

THE 105 TOPICS FOR THE CCFP EXAM

If you're studying The 99 Topics, you're out of date. In May 2020, the CFPC introduced 6 new topics you need to know for the CCFP exam.

Here are the 6 new topics to know...

- In addition to adding 6 new Priority Topics, there are a total of 16 topics that have been updated
- When we asked the CFPC about the list, they told us "the majority of exam questions come from the Priority Topics & Key Features." In other words... know these!



6

new topics introduced

16

existing topics updated

Check out the complete list at The105topics.com

1 Chronic Pain



This topic includes some NEW concepts not seen in the old version:

- Use a treatment **contract**
- Watch for **red flags** like double doctoring
- Consider **withdrawal** if you taper or stop

Some things don't change. The new document continues to emphasize:

- Reassess** regularly
- Reconsider** the diagnosis often
- Refer** when appropriate

Tip

Don't stop opioids cold turkey! Easily find guidelines for chronic pain (and the other 105 topics) at TheReviewCourse.com/guidelines



2 Pain



No, we didn't stutter... **pain** and **chronic pain** are two different new topics, even though both discuss "narcotic" analgesia.



Provide **analgesia** while you work up the cause, and consider **life-threatening** causes

Tip

At The Review Course we teach exam habits, like **Management = More than Medication...** vital for this new topic!

3 Rash



Another duplicate? The old 99 topics included "Skin Disorder," yet "**Rash**" is also one of the new 105 topics.

Some tips from this topic:

- Suggest a **full-body skin exam** (including mucous membranes)
- Know and **use derm terms**
- Is it **contagious? Reportable?**
- Think of **unusual causes**, like lupus, celiac, home remedies, and prolonged steroid use



4 Renal failure



Make sure your **patient is aware** of the diagnosis



Consider the **risk of contrast dye & bowel prep** in patients with renal disease



Management = more than medication; **be able to counsel** about hydration, med adjustments in acute illness, and regular follow-up

Tip

The new topic includes a list of med classes affected by kidney disease. **Know them!**

5 Heart failure



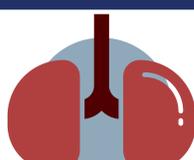
Don't be fooled. Patients with a **normal ejection fraction can have heart failure**, and your examiners know that.

When managing heart failure, think of:

- Cause?
- Class (NYHA)?
- Comorbidities?
- Management = More than medication



6 Shortness of Breath



Like so many of The 105 Topics, this topic focuses on **life-threatening causes** (choking, foreign body, anaphylaxis), identifying **triggers**, a **broad differential** and **reconsidering** the diagnosis.

Tip

Think beyond the heart and lungs. Consider other causes like

- Anemia
- Altitude
- Anti-aerobic (deconditioning)
- Anxiety
- Abdominal

Learn from the best. We called this years ago.



In 2017, we predicted these new topics when we announced **The Other 99 Topics** at the Family Medicine Forum national conference.



Be prepared for the CCFP exam with Canada's top-rated CCFP exam prep course. Get more free tips: TheReviewCourse.com

Sources:
www.The105topics.org
 CFPC's Priority Topics & Key Features (2020).
 Not affiliated with the CFPC.

