

Diploma of Child Health Theory & Clinical Examination Syllabus

Published by:
Royal College of Paediatrics and Child Health
5-11 Theobald's Road
London WC1X 8SH
Tel: 0207 092 6000
Fax: 0207 092 6001
Email: enquiries@rcpch.ac.uk
Web: www.rcpch.ac.uk



The Royal College of Paediatrics and Child Health (RCPCH) is a registered charity in England and Wales (1057744) and in Scotland (SC038299)

Foreword

This syllabus is intended to act as a guide for learners undertaking the DCH theory and clinical examinations. The Foundation of Practice (FOP) theory examination paper is a theory paper for both the DCH and MRCPCH examination routes and is now entirely computer-based.

The FOP theory examination does not necessarily require the trainee to have significant clinical experience. It is recommended that candidates should have undertaken a short period of paediatric training to sit the clinical examination as it allows candidates the opportunity to develop the clinical competences expected in the examination.

The two parts of the DCH examination are:

- The FOP/DCH theory paper. This is intended to test the knowledge of doctors seeking to provide clinical care for children. It covers a wide range of common conditions that are frequently encountered in clinical practice.
- The DCH clinical examination. This is intended to test all aspects of the doctor patient interaction, from history taking, communication, clinical assessment and interpretation of findings, management planning, data interpretation, developmental assessment and prescription writing. The scenarios generated are based on a wide range of common clinical scenarios seen in daily clinical practice.

For further details please refer to the relevant pages on the RCPCH website at www.rcpch.ac.uk/examinations.

This syllabus provides a summary list of topics to be covered, specification in the depth of knowledge and skills required and guidance for teachers and trainees on what must be taught and learned.

The FOP and DCH Theory syllabi are identical; this document includes the clinical skills components required for the DCH clinical examination. Candidates should note that in the clinical examination, candidates would be expected to display appropriate relevant theoretical knowledge as this underpins competence in clinical practice.

Dr Anna Mathew

Chair of DCH Board (2012 - 2017)

Contents

General Competencies.....	4
Adolescent Health/Medicine.....	5
Behavioural Medicine/Psychiatry.....	6
Cardiology.....	7
Dermatology.....	8
Diabetes Mellitus.....	9
Emergency Medicine..... (including accidents and poisoning)	10
Endocrinology and Growth.....	11
Ethics and Law.....	11
Gastroenterology and Hepatology..... (including surgical abdominal conditions)	12
Genetics and Dysmorphology.....	13
Haematology and Oncology.....	14
Infection, Immunology and Allergy.....	15
Metabolism and Metabolic Medicine..... (including fluid management and acid base balance)	16
Musculoskeletal.....	17
Neonatology.....	18-19
Nephro-urology.....	20
Neurodevelopment and Neurodisability.....	20
Neurology.....	21
Nutrition.....	21
Ophthalmology.....	22
Palliative Care and Pain Management.....	22
Patient Safety and Clinical Governance.....	23
Pharmacology.....	23
Respiratory Medicine with ENT.....	24
Safeguarding.....	25
Science of Practice.....	25

General Competences

DCH Clinical: Knowledge

[DGenCmp1] Be able to undertake teaching and learning in clinical contexts

[DGenCmp2] Know appropriate use of clinical guidelines to support evidence based practice

[DGenCmp3] Understand issues relating to consent and confidentiality, including Fraser competence

[DGenCmp4] Be aware of the religious and cultural beliefs that parents might hold

[DGenCmp5] Demonstrate the ability to seek help when required

[DGenCmp6] Be able to recognise and respond to psychological effects of illness

[DGenCmp7] Be able to recognise the benefits of multi-disciplinary teams in care of children

[DGenCmp8] Have knowledge of local and national agencies linking health, education and social services

[DGenCmp9] Know the role of health promotion programmes, such as prevention of dental decay, smoking, accidents, obesity, sudden infant death, teenage pregnancy; and demonstrate ability to advise parents around these issues

[DGenCmp10] Be able to handle babies and children of different age groups comfortably and with confidence

[DGenCmp11] Be able to perform a general and systemic physical examination of children of different age groups, opportunistically and with empathy

[DGenCmp12] Be able to explain and counsel children and the family of the conclusions reached

[DGenCmp13] Demonstrate good generic communication skills while dealing with children and adolescents

[DGenCmp14] Recognise special needs of adolescents during consultation

[DGenCmp15] Be able to maintain appropriate interaction with special needs children

Adolescent Health/Medicine

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DAh1] Know how the health needs of adolescents are different from other age groups and about good practice in transition to adult services	[DAh1] Be able to hold discussion around all the areas addressed under knowledge section
[DAh2] Know about risk-taking behaviours including non-adherence, deliberate self-harm and substance misuse and understand how these present and are managed within Health and Social Services	
[DAh3] Know about the clinical presentation of young people with eating disorders	
[DAh4] Know about contraceptive and sexual health issues including sexually transmitted infections and teenage pregnancy and how to provide appropriate advice	

Behavioural Medicine/Psychiatry

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DBp1] Know the determinants of child and adolescent mental health	[DBp8] Be able to look at behaviour as a form of communication and to take this into account when interviewing, examining and assessing children
[DBp2] Know about the effects of physical diseases on behaviour and vice versa including somatisation disorders	[DBp9] Have begun to develop an approach to the assessment of behaviour problems that uses observation as well as history-taking
[DBp3] Understand how common emotional and behaviour problems may evolve	
[DBp4] Know about the role of Child and Adolescent Mental, Health Services (CAMHS)	
[DBp5] Understand the principles of managing common emotional and behaviour problems such as temper tantrums, breath-holding attacks, sleep problems, feeding problems, the crying baby, oppositional behaviour, enuresis and encopresis, excessive water drinking, school refusal, bullying and chronic fatigue syndrome and know when to refer	
[DBp6] Know about the signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and appropriate referral pathways	
[DBp7] Know the features of depression in children and adolescents and when to refer to specialist services	

Cardiology

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DCard1] Know the clinical features of common congenital heart conditions and understand the principles of management	[DCard8] Be able to examine the cardiovascular system in children of different ages, interpret and discuss physical findings
[DCard2] Know the common causes of cyanosis and how to assess these	[DCard9] Be able to identify common congenital heart diseases (ASD, VSD) and know when to refer
[DCard3] Know the causes of murmurs palpitations, syncope and chest pain, understand the principles of management and know when to refer	[DCard10] Be able to identify an innocent cardiac murmur
[DCard4] Know the causes and clinical features of heart failure, understand the principles of management and know when to refer	
[DCard5] Know the value of oxygen saturation measurement in the assessment of possible congenital heart disease	
[DCard6] Know the causes and clinical features of hypertension and how to measure and interpret blood pressure in different age groups	
[DCard7] Know the recommendations regarding endocarditis prophylaxis in children with heart diseases	

Dermatology

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DDerm1] Know the causes and management of skin infections and cellulitis	[DDerm8] Be able to recognise different birthmarks and naevi
[DDerm2] Know the side effects and different potencies of topical steroids	[DDerm9] Be able to diagnose common skin rashes – eczema, sebhorreic dermatitis, acne, impetigo, ammonical dermatitis
[DDerm3] Know the common causes of fever and rash – e.g. exanthemata, Kawasaki	
[DDerm4] Be able to assess simple birth marks such as strawberry naevi and Mongolian blue spots and refer when appropriate	
[DDerm5] Know the causes features and management of rashes- HSP, erythema nodosum and multiforme and the association between skin rashes and common systemic diseases and when to refer	
[DDerm6] Be able to diagnose, investigate and manage common skin rashes e.g. eczema, acne, impetigo, staphylococcal scalded skin syndrome, dermatitis, cradle cap, and nappy rash	
[DDerm7] Understand the emotional impact of severe dermatological problems	

Diabetes Mellitus

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DDiaM1] Be able to recognise the features of a child or young person presenting with diabetes including diabetic ketoacidosis and know the principles of management	
[DDiaM2] Understand the management of diabetes in primary care including blood sugar monitoring and insulin regimens	
[DDiaM3] Know the causes, complications and treatment of hypoglycaemia in the diabetic child	

Emergency Medicine

(including accidents and poisoning)

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DEmgM1] Know the common causes of cardiac arrest, the prognostic factors that influence the outcome and how to provide basic life support and advise others	
[DEmgM2] Know how to control acute blood loss until help arrives	
[DEmgM3] Be able to recognise and provide initial management for life-threatening airway, breathing or circulatory compromise	
[DEmgM4] Know about immediate care for children with burns and scalds, recognising that they may be a presentation of non-accidental injury	
[DEmgM5] Know the causes and features of anaphylaxis and its management	
[DEmgM6] Know how to recognise acute seizures and initiate emergency treatment	
[DEmgM7] Know how to recognise and initiate treatment for children presenting with neurological emergencies	
[DEmgM8] Be aware of common causes of accidents in children and adolescents including safeguarding implications and understand prevention strategies	
[DEmgM9] Know how to differentiate between life or limb threatening injuries and injuries that can be managed less urgently	
[DEmgM10] Know the principles of managing limb threatening injuries	
[DEmgM11] Know of appropriate use of radiological investigations in trauma	
[DEmgM12] Know when to suspect and how to safely initiate management in head and spinal injury	
[DEmgM13] Know the common causes of poisoning in children and adolescents including safeguarding implications	

Endocrinology and Growth

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DEndG1] Know the presentation of disorders of the adrenal, thyroid and parathyroid glands and understand the principles of management	[DEndG6] Be able to examine the thyroid and assess thyroid status
[DEndG2] Know the presentation of disorders of the pituitary gland and understand the principles of management	[DEndG7] Be able to plot and interpret growth charts
[DEndG3] Understand the patterns of normal growth and development including puberty and its normal variations	[DEndG8] Be able to identify common clinical syndromes associated with short or tall stature
[DEndG4] Understand the principles and practice of growth measurement, including plotting and interpretation of growth charts	
[DEndG5] Know the causes of abnormal growth including short stature and slow or accelerated growth. Know about appropriate assessment, investigation and treatment	

Ethics and Law

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DEthL1] Understand the principles of child advocacy i.e. that all decisions are to be made in the best interest of the child and issues relating to consent and confidentiality	

Gastroenterology and Hepatology

(including surgical abdominal conditions)

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DGasH1] Know the causes of acute abdominal pain, and recognise when to refer, including urgency of referral	[DGasH13] Be able to examine the gastrointestinal system, interpret and discuss physical findings
[DGasH2] Know the presentations, causes and management of chronic and recurrent abdominal pain including when to refer	
[DGasH3] Know the causes of vomiting/regurgitation at different ages and be able to assess, manage and refer appropriately	
[DGasH4] Know the causes of acute diarrhoeal illness, how to assess and manage and when to refer	
[DGasH5] Know the common causes of chronic diarrhoea and its initial investigation and management	
[DGasH6] Know the common causes of food allergies and intolerances, their initial management and when to appropriately refer	
[DGasH7] Know how to diagnose and manage constipation	
[DGasH8] Know the causes of jaundice and when to refer	
[DGasH9] Know the common causes of upper and lower gastrointestinal bleeding, initial management and appropriate referral	
[DGasH10] Be able to recognise and understand the management of common surgical conditions including hernias, and pyloric stenosis	
[DGasH11] Know the varied presentations of coeliac disease and its investigation and management	
[DGasH12] Know the presentation of disorders of the exocrine pancreas	

Genetics and Dysmorphology

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DGenD1] Understand patterns of disease inheritance and be able to construct a family tree and interpret patterns of inheritance	[DGenD5] Be able to identify common chromosomal syndromes e.g. Down's syndrome, Turner's syndrome
[DGenD2] Know about the features of common chromosome disorders e.g. Down ,Turner and Fragile X syndromes	
[DGenD3] Know the basis of genetic screening and diagnosis, the common conditions for which they are used and the ethical dilemmas they pose	
[DGenD4] Know about environmental factors which may affect pre-natal development, e.g. maternal health, alcohol and drugs	

Haematology and Oncology

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DHaeO1] Know the causes and presentations of anaemia and their initial investigation and management	[DHaeO9] Be able to perform a general examination of children, interpret and discuss physical findings
[DHaeO2] Know and understand safe transfusion practice	
[DHaeO3] Know the causes of bleeding, purpura and bruising and recognise features in the presentation which suggest serious underlying pathology	
[DHaeO4] Know how to interpret haematological investigations including full blood count, blood film and coagulation studies	
[DHaeO5] Know the clinical manifestations of acute leukaemia, lymphoma, and solid tumours	
[DHaeO6] Know how to assess a child with lymphadenopathy or other masses and when to refer	
[DHaeO7] Know about the risks and benefits of ionising radiation	
[DHaeO8] Understand the role of different health care professionals in shared care for oncological conditions.	

Infection, Immunology and Allergy

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[Dlia1] Know about common infections of children in the UK and important worldwide infections, e.g. TB, HIV, hepatitis B, malaria, polio	[Dlia10] Be able to recognise clinical features that suggest congenital infections
[Dlia2] Know the UK national guidelines on notification of communicable diseases	
[Dlia3] Know and understand the basic principles of infection control, how outbreaks of infection including nosocomial infection occur, and how they should be investigated	
[Dlia4] Be able to assess and manage a febrile child and have knowledge of current evidence based guidelines	
[Dlia5] Understand the principles and the rationale of immunisation programmes including the national immunisation programme for children in the UK	
[Dlia6] Know and understand the indications, contraindications, complications and controversies of routine childhood immunisations and be able to advise parents about immunisations	
[Dlia7] Know the common allergies and advise on management	
[Dlia8] Know when antimicrobials are indicated	
[Dlia9] Understand the normal patterns and frequency of infections in childhood	

Metabolism and Metabolic Medicine

(including fluid management and acid base balance)

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DMetM1] Know about fluid, acid-base and electrolyte disturbances and their management	[DMetM5] Be able to collate key clinical features that raise suspicion of metabolic disease
[DMetM2] Know the common clinical presentations of metabolic disease	
[DMetM3] Know about metabolic bone disease and its management	
[DMetM4] Know about the screening procedures for inherited metabolic conditions.	

Musculoskeletal

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DMsk1] Know the normal variations of limb development e.g. bow legs and knock knees, in-toeing, flat feet	[DMsk9] Know how to perform a simple musculoskeletal examination, interpret and discuss physical findings
[DMsk2] Know about the assessment, causes and initial management of joint and limb pain, joint laxity and swelling	[DMsk10] Be able to identify joint swelling
[DMsk3] Be aware of the presentation of muscular disease including the dystrophies	
[DMsk4] Know the differential diagnosis of pain on walking and limp and initial management	
[DMsk5] Know the causes of back pain and initial management	
[DMsk6] Know the causes of acute and chronic arthritis including those with systemic manifestations (e.g. Henoch-Schönlein purpura) and understand the principles of management	
[DMsk7] Know how to recognise the various causes of scoliosis and how they present	
[DMsk8] Know how to recognise developmental dysplasia of the hip, appropriate referral pathways and usual management	

Neonatology

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DNeo1] Know and understand the effects of antenatal and perinatal events	[DNeo16] Be able to examine the newborn baby appropriately and with sensitivity and communicate with parents (unlikely to be tested in an examination)
[DNeo2] Know about antenatal diagnosis of neural tube defects	[DNeo17] Be able to examine hips for congenital dysplasia (unlikely to be tested in an examination)
[DNeo3] Know the problems associated with prematurity and the long-term sequelae including the impact on the family and community	
[DNeo4] Be able to recognise and initiate the management of common disorders in the newborn including sepsis	
[DNeo5] Understand the principles of new born feeding and growth recognising the importance of breast feeding and being able to advise on lactation difficulties and contraindications	
[DNeo6] Be aware of the occurrence and clinical features of maternal to fetal transmission of infection	
[DNeo7] Know about the support networks for families and babies including those from socially disadvantaged families	
[DNeo8] Know the range of newborn screening tests used in the UK including haematological and metabolic conditions, cystic fibrosis and the universal newborn hearing screening programme	
[DNeo9] Know about common minor congenital abnormalities and their initial management	
[DNeo10] Understand the causes and features of neonatal jaundice knowing when to refer for further investigation and be able to recognise early presentation of neonatal hepatitis and biliary atresia	
[DNeo11] Know the presentations of neonatal seizures and recognise abnormal neurological features e.g. the floppy baby	

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DNeo12] Know the principles and methods of neonatal resuscitation	
[DNeo13] Know how to recognise, assess and initially manage respiratory disorders in the neonatal period	
[DNeo14] Be able to recognise and assess birth injury with appropriate referral	
[DNeo15] Know about the identification, initial management and appropriate referral pathways for neonatal surgical problems including NEC	

Nephro-urology

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DNeph1] Understand the principles of management of disorders of the urogenital tract and know when to seek surgical referral	[DNeph7] Be able to perform an abdominal examination for palpable kidneys
[DNeph2] Know the manifestations of acute and chronic renal diseases	[DNeph8] Be able to examine the genitalia appropriately and with sensitivity, assess and manage vulvovaginitis (unlikely to be tested in an examination)
[DNeph3] Know the manifestations and management of urinary tract infections in different age groups	
[DNeph4] Know the causes of haematuria and proteinuria (including nephrotic syndrome and acute nephritis) and recognise features in the presentation which suggest serious or significant pathology	
[DNeph5] Know the principles of managing enuresis	
[DNeph6] Know the causes and assessment of polyuria and polydipsia and when to refer	

Neurodevelopment and Neurodisability

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DNdevN1] Understand normal development including common variants	[DNdevN5] Be able to perform a reliable assessment of neuro-developmental status at key stages, including the newborn period, the first year of life, nursery age and school entry
[DNdevN2] Know the causes of disability, disordered development and learning difficulties	[DNdevN6] Know how to detect squint at an early age
[DNdevN3] Know the causes of speech and language delay or disorder and principles of management including autism spectrum disorder	
[DNdevN4] Understand the definition and effects of neurodisability on children and families	

Neurology

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DNeuro1] Know the causes of headache and be able to treat or refer as necessary	[DNeuro5] Be able to examine the nervous system, including examination of cranial nerves, interpret and discuss physical findings.
[DNeuro2] Know the likely causes and management of meningitis/encephalitis and altered consciousness	
[DNeuro3] Know the causes of hydrocephalus, macrocephaly and microcephaly and when to refer	
[DNeuro4] Know the causes and presentation of seizure disorders, their differential diagnosis, the principles of management and when to refer	

Nutrition

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DNutr1] Know the constituents of a healthy diet at all ages including breast and formula feeding in infancy	[DNutr6] Be able to assess nutritional status
[DNutr2] Understand the principles of infant feeding	[DNutr7] Be able to identify clinical syndromes associated with obesity
[DNutr3] Know the causes of malnutrition and understand the epidemiology and public health consequences of obesity	
[DNutr4] Be able to recognise obesity, understand the consequences of obesity on health and well-being in the short and long term and advise young people and their families on effective strategies to manage this and use BMI measurements and charts	
[DNutr5] Know the clinical presentation, and management of vitamin deficiencies	

Ophthalmology

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DOphth1] Know the presenting features of visual impairment and the principles of management	[DOphth6] Examine the eye in babies and children for red reflex, squint, conjunctivitis
[DOphth2] Know the causes and management of eye infections and inflammatory disorders	
[DOphth3] Know the common causes of an absent red reflex, be able to refer appropriately and be aware of management options	
[DOphth4] Know the common causes of ptosis and proptosis and the principles of management	
[DOphth5] Know the causes and presentations of strabismus and the principles of management	

Palliative Care and Pain Management

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DPalC1] Know about end of life care and bereavement counselling and understand the opportunities for respite care, including the role of children's hospices	
[DPalC2] Understand the principles of pain management and be aware of the treatment options available to children of all ages	

Patient Safety and Clinical Governance

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DPSCG1] Know the role of patient safety and clinical governance in safe healthcare delivery	
[DPSCG2] Be able to describe the impact of human factors on delivering safe clinical care	
[DPSCG3] Know how to exchange information in a timely manner to establish a shared understanding among appropriate members of the team	
[DPSCG4] Know the main routes of transmission of hospital acquired infections and their prevention	
[DPSCG5] Understand the factors that drive pandemic/epidemic infections and appreciate how this is used in clinical practice to prevent them	
[DPSCG6] Understand the ethical implications of patient testing in the event of a needle stick injury	

Pharmacology

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DPharm1] Know how to find out information necessary for safe prescribing through use of paediatric formularies and pharmacy liaison	[DPharm4] Be able to write legible, clear and complete prescription
[DPharm2] Know how to prescribe safely and be aware of adverse effects and interactions of drugs	[DPharm5] Be able to make reliable and accurate calculations in order to be able to prescribe safely for babies, children and young people
[DPharm3] Know about the need to explain to parents the unlicensed and off-label prescription of drugs	

Respiratory Medicine with ENT

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DResE1] Recognise the presenting features of hearing impairment and the principles of assessment and management	[DResE11] Be able to examine the respiratory system, interpret and discuss physical findings
[DResE2] Know the causes and management of conditions affecting the nose including epistaxis and allergic rhinitis	[DResE12] Be able to recognise an abnormal audiogram and tympanogram and discuss likely causes of abnormality
[DResE3] Know the causes and management of respiratory infection, earache, ear discharge, otitis media and glue ear	[DResE13] Be able to teach children and young people how to use a peak flow meter and diary
[DResE4] Know about obstructive sleep apnoea and the principles of management	[DResE14] Be able to teach and assess inhaler technique and teach care of spacer
[DResE5] Know how to assess and manage children with acute asthma and wheeze and plan long term management	
[DResE6] Know the causes of stridor and the principles of management	
[DResE7] Know the presentations of cystic fibrosis and the principles of treatment	
[DResE8] Understand the causes of chronic cough and appropriate investigations	
[DResE9] Know the role of health promotion programmes in preventing respiratory morbidity e.g. smoking cessation, sudden infant death and be able to advise parents on avoiding risks	
[DResE10] Understand the long term complications of medications used for asthma	

Safeguarding

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DSaf1] Know the presentations of physical, emotional and sexual abuse, neglect and fabricated and induced illness	[DSaf3] Be able to discuss safeguarding and promotion of welfare
[DSaf2] Know what steps should be taken when child abuse is suspected	

Science of Practice

Foundation of Practice (FOP)/DCH Theory Component	DCH Clinical/Skills Component
[DSop1] Demonstrate appropriate use of clinical guidelines in practice	