



On behalf of the ACE Program, congratulations on finishing FMD! You are about to begin the clinical part of your MDCM training, which is very exciting, but can also be accompanied by a great deal of stress for some students.

In the following document, you will find a description of what to expect for **RAC**. We hope that this will help guide you through the next phase in your medical journey. Looking back, it truly was a privilege to have protected time to review physical exam skills before entering the hospitals in January.

As you'll see, RAC is one of the more relaxed parts of your training, which is very well deserved after the demanding schedule of block J.

Here are a few key points to make the most of your experience:

- RAC is typically (but not always) 7 days in duration. This ultimately depends on your individual RAC group's schedule. For example, some groups will cover two systems in one day and leave a day off for independent review.
- Your group will likely consist of 4-6 students, and will be led by one or two tutors. Tutors may be residents and/or staff. These clinical supervisors will set your schedule.
- On average, you are expected to meet with your group at least once a day for 2-3hrs. However, the schedule varies between groups as some tutors will want to meet less often but for a longer duration per session. Some students also find it helpful to organize practice sessions amongst themselves (i.e. after their formal tutor-led sessions) since they are already together at the hospital. We find this to be a helpful way of consolidating, but encourage you to do whatever works best for you.
- Meetings will occur at one of the McGill hospitals in various locations (to be specified by your tutor +/- during your site-specific orientation session)
- Each session will be devoted to the physical exam of a specific organ system i.e. cardio, resp, HEENT, abdo, MSK, neuro. OB/GYN was not covered (or tested) in the most recent years.
- You will practice the physical exams on each other. Active participation is important, but no one is expected to do anything that they are not comfortable with.
- For each session, you should bring your stethoscope, reflex hammer, and a t-shirt + shorts for the MSK exam.
- You are encouraged to read the Bates physical exam book during RAC. You only have to read the sections that are covered during your RAC sessions. There are also helpful Bates Physical Exam videos that can be accessed through the McGill Library online database.
- RAC ends with an OSCE--the last step before you go on holiday and get ready for TCP! You will be expected to perform proper physical exam maneuvers (whole system exam, or a subset) as well as to know the corresponding theory behind the steps (ex. knowing ways to differentiate a JVP from your carotid artery, knowing the proper technique for measuring blood pressure, what unilateral versus bilateral dullness to percussion during a resp exam may mean clinically, etc.)



A.C.E. PROGRAM

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Friendly Tips for RAC Review/Assess/Consolidate

We hope that this document helped you better understand what RAC is. Take advantage of these tips to make the most of this short but crucial course!

A note about the OSCE: prepare well but do not stress too much! Typically, there are multiple stations which you will ACE for sure if you have practiced appropriately and have read the Bates sections. Furthermore, the ACE Program has organized its annual, ever-popular **Mock RAC OSCE**, which will be held on **December 10th from 6-8:30 PM**. See the Facebook event or contact your Med-2 Reps (Rosa and Lydia) for more information!

Congratulations again and best of luck!

Kelly H and Julia H
Your ACE Med3 reps