

The Royal New Zealand College of Urgent Care

What is urgent care?

Urgent Care 101



What is urgent care?

- The medicine practised in urgent care facilities
- Open 7 days 8am-8pm
- X-ray on-site
- No appointment – patients triaged – seriously unwell seen first
- Co-located services – xray, pharmacy, dentist, physio, specialist clinics (ortho, plastics and others)
- 55 UC facilities nationwide

- Plaster room – management / casting of limb fractures
- Complex lacerations
- Slit lamp – eye exam and foreign body removal

- 13th largest branch (out of 36 recognised by MCNZ) by Fellow numbers
- 2nd largest by face-to-face patient consultations (over 2.5 million per annum)

Urgent care training

- Administered by RNZCUC
- Four year programme, less credit for prior experience and learning
- Urgent Care Course – year 1
- UCPEX – examines the UCC
- Three university papers – paediatrics, statistics, optional paper
- Resuscitation courses – ACLS, trauma, paediatrics
- Other training activities – assignments, research project, clinic attendances, CPD
- Uniquely (?):
 - RNZCUC tells trainees what to learn then examines them on it.
 - Teaching material is clinical (not basic sciences), broad-based and community-based

The Urgent Care Course

- Hosted by the University of Auckland
- Jointly owned, developed and updated by UoA and RNZCUC
- One-year online course
- Broad based, community based, and evidence based

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RNZCUC Urgent Care Course



Urgent Care Course

The Royal New Zealand College of Urgent Care course (UCC) is a one-year course which prepares RNZCUC basic trainees for RNZCUC's examination UCPEX. This online Urgent Care elearning and UCPEX are both part of the urgent care training programme, and compulsory for RNZCUC Fellowship.

To begin, simply click on one of the courses below.

Courses:

- RNZCUC 01: Medicine
- RNZCUC 02: Orthopaedics
- RNZCUC 03: Plastic Surgery
- RNZCUC 04: Surgery / Urology
- RNZCUC 05: Paediatrics
- RNZCUC 06: Ophthalmology
- RNZCUC 07: ENT
- RNZCUC 08: O&G / Sexual health
- RNZCUC 09: Toxicology
- RNZCUC 10: Psychiatry
- RNZCUC 11: Environmental
- RNZCUC 12: Trauma
- RNZCUC 13: Miscellaneous
- RNZCUC 14: Radiology
- Red Rash Made Easy

Urgent care course – sample page



Lower Leg

Fracture tibia / fibula

Fracture tibia

Mechanism of injury

- Direct trauma
- Very rarely by twisting injuries
- Repeated stress can cause a fatigue fracture

Treat as a combined tibia/fibula fracture.

Fracture fibula

Mechanism of injury

- Direct trauma to outer side of leg - transverse or comminuted fracture.
- Twisting injuries produce a spiral fracture. Beware of the *Maisonneuve fracture* - upper fibula and lower tibia fracture.
- Repeated stress can cause a fatigue fracture.

If fracture is undisplaced and tibia is intact no immobilisation is required unless movement is painful in which case a cast may be required.

Fracture tibia and fibula

Cover open wounds with a sterile dressing to reduce risk of further contamination.

- Significant haemorrhage may usually be controlled by local pressure - bandage the limb firmly while applying gentle traction. Only rarely is a tourniquet required.
- While maintaining light traction, splint limb should to reduce pain, further haemorrhage and soft tissue damage. At its simplest, the leg may be bandaged to a board or to the other leg, with ties both at knee and foot to control rotation. An inflatable splint, if available, gives excellent support
- Do not delay in getting patient to hospital and the commencement of treatment particularly if arterial damage is suspected

Complications

RNZCUC 02: Orthopaedics

Orthopaedics

Shoulder Girdle

Elbow Joint

Forearm / Wrist

Spine / Trunk

Hip / Pelvis

Knee

Lower leg

Fracture tibia / fibula

Ruptured achilles tendon & tendinopathy

Compartment syndromes

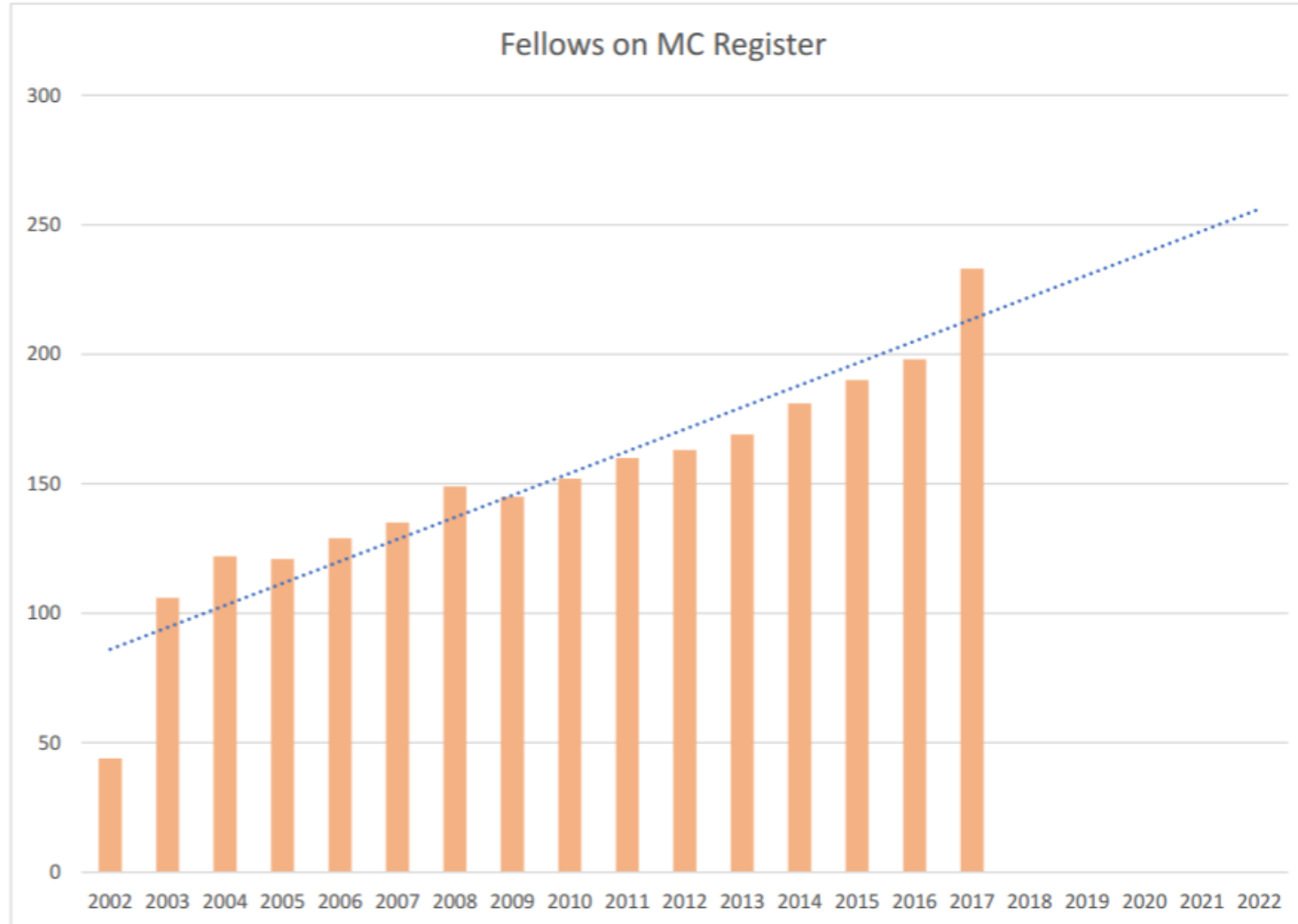
Calf strain

Ankle

Foot

Next steps

Size and growth



Numbers Vocationally Practising (March 2017)

1	General Practice	4233
2	Internal Medicine	1307
3	Anaesthesia	960
4	Psychiatry	776
5	Diagnostic & Interventional Radiology	614
6	Paediatrics	454
7	Obstetrics & Gynaecology	384
8	General surgery	377
9	Pathology	362
10	Emergency Medicine	343
11	Orthopaedic surgery	332
12	Public Health Medicine	215
13	Urgent Care	208
14	Ophthalmology	169
15	Otolaryngology	135
16	Rural Hospital Medicine	118
17	Intensive care medicine	108
18	Urology	81
19	Plastic & Reconstructive Surgery	81
20	Radiation oncology	80
21	Dermatology	76
22	Palliative medicine	73
23	Occupational medicine	68
24	Vascular surgery	41
25	Cardiothoracic surgery	38
26	Medical administration	38
27	Family planning & reproductive health	33
28	Sport and Exercise Medicine	32
29	Neurosurgery	28
30	Rehabilitation medicine	28
31	Pain medicine	28
32	Paediatric surgery	24
33	Oral & maxillofacial surgery	24
34	Musculoskeletal medicine	22
35	Sexual health medicine	22
36	Clinical genetics	16