Flash Cards 59-60, 62
118 days to go 29th September	MSK 8	Elbow eg Tennis/Golfers/Bursa	NICE CKS Tennis Elbow Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Card 111 Arora Pharmacology Flash Cards 59-60, 62
<b>117 days to go 30th September</b>	<b>Catch-up Day 14</b>	<b>Complete any missed days above Review material from days 127 → 118</b>	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
<b>1<sup>st</sup> October: <a href="#">Live Big Mock AKT Course</a> (Virtual) – 9.30am-5.30pm (Click <a href="#">here</a>)</b>			
116 days to go 1st October	MSK 9	Wrist eg Carpal Tunnel Syndrome   De Quervain's	NICE CKS CTS Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Card 110 Arora Pharmacology Flash Cards 59-60, 62
115 days to go 2nd October	Admin 9	Mental Health act   Social care   Sight impairment	Arora Admin Online Course Arora Admin Audiobook Chapter 2
114 days to go 3rd October	Women's Health 12	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
113 days to go 4th October	Women's Health 13	Ovarian   Endometrial cancer   Gynaecology 2 week referral	NICE CKS NICE Gynaecology Suspected Cancer Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Card 92
112 days to go 5th October	Men's Health 2	BPH	NICE CKS BPH 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

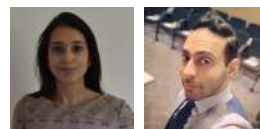
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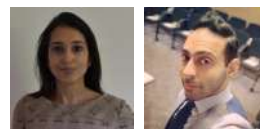
Date	Section	Topics to cover	Possible resources
111 days to go 6th October	Men's Health 3	PSA   Prostate Cancer including referral	NICE CKS PSA, Prostate Cancer Arora Clinical Online Course – Men's Health chapter Arora Clinical Audiobook – Men's Health chapter Arora Clinical Flash Cards 101-102
110 days to go 7th October	Gastroenterology 9	Dyspepsia   H Pylori	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
109 days to go 8th October	Gastroenterology 10	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
108 days to go 9th October	Gastroenterology 11	Upper GI cancer including referral	NICE CKS Upper GI Cancer referral Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Card 41
107 days to go 10th October	Statistics 7	Screening table and calculations	Arora Statistics Online Course – Screening chapter 2 Arora Statistics Audiobook – Screening chapter 6
<b>106 days to go 11th October</b>	<b>Catch-up Day 15</b>	<b>Complete any missed days above Review material from days 116 → 107</b>	Consider taking an <a href="#">Arora Mock Exam</a>
105 days to go 12th October	MSK 10	Osteoporosis	NICE CKS Osteoporosis Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Card 118 Arora Pharmacology Flash Card 14
104 days to go 13th October	MSK 11	SLE	Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Pharmacology Flash Cards 8, 50, 59
103 days to go 14th October	MSK 12	Gout	NICE CKS Gout Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Pharmacology Flash Cards 3, 23
102 days to go 15th October	Admin 10	Controlled drugs   NHS eligibility   NHS funding	Arora Admin Online Course – Chapters 3, 4, 5 Arora Admin Audiobook – Chapters 3, 4, 5
101 days to go 16th October	Admin 11	GP contracts   Complaints	Arora Admin Online Course – Chapters 3, 4, 5 Arora Admin Audiobook – Chapters 3, 4, 5
100 days to go 17th October	Gastroenterology 12	Gallstones   Pancreas   Jaundice	NICE CKS Gallstones, Jaundice Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 45-46
99 days to go 18th October	Gastroenterology 13	Liver Cirrhosis   LFTs	NICE CKS Cirrhosis Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 45-46
98 days to go 19th October	Neurology 12	Multiple Sclerosis   Motor Neurone Disease   Myasthenia Gravis	NICE CKS Multiple Sclerosis Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter
97 days to go 20th October	Women's Health 14	Antenatal - advice   Early problems eg miscarriage, ectopic	NICE CKS Antenatal Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Cards 96-98

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Date	Section	Topics to cover	Possible resources
96 days to go 21st October	Women's Health 15	Antenatal - Mid and Late problems eg pre-eclampsia	NICE CKS Antenatal Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Card 99
<b>95 days to go 22nd October</b>	<b>Catch-up Day 16</b>	<b>Complete any missed days above Review material from days 105 → 96</b>	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
94 days to go 23rd October	Admin 12	GMC Good Medical Practice 1	GMC Website Good Medical Practice Booklet
93 days to go 24th October	Admin 13	GMC Good Medical Practice 2	GMC Website Good Medical Practice Booklet
92 days to go 25th October	Women's Health 16	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
91 days to go 26th October	Men's Health 4	Testicles eg Epididymo-orchitis   Torsion	NICE CKS Undescended testes Arora Clinical Online Course – Men's Health chapter Arora Clinical Audiobook – Men's Health chapter
90 days to go 27th October	Men's Health 5	Testicular Cancer/referral	NICE Testicular Cancer referral Arora Clinical Online Course – Men's Health chapter Arora Clinical Audiobook – Men's Health chapter
89 days to go 28th October	Statistics 8	SD   Confidence interval	Arora Statistics Online Course – Chapters 1, 3 Arora Statistics Audiobook – Chapters 1, 2
88 days to go 29th October	Statistics 9	Parametric/non-P   P value   Types of study	Arora Statistics Online Course – Chapters 1, 3 Arora Statistics Audiobook – Chapters 1, 2
87 days to go 30th October	Ophthalmology 5	Conjunctivitis	NICE CKS Conjunctivitis Arora Clinical Online Course – Ophthalmology chapter Arora Clinical Audiobook – Ophthalmology chapter Arora Clinical Flash Card 104
86 days to go 31st October	Ophthalmology 6	Blepharitis   Subconjunctival Haemorrhage	NICE CKS Blepharitis Arora Clinical Online Course – Ophthalmology chapter Arora Clinical Audiobook – Ophthalmology chapter Arora Clinical Flash Card 104
85 days to go 1st November	---	Round 1 catch up	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
84 days to go 2nd November	---	Round 1 catch up	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
83 days to go 3rd November	---	Round 1 catch up	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
82 days to go 4th November	---	Round 1 catch up	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
81 days to go 5th November	---	Round 1 catch up	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
80 days to go 6th November	Cardiovascular 13	Review: Angina   MI	NICE CKS Angina, MI Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 3-11, 22-25 Arora Pharmacology Flash Cards 1,4,11,13,22,31,40,56,58,69,76,93
79 days to go 7th November	Cardiovascular 14	Review: Hypertension   Congenital Heart Disease	NICE CKS Hypertension Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 8-11, 22-25, 81 Arora Pharmacology Flash Cards 1, 4, 10, 13, 17, 82, 91

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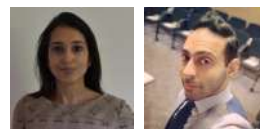
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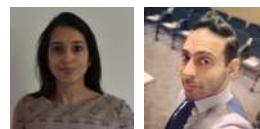
Date	Section	Topics to cover	Possible resources
78 days to go 8th November	Neurology 13	Review: Epilepsy   Parkinson's Disease   Falls   LOC	NICE CKS Epilepsy, Parkinson's Disease Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 51-52 Arora Pharmacology Flash Cards 18, 41, 66
77 days to go 9th November	MSK 13	Review: Osteoarthritis   Rheumatoid Arthritis   SLE   Gout	NICE CKS Osteoarthritis, Rheumatoid Arthritis, Gout Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Cards 115-117 Arora Pharmacology Flash Cards 3,12,23,50,59,60,62,63,87
76 days to go 10th November	ENT 10	Review: Sore throat   Tonsillitis   Laryngitis   ENT 2 week referral	NICE CKS Sore throat, NICE ENT Cancer referral Arora Clinical Online Course – ENT chapter Arora Clinical Audiobook – ENT chapter Arora Clinical Flash Cards 123-125 Arora Pharmacology Flash Card 64
<b>75 days to go 11th November</b>	<b>Catch-up Day 17</b>	<b>Complete any missed days above Review material from days 94 → 76</b>	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
74 days to go 12th November	Respiratory 13	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
73 days to go 13th November	Substance Misuse 3	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
72 days to go 14th November	Statistics 10	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
71 days to go 15th November	ENT 11	Review: 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 Card 122
70 days to go 16th November	Immunology 3	Review: Allergy   Anaphylaxis   Intolerance	NICE CKS Anaphylaxis, Food Allergy Arora Clinical Online Course – Immunology chapter Arora Clinical Audiobook – Immunology chapter Arora Clinical Flash Card 146
<b>69 days to go 17th November</b>	<b>Catch-up Day 18</b>	<b>Complete any missed days above Review material from days 74 → 70</b>	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
68 days to go 18th November	Endocrinology 11	Review: Hyperthyroidism   Thyroid Cancer   Goitre   Hypothyroidism (including subclinical)	NICE CKS Hypothyroidism, Hyperthyroidism Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter Arora Clinical Flash Cards 129, 130 Arora Pharmacology Flash Cards 19, 92
67 days to go 19th November	Psychiatry 8	Review: Depression   Postnatal depression   Dementia   Delirium	NICE CKS Depression, Postnatal Depression, Dementia 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
66 days to go 20th November	Ophthalmology 7	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
65 days to go 21st November	Renal 6 MSK 14	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

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# Arora 270 Day AKT Programme

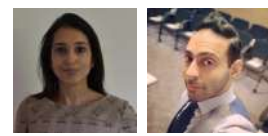
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Date	Section	Topics to cover	Possible resources
64 days to go 22nd November	Dermatology 5	Review: Moles   Skin Cancer   Ulcers   Skin infection   Psoriasis   Acne	NICE CKS Ulcers, Cellulitis, Impetigo, NICE Skin Cancer, Acne, Psoriasis Arora Clinical Online Course – Dermatology chapter Arora Clinical Audiobook – Dermatology chapter Arora Clinical Flash Cards 132, 134-138 Arora Pharmacology Flash Cards 39, 50, 90
<b>63 days to go 23rd November</b>	<b>Catch-up Day 19</b>	<b>Complete any missed days above Review material from days 68 → 64</b>	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
62 days to go 24th November	Women's Health 17	Review: Infertility   Contraception (including Emergency)   Menorrhagia	NICE CKS Infertility, Contraception (various) Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Cards 84, 88-91, 95 Arora Pharmacology Flash Cards 24-25, 46, 94, 98
61 days to go 25th November	Genetics 3	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
60 days to go 26th November	Cardiovascular 15	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
59 days to go 27th November	Gastroenterology 14	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
58 days to go 28th November	Endocrinology 12	Review: Hypo/Hyperkalaemia   Hypo/Hypernatraemia   Hyperparathyroidism   Hyper/Hypocalcaemia	NICE CKS Hyponatraemia, Hypercalcaemia Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter
<b>57 days to go 29th November</b>	<b>Catch-up Day 20</b>	<b>Complete any missed days above Review material from days 62 → 58</b>	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
<b>29<sup>th</sup> November: Free <a href="#">‘8 Week Booster’ Webinar</a> – 8.30-9.30pm (Click <a href="#">here</a>)</b>			
56 days to go 30th November	Admin 14	Review: Fitness to Work   Maternity   Staff occupational health   Cremation   Coroner   Confidentiality	Arora Admin Online Course – Chapters 2, 4 Arora Admin Audiobook – Chapters 2, 4
55 days to go 1st December	Men's Health 6 Haematology 6	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 101-102
54 days to go 2nd December	MSK 15	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 108-109 Arora Pharmacology Flash Cards 59-60, 62
53 days to go 3rd December	Respiratory 14	Review: URTI   LRTI   Pneumonia   Covid-19   Tuberculosis	NICE CKS Chest Infections, TB, Covid-19 Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter Arora Clinical Flash Cards 32, 34 Arora Pharmacology Flash Cards 47, 64, 77

# Arora 270 Day AKT Programme

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Date	Section	Topics to cover	Possible resources
52 days to go 4th December	Neurology 14	Review: Meningitis   Encephalitis   Facial Nerve Palsy   Temporal Arteritis   PMR	NICE CKS Meningitis, Bell's Palsy, 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
<b>51 days to go 5th December</b>	<b>Catch-up Day 21</b>	<b>Complete any missed days above Review material from days 56 → 52</b>	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
50 days to go 6th December	Paediatrics 9	Review: Paediatrics infection eg Chickenpox, Scarlet Fever   School Exclusion	NICE CKS Paediatrics infection (various) Arora Clinical Online Course – Paediatrics chapter Arora Clinical Audiobook – Paediatrics chapter Arora Clinical Flash Card 78
49 days to go 7th December	Endocrinology 13	Review: Pulmonary Embolism   Autism   ADHD	NICE CKS Hyponatraemia, Hypercalcaemia Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter Arora Clinical Flash Card 131 Arora Pharmacology Flash Cards 32, 100
48 days to go 8th December	Respiratory 15 Dermatology 6	Review: Eczema   Asthma including childhood   Pneumothorax	NICE CKS Asthma, Eczema Arora Clinical Online Course – Respiratory, Dermatology Arora Clinical Audiobook – Respiratory, Dermatology Arora Clinical Flash Cards 26-28, 133
47 days to go 9th December	Haematology 7	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
<b>46 days to go 10th December</b>	<b>Catch-up Day 22</b>	<b>Complete any missed days above Review material from days 50 → 47</b>	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
45 days to go 11th December	Endocrinology 14	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
44 days to go 12th December	ENT 12	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 119-121 Arora Pharmacology Flash Card 71
43 days to go 13th December	Statistics 11	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
42 days to go 14th December	Admin 15	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
41 days to go 15th December	Neurology 15	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
40 days to go 16th December	Ophthalmology 8	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
<b>39 days to go 17th December</b>	<b>Catch-up Day 23</b>	<b>Complete any missed days above Review material from days 45 → 40</b>	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
38 days to go 18th December	Paediatrics 10 Women's Health 18	Review: Immunisation Schedule   Neonate conditions eg FTT, Jaundice   Antenatal: Advice, Early Pregnancy Problems, Mid Pregnancy Problems	NICE CKS Immunisation, Jaundice in Newborn, Antenatal, Ectopic Arora Clinical Online Course – Paediatrics, Women's Health Arora Clinical Audiobook – Paediatrics, Women's Health Arora Clinical Flash Cards 69, 97-99

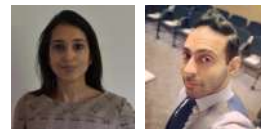
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# Arora 270 Day AKT Programme

Exam Date: 25<sup>th</sup> January 2023 **#CanPassWillPass**



Date	Section	Topics to cover	Possible resources
37 days to go 19th December	Palliative Care 3	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
36 days to go 20th December	Cardiovascular 16	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 1,10,13,17,32,44,55,82,100
35 days to go 21st December	Neurology 16	Review: Intracerebral bleeds   Multiple Sclerosis   Motor Neurone Disease   Myasthenia Gravis	NICE CKS Giant Cell Arteritis, Multiple Sclerosis Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter
34 days to go 22nd December	Psychiatry 9	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, 43, 70, 80, 83
<b>33 days to go 23rd December</b>	<b>Catch-up Day 24</b>	<b>Complete any missed days above Review material from days 38 → 34</b>	Consider taking an <a href="#">Arora Mock Exam</a>
32 days to go 24th December	Women's Health 19	Review: Breast Cancer including referral   Familial   Benign Breast Disease   Urinary Incontinence   Endometriosis	NICE Breast Cancer Referral, NICE CKS Familial, Urinary Incontinence Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Cards 83-84, 93-94 Arora Pharmacology Flash Cards 9, 24
31 days to go 25th December	GU Medicine 2 Infectious Disease 3	Review: Erectile Dysfunction   STIs including Chlamydia   Gonorrhoeae   HIV + PEP	NICE CKS Erectile Dysfunction, STI (various) Arora Clinical Online Course – GUM chapter Arora Clinical Audiobook – GUM chapter Arora Pharmacology Flash Card 79
30 days to go 26th December	Endocrinology 15	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
29 days to go 27th December	MSK 16	Review: Knees eg Osgood-Schlatter's Disease, Chondromalacia Patella, Osteochondritis Dissecans, Knee OA, Replacement, Injury   Foot eg Plantar fasciitis, Injury, Achilles, Mortons, Diabetic Foot   Elbow eg Tennis/Golfers/Bursa   Wrist eg Carpal Tunnel Syndrome, De Quervain	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
<b>27<sup>th</sup> December: Free <a href="#">'4 Week Booster' Webinar</a> – 8.30-9.30pm (Click <a href="#">here</a>)</b>			
28 days to go 28th December	Renal 7 Infectious Disease 4	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
<b>27 days to go 29th December</b>	<b>Catch-up Day 25</b>	<b>Complete any missed days above Review material from days 32 → 28</b>	Consider taking an <a href="#">Arora Mock Exam</a>

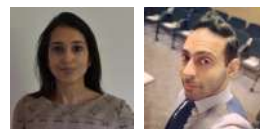
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# Arora 270 Day AKT Programme

Exam Date: 25<sup>th</sup> January 2023 **#CanPassWillPass**



Date	Section	Topics to cover	Possible resources
26 days to go 30th December	Gastroenterology 15	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
25 days to go 31st December	Neurology 17	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
24 days to go 1st January	Paediatrics 11	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
23 days to go 2nd January	Cardiovascular 17	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
22 days to go 3rd January	Respiratory 16	Review: Pleural Effusion   Bronchiectasis   Pulmonary Fibrosis   Clubbing   Lung Cancer including referral	NICE CKS PE, Bronchiectasis, NICE Lung Cancer Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter Arora Clinical Flash Cards 33, 149
<b>21 days to go 4th January</b>	<b>Catch-up Day 26</b>	<b>Complete any missed days above Review material from days 26 → 22</b>	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
20 days to go 5th January	Admin 16	Review: Birth registration   Death registration   Mental health act   Social care   sight impairment	Arora Admin Online Course – Chapter 2 Arora Admin Audiobook – Chapter 2
19 days to go 6th January	Women's Health 20	Review: Cervical Cancer and screening   Ovarian   Endometrial Cancer   Gynaecology 2 week referral	NICE CKS Cervical Screening, NICE Suspected Gynae Cancer Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Card 92
<b>7<sup>th</sup> January: <a href="#">Live Big Mock AKT Course</a> (Virtual) – 9.30am-5.30pm (Click <a href="#">here</a>)</b>			
18 days to go 7th January	Gastroenterology 16	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 Arora Pharmacology Flash Card 75
17 days to go 8th January	Admin 17	Review: Controlled Drugs   NHS eligibility   NHS Funding   Contracts   Complaints	Arora Admin Online Course – Chapters 3, 4, 5 Arora Admin Audiobook – Chapters 3, 4, 5
16 days to go 9th January	Gastroenterology 17	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
<b>15 days to go 10th January</b>	<b>Catch-up Day 27</b>	<b>Complete any missed days above Review material from days 20 → 16</b>	<b>Consider taking an <a href="#">Arora Mock Exam</a></b>
14 days to go 11th January	Admin 18	Review: Disease notification   GMC Good Medical Practice	GMC Website Good Medical Practice Booklet
13 days to go 12th January	Women's Health 21	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

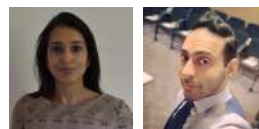
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Exam Date: 25<sup>th</sup> January 2023 **#CanPassWillPass**



Date	Section	Topics to cover	Possible resources
12 days to go 13th January	Men's Health 7	Review: BPH   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 Arora Pharmacology Flash Cards 4, 34, 79
11 days to go 14th January	Statistics 12	Review: Standard Deviation   Confidence interval   Parametric/non-P   P value   Types of study   Odds   Risk   Error   Bias   Confounding	Arora Statistics Online Course – Chapters 1, 3, 2, 5, 6 Arora Statistics Audiobook – Chapters 1, 2, 4, 5, 6
10 days to go 15th January	Re-review Day	Re-review days 80-61	<a href="#">Arora Mocks</a>
9 days to go 16th January	Re-review Day	Re-review days 60-41	<a href="#">Arora Mocks</a>
8 days to go 17th January	Re-review Day	Re-review days 40-21	<a href="#">Arora Mocks</a>
7 days to go 18th January	Re-review Day	Re-review days 20-11	<a href="#">Arora Mocks</a>
6 days to go 19th January	Mocks Day	Final preps – High value topics	<a href="#">Arora Mocks</a>
5 days to go 20th January	Mocks Day	Final preps – High value topics	<a href="#">Arora Mocks</a>
4 days to go 21st January	Mocks Day	Final preps	<a href="#">Arora Mocks</a>
3 days to go 22nd January	Mocks Day	Final preps	<a href="#">Arora Mocks</a>
2 days to go 23rd January	Mocks Day	Final preps	<a href="#">Arora Mocks</a>
1 day to go 24th January	Mocks Day	Final preps	<a href="#">Arora Mocks</a>

25th January - Exam Day

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



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