

# October 2022 AFP<sup>TM</sup> Oral Examination

National Trainee Series #1 Exam Prep

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Australasian Faculty of  
Public Health Medicine



# 1. FORMALITIES

## Acknowledgement of Country

We acknowledge the traditional owners and custodians of the lands from which we meet.

We extend our respect to all Aboriginal, Torres Strait Islander, and Māori people - including those present today - and value the importance of their ongoing connection to land, sea, sky, and community.

We pay our deepest respect to Elders past present and emerging. And together we re-state our shared commitment to advancing Aboriginal, Torres Strait Islander, and Māori health and education as core business of the College.

## 2. ORAL EXAM DAYS OVERVIEW

### CANDIDATE IMPORTANT POINTS

#### Overview

- 18 – 19 October 2022 (Tuesday and Wednesday)
- Held over Zoom Video Communications
- Candidates sit from their local RACP State Office, if this is not available or preferable, you may sit from your workplace or another RACP approved venue such as the local hospital or exam venue
- An Invigilator will be there to support you through the exam, provide your reading time materials and any handouts such as graphs or diagrams throughout the exam sessions
- Allocation letters are received 4-6 weeks before the exam, this details exact information on your venue, what time to arrive and who you will be meeting and where (it is likely you will know this prior to receiving the allocation letter as we will be in touch with you closer to the date to understand your venue preferences)

## 2. ORAL EXAM DAYS OVERVIEW

### TIMETABLE

The timetable is made up of the following time slots:

<b>60 mins</b>	Reading time
<b>30 mins</b>	Session 1 (questions 1 to 4)
<b>15 to 20 mins</b>	Changeover period
<b>30 mins</b>	Session 2 (questions 5 to 8)

- **Reading Time:** You may read, write on note paper and highlight. You will receive a folder (ring binder) containing the exam questions, timetable, note paper and pens.
- **Session Time:** Ask Questions, refer to your notes, answer examiner prompts or questions
- **Changeover period:** Bathroom break, buffer time for small technical glitches to ensure all candidates receive the full 60>30>15>30 minutes

Please note: Candidates are responsible for keeping their own time. Whilst examiners will time the session to ensure you receive the full 30 minutes, you are responsible for keeping your answers on track and ensuring you have enough time left to answer the remaining questions or, if you prefer to spend more time answering a particular question than another

## 2. ORAL EXAM DAYS OVERVIEW

### THE SESSIONS

- 2 x 30-minute panels
- Per panel = 4 questions = approx. 7.5mins per question
- Examiner panel = 3 examiners
- QA or Observers may be present however you will not be able to see them, they are not involved in the assessment of candidate, only to observe
- Examiners will start the session by:
  - ❖ Asks if the candidate needs clarification on any questions
  - ❖ Asks if the candidate wishes to change the order of the questions
  - ❖ Tells the candidate that their interview has begun and starts the timer (all candidates are guaranteed the full amount of time for each session and RT)
- Zoom Moderator will not move you out of the session until prompted by examiners to do so
- Observers/QA will be muted and have video off
- Examiners can prompt if they need more information from candidates, examples are:
  - Could you explain that in a little more detail?
  - What might be the effect of that course of action?

## 2. ORAL EXAM DAYS OVERVIEW

### WHAT CAN YOU BRING?

Candidates can bring the following items into the exam:

- printed or electronic copy of your candidate allocation letter confirming your name, candidate number, session time and venue
- current photo ID with your full name and signature, for example a passport or driver licence
- blue or black ballpoint pens (no pencils, gel or felt-tip pens)
- 1 x highlighter (optional)
- timing device such as a basic analogue watch or silent desk-top timer (clocks are provided in each room)
- water in a clear plastic bottle (optional)

### 3. Passing Criteria

## Criteria for Pass/Fail on the ACPHM Oral Examination

A total score will be calculated for each candidate by summing the examiner scores from all eight questions. Total scores will be rounded to the nearest whole number before applying the following rules.

Note: there is no Supplementary Exam, a borderline moderation process will occur for candidates who fall between 58 & 59 and pass 6 or more questions

To pass a question:

- 2 of the 3 examiners must award a score of 5 or above, and
- The average score awarded by the 3 examiners must be 5 or above

Total Score (%)	Pass less than 6 questions	Pass 6 or 7 questions	Pass 8 questions
60 or above	Fail	Pass	Pass
58 to 59	Fail	Fail	Pass
Less than 58	Fail	Fail	Fail

## 4. Final Considerations

1. Study with a group of other candidates to keep you accountable and share information and resources
2. Read the RACP website: AFPHM Oral Exam Information for Candidates: <https://www.racp.edu.au/trainees/examinations/afphm-oral-examination>  
Ensure you read each tab on this page: Overview>Apply>Prepare>Exam day>Results
3. Use the Resources on the RACP website: <https://www.racp.edu.au/trainees/training-resources/afphm-resources>
4. Previous Pass Rates of Exam vary between 78.6% and 92.9%
5. Four (4) complete Sample Papers are found on the AFPHM Oral Exam website
6. Post Exam Candidate Survey (PECS) – Please complete this, it helps us improve processes for the following year
7. All areas of the AFPHM Advanced Training Curriculum are assessable: [https://www.racp.edu.au/docs/default-source/trainees/advanced-training/public-health-medicine/public-health-medicine-advanced-training-curriculum.pdf?sfvrsn=77252c1a\\_6](https://www.racp.edu.au/docs/default-source/trainees/advanced-training/public-health-medicine/public-health-medicine-advanced-training-curriculum.pdf?sfvrsn=77252c1a_6)



Q & A



# A Past Examiner's Perspective

Do's and don'ts in the oral AFPHM examination...

Phil Hider

June 2022

# Opening remarks

- Examiner 5 years, 2017-2021
- My reflections, not AFPHMs
- Focus on do's...

# Frameworks

- Important for many questions
- Provide a recognised structure
- Organise answers
- Ensure key components covered
- Must be populated in relation to the scenario
- Insert relevant examples from your own work experience (broad training great exam preparation).

# Coverage

- Exam questions will cover competencies
- Likely to be spread across main domains (
- Some competencies hard to cover in exam
- Watch for current/emerging topics.

# Exam techniques

- Time management - time yours to manage
- Can allocate more time to stronger areas but caution...
- Read question carefully
- Answer all parts
- Recognise the % allocation of any parts.

# Practice

- Practice answer preparation and delivery:
  - Know frameworks, revise topics, principles and LCRs
  - Choose appropriate one or two
  - Populate framework
  - Add examples
  - Organise/structure answer and check completion
  - Deliver layered answer (overview, middle, details e.gs)

All highlighted can be practiced!

Avoid red flags

# Delivery – Beginning and ending answers

- **Zoom** - Recognise the plusses/minuses of zoom (more detached/less travel but fewer cues)
- Signpost ++ – answer in layers, start with 1-2 sentence overview, announce framework
- Identify to examiners when you have finished a question – pause



# Troublesome area – do revise/practice

- Epidemiology/data analysis question(s)

# Don'ts

## •Panic

- If the question seems daunting, stick to principles/frameworks
- Don't sweat specific details - usually nice not need to have
- Don't worry if a question doesn't go well - often own worst critic (next question/set is a fresh start), most people pass...
- Examiners want to give you the best opportunity, if there is a glitch you will be treated fairly.

# Keeping yourself sane!

PLAN  
VISUALISE  
PRACTISE

Katherine Graham

(With special thanks to Gary Larson's "The Far Side" and Dr Patsy Tremayne's "Ace Your Medical Exams")

# Plan – take control

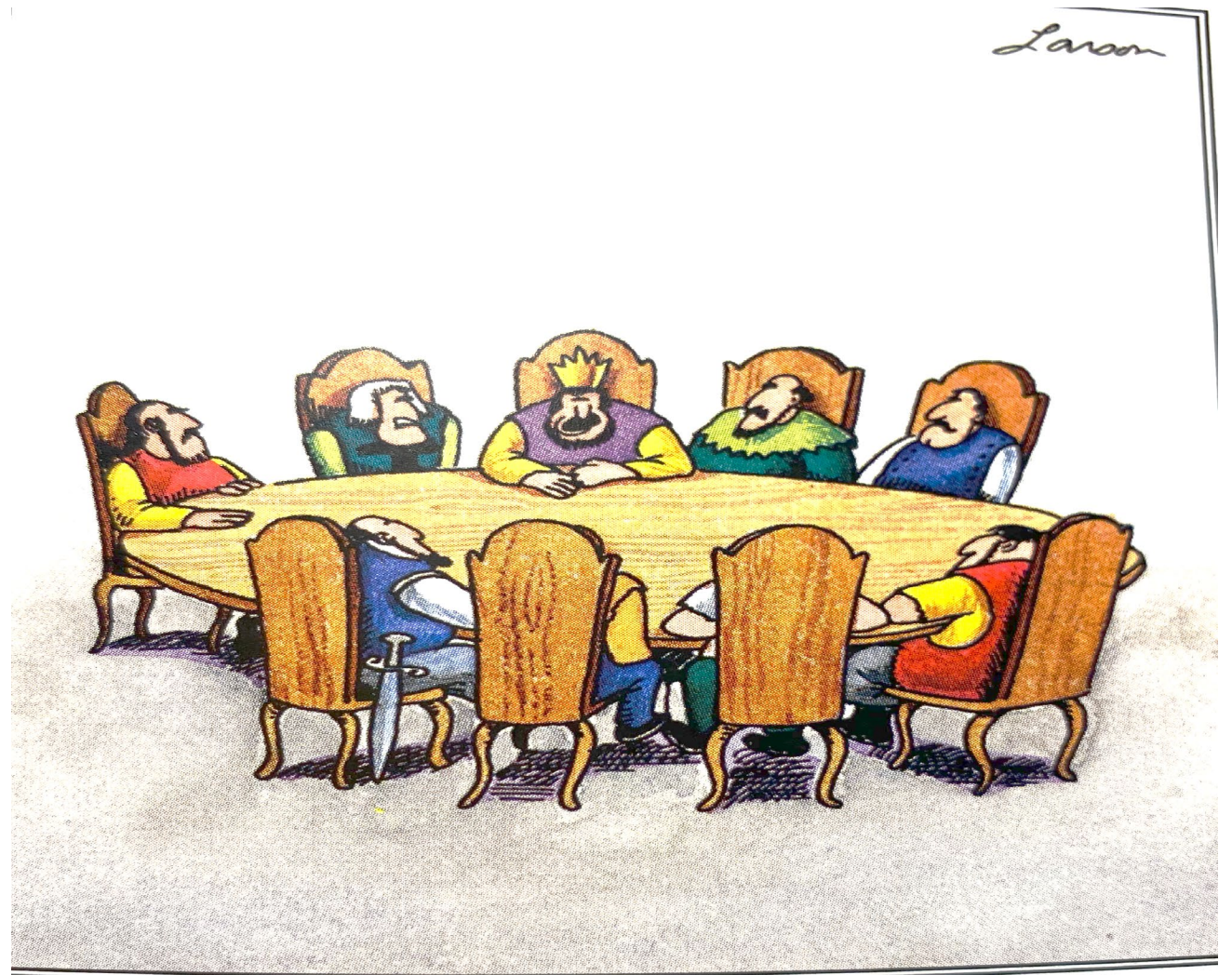
Know thyself – do what is right  
for you

Be honest and realistic

Make it sustainable

Study groups / support

No FOMO – don't compare!



“And that goes for Lancelot, Galahad, and  
the rest of you guys—no more stickin’  
your gum under the table.”

# Make the most of your time

Plan plan plan – review – re-plan!

Simplify life – cut yourself a break!

Money/People/Comms

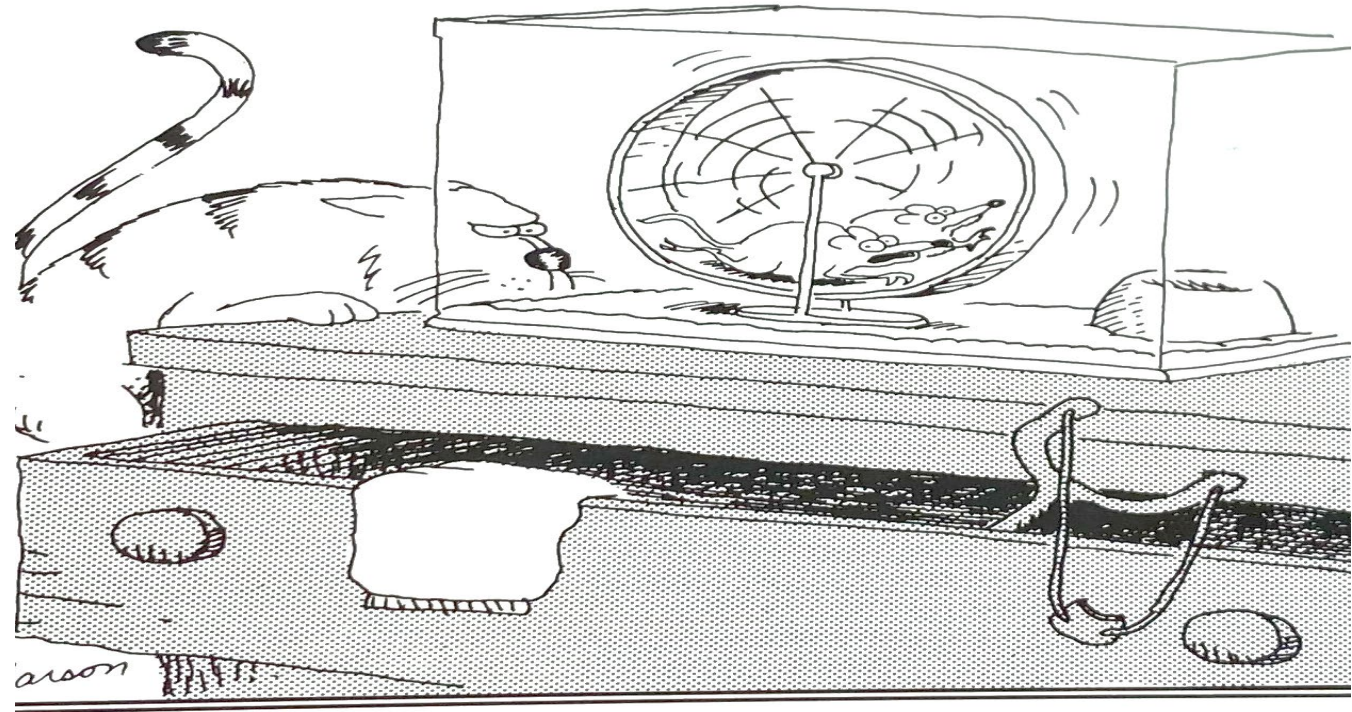
Schedule time off

Every bit counts – be versatile and creative

Eg Podcasts eg ABC Health  
MJA

Eg Youtube

Eg Talk to yourself



“Faster! He’s still there!”

# Visualise – take control

The exam is there to help you

Visualise the exam setting

Visualise your work setting

Visualise your approach/style

Virtual format works!



Gary Larson: The Far Side

# Practise – take control

Little and often / layer

4-5-minute questions  
(timer/order)

Signpost (media skills)

Start and end strong

Follow your own style (but learn)

Do a Mock

Attend NEP

AFPHM Exam Prep webinars



Gary Larson: The Far Side

# After the exam

Adrenal recovery

Two week wait - be kind to yourself

Neuronal refractory period





A practical  
study guide  
that works!

# ACE YOUR MEDICAL EXAMS

Even when everything is stacked against you

**DR. PATSY TREMAYNE**  
PERFORMANCE PSYCHOLOGIST