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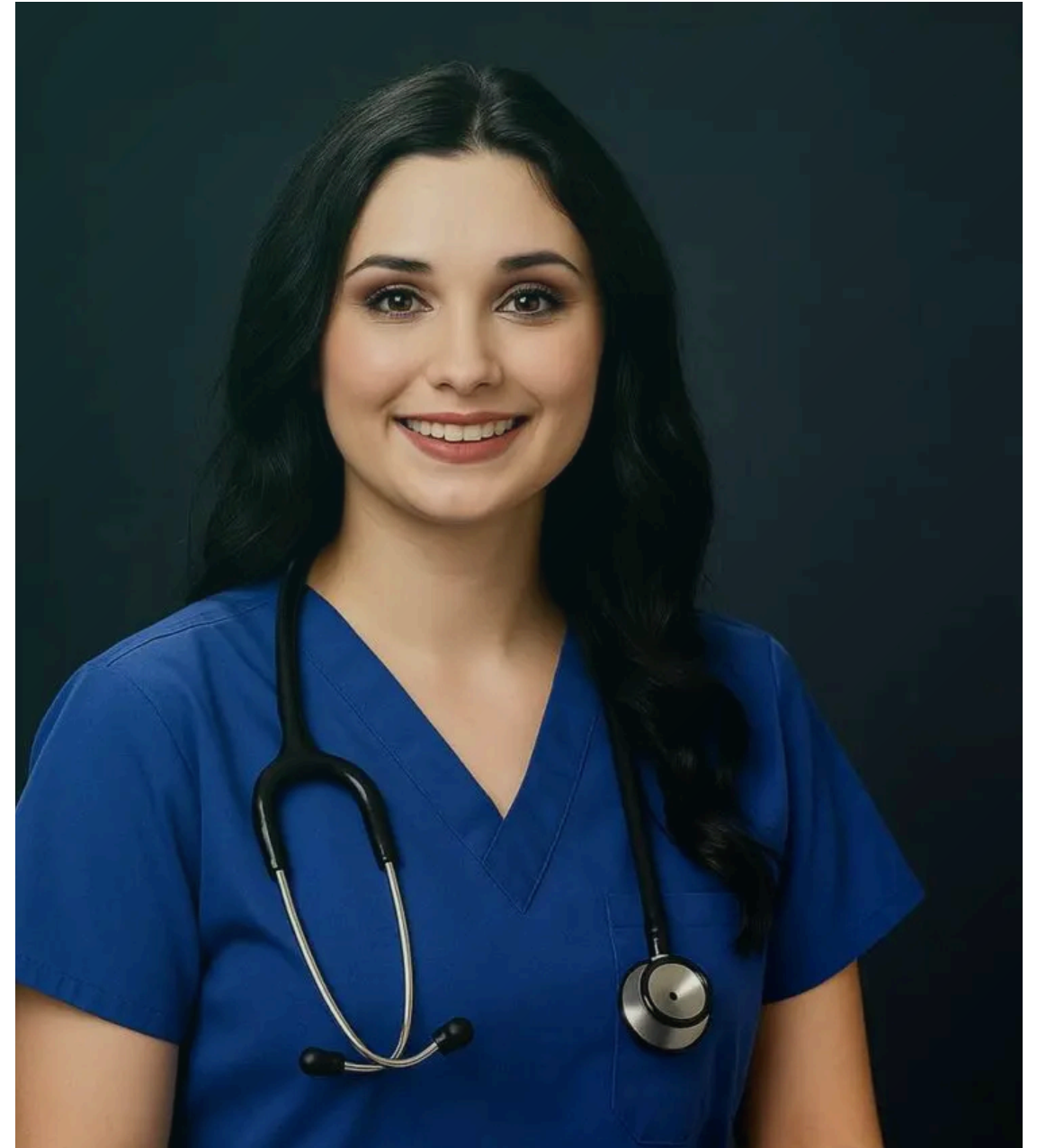
# The GPNavor Playbook

## The Complete Guide to Irish GP SJT & CPST

The modern, practical way to prepare for the Irish GP  
Entry Exam

By GPNavor

*"The Situational Judgement Test (SJT) and Clinical Problem  
Solving Test (CPST) are essential components of selection into  
GP training in Ireland."*



# Welcome to GPNavor

## The Irish GP Mindset

The modern, practical way to prepare for the Irish GP Entry Exam

At GPNavor, we don't just give you questions. We give you the Irish GP mindset.

Our goal is simple:

To help you prepare smarter, not harder — and pass with confidence.



**Irish Medical Culture**

Master local professional expectations



**Exam Technique**

Perfect ranking and multiple choice methods



**Professional Judgment**

Develop safe, ethical decision-making

# Exam Breakdown: Equal Weighting

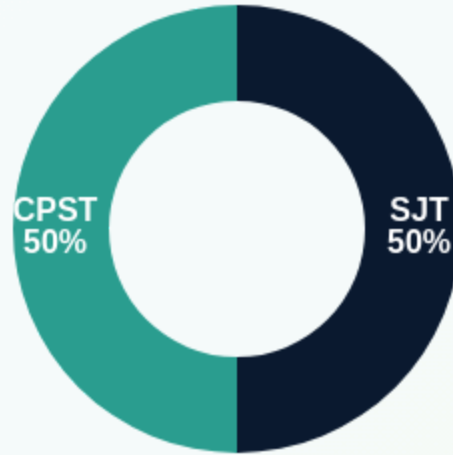
Understanding the 50-50 balance between SJT and CPST components



## SJT

Situational Judgement Test

- Professional behaviour assessment
- Ranking & multiple choice formats
- Ethics and decision-making
- Working as part of a team



## CPST

Clinical Problem Solving Test

- Clinical reasoning assessment
- GP-level knowledge testing
- Diagnosis and management
- Primary care scenarios

Both components carry equal weight in the selection process

Excellence in both areas is essential for GP training entry

# The 5 Core SJT Professional Attributes

Master the five pillars of professional judgment



## **Commitment to Professionalism**

Demonstrating dedication to professional standards and ethical practice



## **Effective Communication**

Showing ability to communicate clearly with patients and colleagues



## **Coping with Pressure**

Demonstrating calm decision-making abilities under stress



## **Patient Focus**

Prioritizing patient needs while maintaining professional boundaries



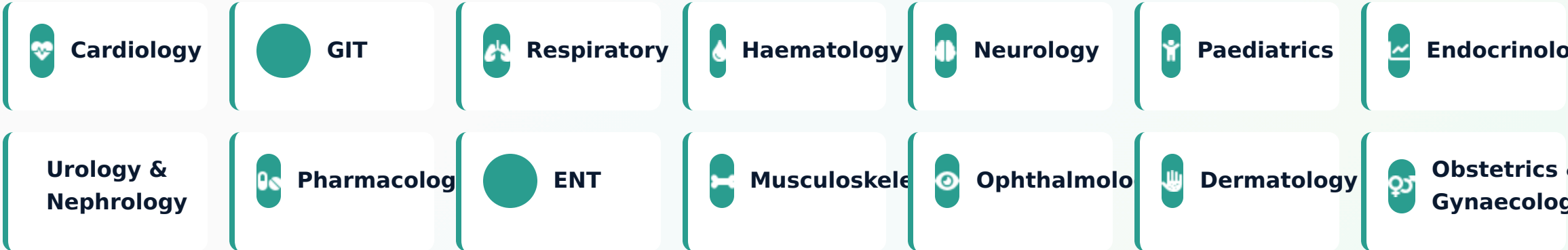
## **Working Effectively as Part of a Team**


Demonstrating ability to collaborate with colleagues and healthcare professionals

“ Is this doctor safe, ethical, calm, and professional? ”


# CPST Topic Heat Map


Navigate 14 core CPST topics with hover-to-reveal high-yield tips




**GPNavor Edge: Irish-Specific Content**

Our heat map includes Irish-specific scenarios:

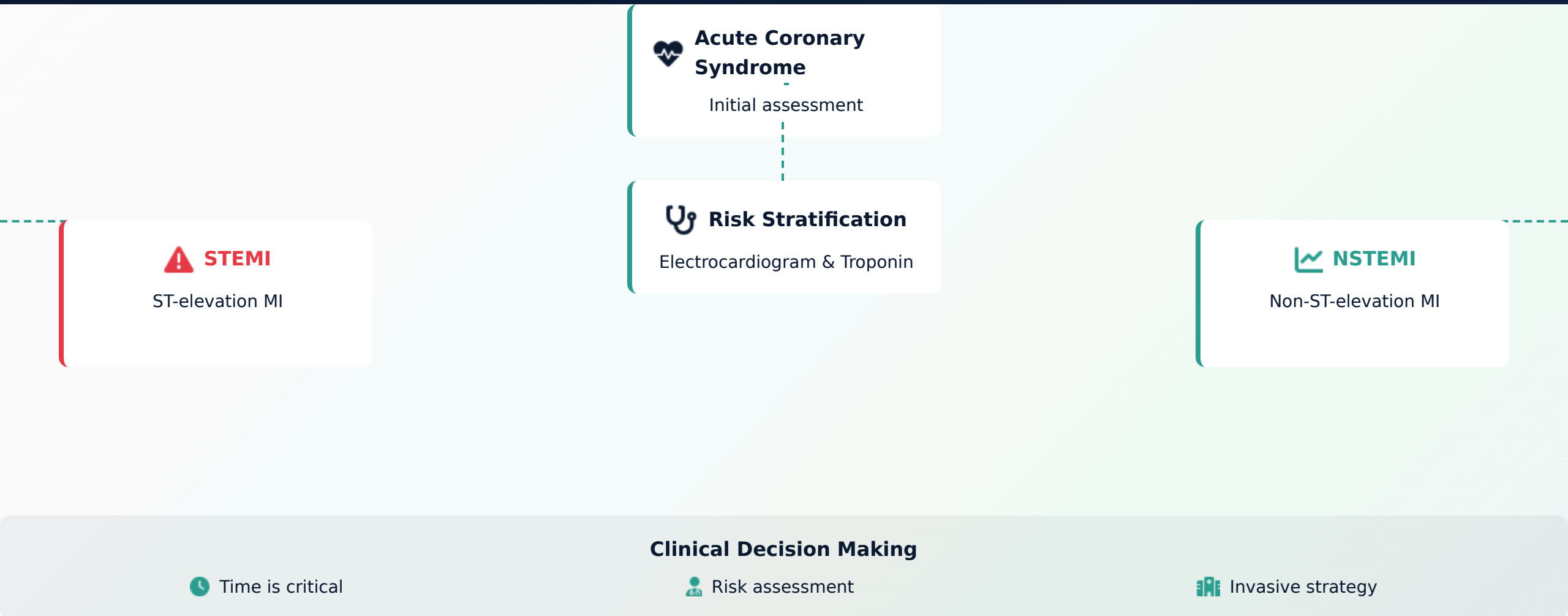
 Mental Health Act (Ireland)

 GMS protocols

 Community prescribing rules

# Clinical Decision Tree

## ACS Management (STEMI vs. NSTEMI)



# IMC Ethics Hierarchy

Hover over each pillar to reveal clinical dilemmas



## Patient Safety

First principle in all decisions



## Professional Boundaries

Maintaining appropriate relationships



## Honesty & Disclosure

Open communication with patients



## Justice & Fairness

Equitable resource allocation



## Colleagues




Collaborative professional relationships

# GPNavor Smart-Study Blueprint

## 1 Understand the Exam First

Understand format and weighting. SJT carries significant importance in Ireland.

## 2 Learn-Practise-Review Cycle

 Learn  Practise  Review

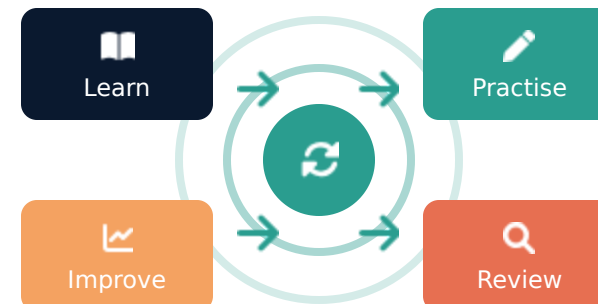
## 3 Data-Driven Focus

Target weak areas using heat map thinking. Avoid wasting time on strong areas.

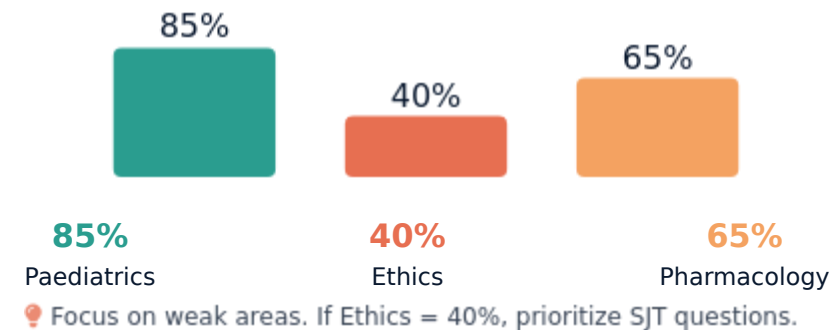
## 4 The Final Phase

Switch to Grand Mocks. Simulate real environment with timed sessions.

### The Learn-Practise-Review Cycle



### Heat Map Thinking





# The Top 5 Exam Traps

## How to Avoid Them



### Trap 1: Overthinking SJT

✖ Searching for hidden meanings

→ **Choose the safest option**

✔ Focus on professional judgment



### Trap 2: Hospital Thinking

✖ Ordering MRIs and referrals

→ **Think community GP**

✔ Practical, safe approach



### Trap 3: Ignoring the Human Element

✖ Solving without patient interaction

→ **Always communicate**

✔ Explain and reassure



### Trap 4: Memorising Answers

✖ Remembering patterns

→ **Understand logic**

✔ Logic over memorization



### Trap 5: New Question Bias

✖ 1,000 new questions

→ **Review your mistakes**

✔ Revisit wrong answers


# Integrated Notebook Showcase


Your Digital Study Hub


my-notes.gpnavor.com


**Irish GP Exam Reference**

Page 1 of 1

 **SJT Scenarios**  
Ranking questions & MCQs with Irish cultural context

 **CPST Topics**  
Cardiovascular, Respiratory, GIT & more

 **Ethics**  
IMC Hierarchy & Irish Medical Council scenarios

 **My Progress**  
Track heat map & weak areas in real-time

*\*Real-time annotations sync across all devices*

Build your personalized high-yield reference library with real-time annotations.



## Personalized Learning

Create custom references tailored to your exam needs



## Real-time Sync

Access your notes anywhere, anytime across devices



## Smart Study

Data-driven focus on your weak areas

# Why GPNavor?

## The Competitive Edge

Stop guessing. Start preparing with the platform built for the Irish ICGP Exam.



### Integrated Notebook

Build your own high-yield resource library



### Exam-Mirror UI

ICGP exam style practice for authentic preparation



### HSE TSS Compliant

Claim subscription back through HSE Training Support Scheme



### Free Trial

10-question trial to experience our platform risk-free



## Your Edge

Built for success

Ready to secure your GP training spot?

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