

Enhancing CASC Preparation Through Peer Teaching: Follow-Up from a Teaching Session.

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Introduction

The Clinical Assessment of Skills and Competencies (CASC) is a high-stakes examination for psychiatry trainees, requiring proficiency in both clinical knowledge and communication skills. Many trainees, particularly international medical graduates (IMGs), report difficulty accessing structured, practical resources that reflect the content and expectations of the CASC. Gaps in preparation can lead to anxiety, reduced confidence, and poor outcomes. Recognising the value of peer-led support and accessible materials, a targeted teaching session on Mental State Examination (MSE) was delivered, followed by resource collation to enhance exam readiness

Aims

To consolidate a comprehensive list of free or low-cost CASC preparation resources and mock examination opportunities, tailored to the needs of core psychiatry trainees, with emphasis on accessibility, inclusivity, and relevance to the current exam structure

Methods

- Following the MSE teaching session, feedback was obtained from trainees regarding their preparatory challenges. Feedback was also obtained from previous candidates that had gone through the exam process over the years. A curated review of recommended study tools, practice groups, and formal mock opportunities was conducted. Sources included peer recommendations, teaching group repositories, and official Royal College resources. Emphasis was placed on practicality, availability, and alignment with frequently tested domains. Resources included core texts, clinical explanation tools, video demonstrations, and mock exam access.

Results

A concise toolkit of high-yield resources was compiled, including the Maudsley CASC eBook, Zhang's guide, RCPsych patient leaflets, and structured YouTube tutorials. Mock opportunities ranged from free local sessions to structured national courses, with inclusive initiatives such as the Association of Black Psychiatrists CASC group and Dr Lorcan Martin's weekend sessions. Recognising the growing role of social media in peer learning, several useful WhatsApp groups were added to support real-time discussion, resource sharing, and motivation among trainees. Feedback indicated that trainees found the collation helpful for reducing overwhelm and initiating more focused, peer-driven revision.

Feedback from Peers

Good learning opportunities.

Some of the scenario are very realistic.

feedback have been helpful to improve our skills

Great tips

I particularly like the generation introduction to CASC , it was very detailed and informative

Detailed feedback and accurate up to date information which will be useful to all sitting exams

Feedback very valuable with management tips

The presenter was engaging and delivered the material in an interesting and memorable way, answering questions. She provided links for resources which are very useful as well as practical suggestions which were also applicable to service delivery