

# PLAB STRATEGIES PATHWAY

**6 WEEK TIMELINE**  
ONLINE THEORY: 2 WEEKS  
CLINICAL PRACTICE: 4 WEEKS

**7 WEEK TIMELINE**  
ONLINE THEORY: 3 WEEKS  
CLINICAL PRACTICE: 4 WEEKS  
  
\*Recommended Maximum PLAB 2 prep = 7 weeks\*

REGISTER FOR PLAB 2 EXAM

FIRST ATTEMPT PLAB 2

MORE THAN ONE ATTEMPT AT PLAB 2

ONE HOUR SCORE CARD REVIEW

ONLINE PLAB 2 10 DAY CLASS

PRIMARY INDIVIDUAL MOCK

SELF DIRECTED STUDENTS  
PREVIOUS PLAB 2 THEORY

FREE 2 WEEK ACCESS TO CLINICAL TRAINING CENTER FOR DOCTORS WHO ARE ATTEMPTING THE PLAB FOR THE 4<sup>TH</sup> TIME: Do not give up!

**CLINICAL SKILLS TRAINING CENTER**  
2-4 WEEKS DAILY FOCUSED INTENSIVE PRACTISE IN CLINICAL EXAMINATIONS, SKILLS AND PROCEDURES

**1:1 TRAINING ONLINE**  
2 MOCK PACKAGE (10 stations)  
4 MOCK PACKAGE (20 stations)  
10 MOCK PACKAGE (50 stations)

**PLAB 2 EXAMINATION**

## GUIDELINE TO PLAB 2 PREPARATION:

### ◆ 145£: Step I- start with the 10 DAY online course

- Save money with efficient home study and continue your current work schedule
- Included in fee: Pre course material videos: Phases 1-4 to be completed a week before the online course begins
- Included in fee: Study materials prepared according to NHS CKS guidelines
- Included in fee: Assigned to special WhatsApp groups and private 8-10 person study groups with doctors to practice with
- Included in fee: Free Group Mocks from Day ONE. This will be during the class session with a student selected by the instructor

### ◆ 220£: Step II- Book for U.K. clinical mannequin practice at our Manchester Skills and procedures Center

The clinical lab is fully furnished with new equipment including special skills and procedures in trauma and pediatric care. To ensure you have adequate experience, we have provided specialized mannequins to ensure you are more than prepared for your duties as an FY2 in the UK. You will be able to train individually and in small groups in common duties of the FY2 in the NHS including skills in:

- Basic Trauma management using ATLS protocol to improve skills in airway management with OP and NP intubation, Hudson, Nonrebreather masks, ambu-bag and mask techniques, including application of pelvic binders for pelvic fractures
- Multiple Adult CPR stations + AED training
- Child CPR and choking stations plus Newborn basic skills examination
- Nasogastric tube insertion Mannequin
- Glucometer training and Diabetic management
- Phlebotomy mannequins
- Obstetric mannequins: fetal lie, presentation, fetoscopy + Gynecological mannequins including pap smear techniques
- Foley catheters: both male and female mannequins + Breast examinations
- HEENT system: Eye and Ear examination station; Thyroid and lymph node examination stations
- Full body mannequins for abdominal, cardiac, respiratory- including Pediatric Asthma management stations
- Joint examination mannequins: Knee and Hip joints including diabetic and alcoholic foot stations
- Testicular examination stations
- Documentation stations: prescription writing, BNF practice, DNR-DNAR forms, death certificates
- Radiology and ECG interpretation stations plus Full dermatology presentations and interpretations

\*We are currently taking limited reservations as the lock down continues to ease in the UK. The mannequin skills and procedures center is highly secured and our priority is to continue to offer a safe environment as we follow the standard of practice set in in the training centers of our current NHS hospital assignments. Social distancing will be in full effect and we have been cleared to operate the [AM/PM One Way System](#) to ensure all candidates are observant of each other\*

Total Fee Summary including all discounts:

- **365£**: FULL 10 DAY COURSE + DAILY ONLINE CLASS GROUP MOCKS + CLINICAL PRACTICE IN MANCHESTER, UK
- **255£**: CLINICAL PRACTICE IN MANCHESTER ONLY
- **165£**: 10 DAY ONLINE CLASS ONLY
- **100 £**: FOUR MOCK ONLINE PACKAGE WITH DR LIANNE AND HER TEAM
  - Online mocks are one hour each
  - In one hour you will be given 5 patient scenarios back to back to test your abilities in data collection, management and interpersonal skills
  - At the end of the 5 stations, your Plab Educator will give you a detailed feedback on how to improve your skills
  - The 4 mock package can be spread out over 4 weeks with one mock per week or 2 mocks per week until your exam
- **240 £**: TEN MOCK ONLINE PACKAGE WITH DR LIANNE AND HER TEAM
  - These are 10 hours which can be spread over 2 weeks and you can have two mocks per week until the exam
  - In the end, you will have completed a total of 50 different patient scenarios with detailed feedback.

Important Notice:

- **\*\*Doctors who are attempting the PLAB 2 for the 4<sup>th</sup> time will get Free Lab Access for two weeks. We are here to help you\*\***
- There will be an opportunity for onsite mocks, but they have been postponed this season due to C-19.
- The above fee summary is a limited offer and will be subject to change.
- Clinical practice in our Manchester center will be observing strict protocol to maintain the required social distancing indoors to ensure the safety of our medical doctors using the facilities. We must observe all the guidelines set for our proper operation including the quarantine set out by the government this season. Please plan your trip accordingly, to ensure you have time to observe quarantine policy as you may be restricted to use the lab if you are in breach of these travel requirements.
- INQUIRE WITH US ON: AFFORDABLE HOUSING NEAR OUR CLINICAL CENTER.

We want this Plab Experience to be as affordable for you as possible, so you can focus on exceling in the exam.

## PLAB STRATEGIES CLINICAL TRAINING CENTER

### **6 WEEK TIMELINE**

THEORY 2 WEEKS  
CLINICALS 4 WEEKS

CLINICAL TRAINING CENTER  
4- 6 HOURS PER DAY until exam date  
\*C-19: Lock down hours\*

### **CLINICAL TRAINING CENTER PROTOCOL**

- Attend orientation
- Receive FY2 clinical examination skills and procedures notes
- Clinical center access to all training mannequins
- Start organized practice: Head to Toe systems
- Access to online clinical procedure and examination videos for continued review.
- Continued review of foundation medicine notes, CKS and NHS guidelines
- Join group discussions onsite with fellow trainees
- Continue clinical training: self- directed or with groups until the examination date
- More details on completed registration

**Registration: [Plabstrategies.com/book-online](https://plabstrategies.com/book-online)**

ALTERNATE CLINICAL TRAINING WITH  
REVIEW OF PLAB 2 THEORY DAILY

PREVIOUS ONLINE COURSES OR  
EXTERNAL PLAB 2 THEORY  
TRAINING

INDIVIDUAL MOCKS EVERY WEEK  
AND THEN INCREASE MOCKS TO  
TWICE A WEEK BEFORE THE EXAM

### **ONLINE MOCK SESSIONS**

2 MOCK PACKAGE (10 stations)  
4 MOCK PACKAGE (20 stations)  
10 MOCK PACKAGE (50 stations)

\*C-19 restrictions for close contact are  
in strict observation so onsite mocks  
will be postponed until further notice\*

**PLAB 2 EXAMINATION**