

FROM THEORY TO SIMULATION: AN INNOVATIVE SOUTH WEST LONDON AND ST GEORGE'S TRAINEE-LED PROGRAMME FOR CASC EXAM READINESS

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INTRODUCTION

This programme was developed by a group of Core Psychiatry Trainees who identified **unmet needs** during their own preparation for the Clinical Assessment of Skills and Competencies (CASC). These included:

- Limited access to up-to-date role-play scenarios
- Few opportunities to observe high-quality stations performed by peers familiar with the current exam
- Uncertainty about station structure and timing

AIMS

- ✓ This project aimed to deliver and evaluate a **trainee-led CASC preparation lecture series for Resident Doctors across the UK**.
- ✓ We hypothesised a programme integrating both **theoretical teaching** and **live role-play simulation** would improve candidate **confidence**, **enhance understanding** of station structure, and support effective **preparation**.

METHOD

The SWLSTG National CASC Lecture Series was delivered as a programme of **eight trainee-led Microsoft Teams webinars in November 2025**. Sessions covered key clinical domains assessed in the CASC (General Adult, Older Adult, CAMHS, Psychotherapy, Cognitive and Lobe, Eating Disorders, Perinatal and Forensic Psychiatry) and each included a **live role-play simulation** performed by the organisers.

Following each session, participants were invited to complete a **post-session questionnaire**. Data was collected using **5-point Likert scales** assessing **confidence in approaching CASC stations** and **perceived relevance**. Attendees were also invited to provide **free-text qualitative feedback** and this was analysed descriptively.

RESULTS

QUANTITATIVE DATA

Attendance Overview

- **596** doctors registered
- Mean attendance: **184** per lecture (range 106-275)
- Feedback completion: Mean **56** per lecture (range 39-93)

KEY OUTCOMES



97.5%
Learnt something new for exam preparation



99%
Would reattend

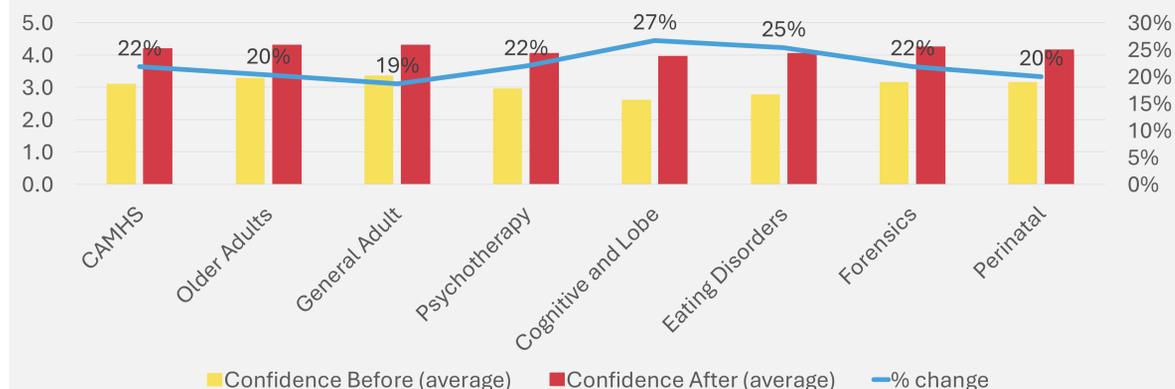


Relevance
4.81 / 5



Usefulness
4.87 / 5

CONFIDENCE BEFORE VS AFTER BY SPECIALTY



QUALITATIVE FEEDBACK

LINKING THEORY TO PRACTICE

"The role play was top notch!"

"the beauty of the session was linking the theory with role play"

EXAM CLARITY

"demystified lots of confusing aspects regarding the examinations"

"CASC made easy, with this lecture"

CONFIDENCE

"I feel much more confident now"

DISCUSSION

Our programme of lectures received a large audience from Resident Doctors across the UK preparing for the CASC.

Our lectures delivered a **19-27% improvement in confidence** for attendees. **Over 97% learnt something new** and would attend again and **over 96%** found the lectures **relevant and useful**.

The lectures provided clarity about the exam for attendees, and the role play aspect was found to be helpful.

CONCLUSIONS

The "SWLSTG National CASC Lecture Series" was successful in improving confidence and enhancing preparation.

We hope to make this a sustainable national teaching initiative to support Resident Doctors in their CASC exam preparation for future sittings.

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