

BECOME
~~Preparing for~~ **FRCEM**



Dr. Akshay Bhargav

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Acknowledgements and Gratitude

I am grateful to have been an Emergency Physician and I dedicate this book to this amazing field which allows us to learn so much about people and nuances of health, life, disease and death.

I thank the Royal College of Emergency Medicine for creating assessment methods that challenge a candidate to become a better physician and improve their understanding of the subject.

To my colleagues and team members who make surviving the toughest shifts possible.

To the patients who keep us on our feet and enhance our learning everyday.

To my family, without their support none of this would have been possible.

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- Dr. Helen Macmullen

Finally, Special Thanks to Dr. Simon Smith for penning the foreword for this book.

Foreword

It is a pleasure to write a foreword for Dr Bhargav's book 'Become FRCEM'. I have worked with Dr Bhargav for several years, and during this time we have often discussed approaches to the examination for the Fellowship of the Royal College of Emergency Medicine.

The RCEM Fellowship examination is a high stakes 'exit' examination, taken at the end of training, and designed to assess if candidates have the knowledge, skills and behaviours that are required to practice as a Consultant in a United Kingdom Emergency Department. One component that candidates often find challenging is the Objective Structured Clinical Examination (OSCE) section, where candidates handle complex simulated scenarios. As such, it is a daunting test. Many candidates focus on the knowledge and skills, and how to demonstrate these to the examiners.

During Dr Bhargav's time preparing for, and 'wrestling' with, the examination he has developed a unique approach. Rather than concentrating on the technical aspects of the assessment (such as the knowledge and the skills), he has adapted his training as an actor to help with the 'performance' element of the examination. The process adopted considers what behaviours are expected in the examination (the 'existential ideal' of one who has FRCEM), then visualising an ideal example of this when in the assessment. The whole process of 'Becoming FRCEM' rather than 'taking FRCEM', is similar to that of the method actor approaching a role on the stage. He asks the question 'what does being 'FRCEM' mean?'.

This book describes his methods, and is a useful guide to those taking the examination. It provides a step-by-step approach to preparing to take the FRCEM examination, and useful hints and tips to help prepare for your 'stage debut'. I hope you enjoy this book and find it helpful in your journey to 'Become FRCEM'.

Simon Smith FRCP, FRCEM, RCPATHME

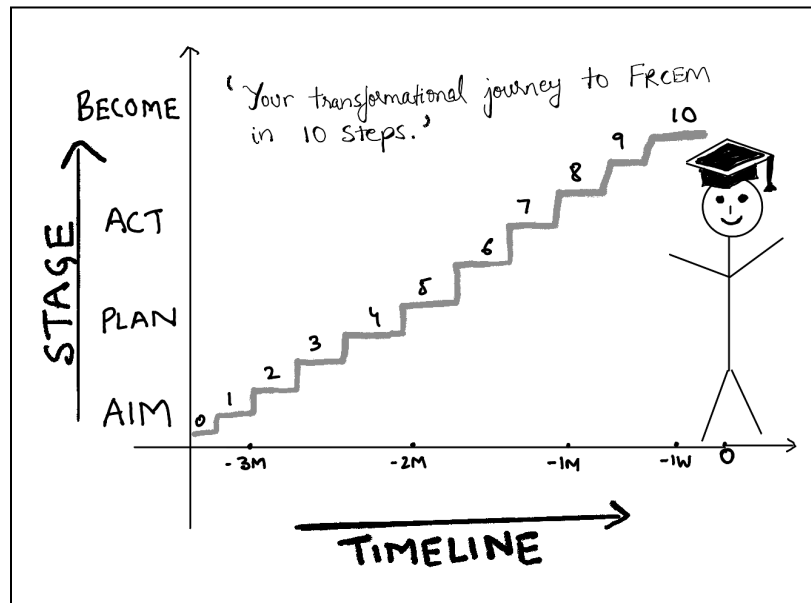
Simon is a Consultant in Emergency Medicine at the John Radcliffe Hospital, and Associate Dean in the Thames Valley Postgraduate Medical Deanery. He was very involved with the Royal College of Emergency RCEM examinations in the past, and continues to be an active examiner.

The Timeline - Your journey to FRCEM and timeline to exam explained

Generally speaking, if we consider the day of your FRCEM OSCE exam as day 0, the usual timelines from the college are:

- -3 months - Application window opens and eligibility confirmed within a week or two
- -2 months - Confirmation of application and space allocation as per oversubscription criteria
- -1 month - CLA journal link shared with the candidates

This book takes you on a step-by-step journey - a process of *Becoming* mapped out against time.



It takes you through your transformation, beginning the day you decide to apply for the exam and guiding you all the way to that moment outside your very first station.

For best results, we recommend a stage-wise progression:

Timeline	Stage	Actions
<i>Before 3 months</i>	AIM	Set your goal(s) and apply for the exam
<i>3 months to 2 months before</i>	PLAN	Awaiting confirmation, Understand what exam is all about and what it takes to become FRCEM
<i>2 months to 1 week before</i>	ACT	From confirmation to one week before the exam. Practice, read, build, enhance.
<i>1 week to exam day</i>	BECOME	Revise, refine and align yourself. Get in the zone and walk the talk.

Contents - What's in this book and how to use it?

The book is a 10 step program to achieve our goal divided into 4 stages, mapped on a timeline starting from applying for the exam to the day of the exam.

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We understand the exam result is not in your hands — but your actions are. The purpose of this book is to help you structure those actions and compartmentalise your time, so you prepare not only for the exam but to become what an FRC EM truly is.

Someone whom examiners instantly recognise and think: *this is what an FRC EM looks like, this is what an FRC EM does.*

This manual is your companion on that journey, guiding you with a SMART approach:

- **Specific** – Clarifies what it means to be FRC EM and who you should be on exam day.
- **Measurable** – Uses weekly calendars and reflection exercises to help you track progress across domains.
- **Achievable** – Supports you in balancing preparation with work and personal life.
- **Relevant** – Goes beyond the exam, aligning your preparation with your growth as a doctor.
- **Time-bound** – Keeps you focused within structured timelines as the exam approaches.

Chapters in this book will have the following:

- **Step number and Chapter heading** mapped to timeline.
- **Quote and question** to highlight relevance.
- **Chapter outline** (what we will cover) including **learning outcomes** (what will you gain).
- **Summary and bottom line**, reinforcing the key takeaways.
- **Exercises and note spaces** for active reflection.
- **QR codes** linking to references and essential resources.

In the final section '**BEYOND**', you will also find valuable resources: Pearls and pitfalls shared by FRC EMs, Smart weekly calendars, space for notes and access to online EDUGAIMS simulation modules.

Check online resources here

