The AKT is a bit of a pain but we all have to do it unfortunately. I planned to take it at a time when I was on a slightly less intense block in ST2 and one that I felt confident that I could get at least a few days of study leave for. I signed up for 6 months use of passmedicine about 5 or 6 months before my planned AKT date. I asked other GP trainees about the best question bank and had heard that most of them were very similar with different pros and cons but that passmedicine had an inbuilt textbook that you could use as reference both for revision and in practice so I went with that. I tried to do a few questions each week about 5 months before the AKT just to try to start the ball rolling. Very low intensity, i.e. if it was quiet at work or I had nothing to do of an evening and I only did 10 or 20 at a time before I got bored.

A couple of months later I went to an AKT course held by the Tayside GP team which was free and was extremely helpful. The information for it was sent out via an email. It was run by Dr. Gordon McLeay the year I did it. He'd previously been on the board for writing questions so knew about the format. He gave us an invaluable statistics lecture which was all I used for statistics revision. Passmedicine was not good at statistics questions as they seemed to focus on names of statistical tests which wasn't examined in passed papers or the real thing. He went over the resources on the RCGP website such as the AKT content guide, and the examiner reviews of past exams on what candidates struggled with. He said it was worth paying close attention to what was done badly in the previous years tests as it was likely to be retested. Dr McLeay also pointed us towards the past papers on the RCGP website which I saved for use a few days before the exam to practice timing. He also mentioned the extremely important point that the test is national and so only questions that are applicable nationally can be asked and so you'll never be asked about, for example, parts of the mental health act that vary between Scotland and England.

I went to an NB medical education hot topics course which we were told would be helpful for those going to the AKT, and importantly, would be funded from the study leave budget if we decided to go. It wasn't actually that useful for the AKT as it was discussing hot off the press guidelines which in a lot of cases were too new to be included in the exam which was about a month and a half away by this point. Despite this, it was still useful as a different way of learning and I went with a few friends so it was good to discuss how studying was going.

By this point it was about a month before the exam and I wasn't gaining much from doing the question bank. I found I was getting the same questions wrong and wasn't actually gaining much and I was losing interest quickly. Several of my friends passed by only using questions from question banks but I found it too tedious and needed to vary it. I used a few of the RCGP InnovAiT podcasts, one had other AKT students perspectives and what they did to pass. They were slightly useful. I also decided to do what I did in medical school to revise and take notes under the topics from the content guide that I felt would come up and use NICE and SIGN guidance to help with that. I could then highlight the key areas that I struggled with or I thought would come up so that I could look over that on the days before the exams. My notes were not extensive but I felt it helped me a lot. I used the passmedicine textbook a lot for this as it had handy links to NICE guidelines.

Finally I managed to get a swap so that I had 2 z days before the exam and got 2 days of study leave the week before that so that I had some time completely off for dedicating to studying. It can be hard coming home from a long day of work to just sit down and study, especially with other commitments. This meant I had a day or 2 to cram the things that often came up but were impractical to learn long term such as vaccination schedules and DVLA rules.

Hope that was of some help. Good luck!