

## **FFICM MCQ FAQs**

**Q. My internet speed is very slow and the faculty/TestReach website exam guidance requires at least 15Mb/s stable speed to set the exam online, is there a way around this?**

A.

- This is not entirely accurate, if you have a stable internet speed, this shouldn't be an issue, the actual minimum speed required is 0.5Mb/s, which is required to just open usual web pages.
- They are very friendly and if you have a good cellular connection, they could allow you to use your phone as a hotspot on the day, if you faced any problems.
- Moreover, the NW school of ICM have offered to find a place for candidates to sit the exam if they have no suitable set up at home, so if candidates are struggling to discuss with faculty tutor locally and/or TPD.

**Q. Since I booked the exam, I didn't hear anything from TestReach or the FICM, when would they contact me? What is the timeline?**

A.

- You will be contacted by TestReach around 2-3 weeks before the exam to book an online slot which is first come first served.
- Once the slot is booked you should log into your testreach account so you can take the virtual tour and run the systems requirement checks.
- The contact details for testreach support are:
  - Email: [support@testreach.com](mailto:support@testreach.com)
  - Phone: +44 (0) 2034758685
  - Website: <https://status.testreach.com>

**Q. Will there be a calculator on the TestReach app? It is not on the tutorial one?**

A.

- Yes, you will have a calculator, a notepad, and a list of all the investigations' normal ranges.

**Q. What is the dress code for the test?**

A.

- Nothing recommended by the faculty, but you'll be asked to stand up in front of the camera, show your sleeves (no smart watches), your empty pockets, your ears (no Air pods/headphones allowed) and your back (No backpack).
- We recommend that you wear comfortable clothes, and please put on some trousers, and not party shorts 😊

### Q. What other checks I should make before the test?

A.

- Make sure that your desk is clear from any books or paperwork, you could have a bookshelf at the side or the back of your room with all your papers and books closed and stored appropriately.
- They also look underneath your desk.
- You are only allowed a piece of a blank A4 white paper and a pen or pencil. They will check this at the beginning and at the end of the test to make sure you didn't copy any questions.

### Q. How is the day run?

A.

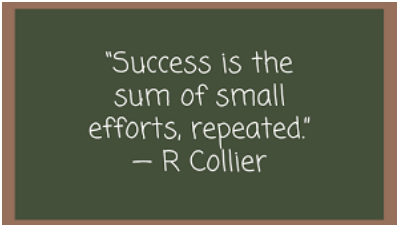
- You logon to TestReach app 15 minutes before your actual exam time, you then wait in a queue till you are picked up by one of the invigilators.
- They start doing the checks with you, check your ID, ask you to take a picture of your desktop and show it to them in the camera, plus what is mentioned above.
- When they are happy, they will read your instructions and open the session for you. The clock starts here, you will have an introduction page then all the questions (skip this page, it is counted from your time).
- The exam has 130 SBAs, 1<sup>st</sup> 80 are short stem ones, 1 line with 5 choices, each worth 1 mark, then 50 long stem SBAs, each worth 2 marks, you could navigate back and forth between all of them and flag any to come back to it. However, we recommend that you follow the order that they are set in, so that you make sure you attempted all the questions and didn't miss on any of them.
- 30 minutes before the end you'll get a notification via the app.
- Once you are done, click the End exam button at the top right, where you'll be directed to the chat page with the invigilator, who will ask to see your blank piece of paper to make sure you didn't copy any questions.
- Once he is happy, close the app and you are done.

### Q. How do I prepare for the test?

A.

- Best books were Steve Benington's (do it all) and Keith Davies SBAs
- The Intensive Care MCQs website of Rhodri Harris', this is absolutely the best resource, it is the closest and most helpful set of questions. Make sure you do it at least twice. How to get access instructions are on the <https://mmacc.uk/nw-icm/fficm-exam> website.
- A very useful other resource is the BJAed MCQs, there are a lot of FFICM related topics, you just need to go through each edition, pick those ones and do their MCQs.
- The e-ICM package on e-LFH website has a whole set of MCQs under the 'self-assessment' tab which are based around BJA learning articles and are pretty good as well.
- OnExamination by BMJ – is not worth it, only useful on the run, at work, or to consolidate some info you have just read, so, you could attempt 5-10 SBAs subject wise.
- Not sure about rest of the question books and their value now as all are T/F style.

- **As per Texts to use:**
  - > Usually the 'Revision Notes in Intensive Care Medicine' by Oxford is the one that everyone refers to especially for final revision. However, be aware that it is getting old, keep up to date. We recommend using 'Life in the Fast Lane' and 'The Deranged Physiology' websites + 'BMJ best practice summaries' to update your knowledge.
  - > Also, Nick Marks' ICU one pager blog available from <https://onepagericu.com/index> is a very helpful one pager summaries, that hits hot topics for the exam.
- **Finally, Hot topics for the exam that you must know well before you set for it are:**
  1. TEG/ROTEM – usually gives you a picture and ask you to correct the abnormality
  2. General concepts of blood transfusion (ABO/Rh compatibility, PRBCs vs FFP vs platelet vs cryo transfusion differences and whether it must be compatible or not)
  3. Scoring systems – they ask about physiological variables
  4. Basic nutritional requirements for ICU patients/TPN prescription
  5. Hyperthermic Toxidromes – Nick Mark has an excellent summary of it; see above
  6. Organic Acid (pyroglutamic) acidosis
  7. Calcium adjustment for citrate filters
  8. AKI stages/classification
  9. Paediatric formulas (calculate weight, ETT size, length, energy joules, etc.)
  10. Burns – usually ask you about the degree and where to refer to afterwards, and asks you to calculate IVF replacement – So, learn how to grade them and how to apply the Parkland formula.



"Success is the  
sum of small  
efforts, repeated."  
– R Collier

Good luck  
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