

clinical medicine for the mrcp paces volume 1 core clinical skills

Clinical Medicine For The Mrcp Paces Volume 1 Core Clinical Skills Clinical medicine for the MRCP PACES Volume 1 core clinical skills is an essential component for aspiring physicians preparing for the Membership of the Royal College of Physicians (MRCP) Part 2 Clinical Examination (PACES). Mastering core clinical skills in medicine not only enhances your confidence during the exam but also solidifies your foundational knowledge required for competent clinical practice. This comprehensive guide aims to provide an in-depth overview of the key aspects of clinical medicine for MRCP PACES Volume 1, focusing on core skills that are frequently assessed and indispensable for success. Understanding the Core Clinical Skills in MRCP PACES Volume 1 The MRCP PACES exam is designed to evaluate a candidate's ability to perform clinical examinations, demonstrate clinical reasoning, and communicate effectively with patients and colleagues. Volume 1 emphasizes core clinical skills across various specialties, with a strong focus on general medicine. Key Components of Core Clinical Skills History Taking Physical Examination Clinical Reasoning and Differential Diagnosis Communication Skills Documentation and Record-Keeping A thorough understanding and practice of these components are vital for performing well in PACES station assessments.

Effective History Taking in Clinical Medicine History taking is the cornerstone of clinical assessment. It allows the physician to gather vital information, formulate differential diagnoses, and plan investigations. Structured Approach to History Taking

- Introduction and Consent: Greet the patient, introduce yourself, and obtain consent to proceed.
- Presenting Complaint: Use open-ended questions initially, then focus with specific questions.
- History of Presenting Complaint: Explore onset, duration, severity, progression, and associated features.
- Past Medical History: Previous illnesses, surgeries, hospitalizations, and relevant treatments.
- Drug History: Current and past medications, allergies, adverse reactions.
- Systemic Review: Identify symptoms related to other organ systems.
- Social History: Smoking, alcohol, drug use, occupation, living conditions.
- Family History: Hereditary conditions or familial illnesses.

Effective communication, empathy, and active listening are fundamental during history taking to build rapport and gather comprehensive information. Performing a Thorough Physical Examination Physical examination complements history taking and provides objective data to support or refute differential diagnoses. General Principles of Examination Ensure patient comfort and privacy. Use a systematic approach to examine each body system. Maintain good communication, explaining each step. Observe, palpate, percuss, and auscultate as appropriate. Be vigilant for signs of distress or abnormal findings.

Core Physical Examination Techniques

- Vital Signs:** Blood pressure, pulse, respiratory rate, temperature, oxygen saturation.
- General Inspection:** Appearance, distress signs, nutritional status.
- Head and Neck:** Eyes, ears, nose, throat, lymph nodes.
- Chest and Respiratory System:** Inspection, palpation, percussion, auscultation for breath sounds, added sounds.
- Cardiovascular System:** Heart auscultation, pulse assessment, JVP, peripheral pulses.
- Abdomen:** Inspection, palpation, percussion, auscultation for bowel sounds and organomegaly.
- Extremities and Neurological:** Edema, clubbing, capillary refill, motor and sensory examination.

sensory exams. Practice ensures the ability to perform these steps efficiently under exam conditions.

3 Developing Clinical Reasoning and Differential Diagnosis Skills

Clinical reasoning is pivotal in interpreting findings from history and examination to arrive at accurate diagnoses.

Approach to Differential Diagnosis

Identify key features from history and examination. Consider common and serious conditions related to presenting features. Use pattern recognition to narrow down possibilities. Prioritize life-threatening conditions to exclude first. Plan appropriate investigations to confirm or exclude differentials. Practicing case-based scenarios enhances the ability to synthesize information rapidly and accurately.

Effective Communication and Patient Interaction

Communication skills are assessed throughout the PACES stations, emphasizing patient-centered care, empathy, and clarity.

Key Communication Strategies

Use clear, simple language suitable for the patient's level of understanding. Maintain eye contact and positive body language. Respond empathetically to patient concerns and emotions. Summarize information and check patient understanding. Provide explanations about investigations or management plans confidently. Role-playing and feedback sessions are excellent ways to improve communication skills.

Documentation and Record-Keeping

Accurate and concise documentation is crucial for continuity of care and assessment.

Best Practices for Clinical Documentation

Document findings systematically, including history, examination, and initial impressions. Be clear, legible, and avoid abbreviations that could be misunderstood. Record differential diagnoses and planned investigations or treatments. Ensure patient confidentiality at all times. In the exam setting, being able to record findings efficiently during or immediately after the station is beneficial.

Preparation Tips for Mastering Core Clinical Skills

Success in MRCP PACES Volume 1 depends on dedicated preparation and practice.

Strategies for Effective Preparation

- Practice Regularly:** Engage in simulated patient encounters and peer practice sessions. Use Standardized Checklists: Develop or utilize checklists to ensure comprehensive examinations.
- Review Core Clinical Skills Resources:** Use textbooks, online modules, and course materials focused on core clinical skills.
- Seek Feedback:** Obtain constructive feedback from supervisors and peers.
- Focus on Communication:** Work on empathy, clarity, and professionalism in patient interactions.

Consistent practice and reflection are key to mastering these skills.

Resources for Learning and Practice

Numerous resources are available to enhance your understanding and skills in clinical medicine for MRCP PACES.

Recommended Resources

MRCP PACES Core Skills Courses and Workshops
Standard Clinical Examination Textbooks
Online Video Tutorials and Demonstrations
Practice with Simulated Patients or Peer Groups
Guidelines from Royal College of Physicians

Engaging with diverse resources ensures a well-rounded preparation.

Conclusion

Mastering clinical medicine for the MRCP PACES Volume 1 core clinical skills is fundamental to achieving exam success and becoming a competent clinician. Focus on developing strong history-taking abilities, performing thorough physical examinations, honing clinical reasoning, and communicating effectively with patients. Regular practice, feedback, and utilization of available resources are essential strategies to excel in these core areas. By integrating these skills into your routine, you will build the confidence and competence necessary for both the exam and your future medical career. Remember: excellence in clinical skills is an ongoing journey—commit to continuous learning, practice, and reflection to achieve your goals in MRCP PACES and beyond.

Question Answer

What are the key components of the core clinical skills assessed in the MRCP PACES exam? The core clinical skills assessed include communication skills, history taking, physical examination, data interpretation, clinical reasoning, and the ability to communicate findings effectively to

patients and colleagues. How should candidates prepare for the history-taking station in MRCP PACES? Candidates should practice structured history-taking techniques, develop good rapport with patients, ask relevant open and closed questions, and demonstrate empathy and professionalism throughout the interaction. What are common pitfalls to avoid during the clinical examination stations in PACES? Common pitfalls include neglecting to wash hands, missing key examination steps, failing to explain procedures to the patient, overlooking abnormal findings, and not communicating findings clearly to examiners. How important is clinical reasoning when performing the physical examination in PACES? Clinical reasoning is essential; it guides the examiner on which examinations to prioritize based on the patient's history and presenting complaints, helping to identify relevant signs and formulate differential diagnoses efficiently. What are effective strategies for managing time during the PACES stations? Effective strategies include familiarizing yourself with station timings, practicing timed mock assessments, prioritizing key examination steps, and maintaining a steady pace while ensuring thoroughness and effective communication. How can candidates improve their communication skills for the PACES exam? Candidates can improve by practicing patient-centered communication, actively listening, using clear and simple language, demonstrating empathy, and seeking feedback from mentors or peers to refine their interpersonal skills.

Clinical Medicine for the MRCP PACES Volume 1 Core Clinical Skills: A Comprehensive Review

In the competitive landscape of postgraduate medical examinations, the MRCP PACES (Membership of the Royal Colleges of Physicians Practical Assessment of Clinical Examination Skills) stands as a pivotal milestone for aspiring physicians. Among its core components, Volume 1: Core Clinical Skills serves as the foundational bedrock upon which candidates build their clinical competence, confidence, and ultimately, their success. This review delves deeply into the content, structure, and utility of this essential resource, evaluating its strengths and areas for improvement from an expert perspective.

--- Clinical Medicine For The Mrcp Paces Volume 1 Core Clinical Skills

6 Understanding the Purpose and Scope of Volume 1

Volume 1: Core Clinical Skills is designed as a comprehensive guide to the essential clinical abilities required for the PACES examination. Unlike other preparatory materials that focus heavily on theoretical knowledge or specialty-specific details, this volume emphasizes practical skills applicable across a broad spectrum of clinical scenarios.

Key Objectives of the Volume:

- To develop proficiency in history taking, physical examination, and communication skills.
- To standardize approaches to common clinical presentations.
- To enhance assessment skills, including recognizing signs, interpreting findings, and formulating differential diagnoses.
- To foster confidence in managing patients safely and effectively.

Scope of Content: The volume covers the core skills needed to handle a variety of clinical encounters, including:

- **History Taking:** Techniques for eliciting comprehensive and relevant patient histories.
- **Physical Examination:** Systematic approaches to examine different organ systems.
- **Communication Skills:** Strategies for delivering bad news, involving patients in decision-making, and managing difficult conversations.
- **Clinical Reasoning:** Developing differential diagnoses based on findings.
- **Practical Skills:** Including basic procedures and bedside investigations.

--- Structure and Layout: Navigating the Material Effectively

The resource is meticulously organized to facilitate progressive learning and skill acquisition. Its layout typically comprises:

1. **Introduction and Foundations** This section lays out the principles of good clinical practice, emphasizing professionalism, ethics, and patient-centered care.
2. **Detailed Skill Sections** Each core skill is broken down into logical subsections:
 - **History Taking:** Approach, common questions, red flags.
 - **Physical Examination:** Step-by-step guides, examination pearls, and

pitfalls. - Communication: Frameworks such as SPIKES for breaking bad news, and techniques for informed consent. - Procedural Skills: Indications, contraindications, and technique. 3. Case-Based Scenarios Realistic clinical scenarios simulate the PACES station environment, allowing readers to apply learned skills in context. 4. Checklists and Summaries Concise checklists reinforce key points and serve as quick revision aids. 5. Self-Assessment and Practice Questions To gauge understanding and readiness, the volume includes questions aligned with PACES stations. This structured approach allows learners to build competence incrementally, from foundational principles to complex clinical reasoning. --- Core Clinical Skills Detailed Analysis

1. History Taking The importance of effective history taking cannot be overstated; it forms the cornerstone of clinical assessment. Volume 1 emphasizes a patient-centered approach, advocating for open-ended questions, active listening, and empathy. Key features include:
 - Systematic Approach: Organizing questions around presenting Clinical Medicine For The Mrcp Paces Volume 1 Core Clinical Skills 7 complaints, associated symptoms, past medical history, medication, social history, and family history.
 - Red Flags Identification: Recognizing signs that warrant urgent investigation or intervention.
 - Communication Techniques: Using plain language, avoiding medical jargon, and ensuring patient understanding.
 - Practical Tips:
 - Maintain a logical flow.
 - Use open-ended questions initially.
 - Summarize and clarify to ensure accuracy.
2. Physical Examination A systematic, reproducible examination technique is central to accurate diagnosis. Volume 1 advocates for:
 - Preparation: Ensuring privacy, comfort, and proper positioning.
 - Sequence: Following a logical order—e.g., inspecting, palpating, percussion, auscultation.
 - Technique: Correct use of stethoscopes, palpation pressure, and percussion strikes.
 Organ System Examinations Covered:
 - Respiratory (lung auscultation, inspection)
 - Cardiovascular (JVP, heart sounds)
 - Abdominal (palpation, percussion)
 - Neurological (cranial nerves, motor and sensory exams)
 - Musculoskeletal and others as relevant
 Examination Pearls:
 - Look for symmetry.
 - Note abnormal signs like clubbing, cyanosis, or edema.
 - Document findings clearly.
3. Communication Skills The volume recognizes that clinical skills extend beyond physical findings—effective communication influences patient outcomes and satisfaction. Key Strategies:
 - Establish rapport early.
 - Use the BATHE technique for emotional issues.
 - Deliver bad news with empathy, following frameworks like SPIKES.
 - Involve patients in decision-making, explaining options clearly.
4. Clinical Reasoning and Differential Diagnosis Linking findings to possible diagnoses is a critical skill. Volume 1 encourages:
 - Recognizing patterns.
 - Prioritizing urgent conditions.
 - Considering common and serious differentials.
5. Practical Skills and Procedures Basic bedside procedures include:
 - Blood pressure measurement.
 - Venepuncture.
 - Urinalysis.
 - Basic airway management.
 Guidelines highlight safety, asepsis, and patient comfort. --- Utility and Effectiveness of Volume 1 Strengths:
 - Comprehensive Coverage: The volume covers all fundamental clinical skills necessary for PACES, making it an invaluable resource for both beginners and those seeking revision.
 - Clear, Concise Language: Complex techniques are broken down into manageable steps, facilitating learning.
 - Visual Aids: Diagrams, photographs, and checklists enhance understanding.
 - Scenario-Based Approach: Realistic cases help translate theory into practice and prepare candidates for exam scenarios.
 - Self- Assessment Tools: Practice questions and checklists help identify areas for improvement.
 Limitations:
 - Lack of Interactive Content: As a predominantly print-based resource, it lacks multimedia components that could enrich learning.
 - Variable Depth: Some advanced or less common skills are less emphasized, reflecting its focus on core skills.
 - Potential for Overreliance: Candidates might focus solely on the volume without engaging in

hands-on practice, which is essential. --- Clinical Medicine For The Mrcp Paces Volume 1 Core Clinical Skills 8 Integration with Practical Training and Other Resources While Volume 1 offers an excellent theoretical foundation, success in PACES demands practical application. Combining it with: - Simulation and OSCE practice sessions for real-time skill development. - Video tutorials for visual demonstration of examination techniques. - Peer and mentor feedback to refine skills. - Other revision materials focusing on clinical reasoning and specialty-specific knowledge. This integrated approach ensures well-rounded preparation. --- Conclusion: Is Volume 1 the Right Choice for MRCP PACES Preparation? In summary, Clinical Medicine for the MRCP PACES Volume 1 Core Clinical Skills is an essential, well-structured resource that offers a solid foundation in core clinical skills. Its comprehensive coverage, clarity, and scenario-based approach make it highly suitable for candidates aiming to master the fundamental aspects of patient assessment and communication. While it is most effective when complemented with hands-on practice and multimedia resources, its role as a core textbook cannot be overstated. For aspiring physicians preparing for PACES, investing time with this volume can significantly enhance confidence, competence, and ultimately, examination success. Final verdict: An indispensable component of the MRCP PACES toolkit, Volume 1 stands out as an authoritative, user-friendly guide that bridges the gap between theory and clinical practice, ensuring candidates are well-equipped to face the examination and, more importantly, to become competent clinician-scientists. clinical medicine, MRCP Paces, core clinical skills, medical assessment, clinical examination, diagnostic skills, patient management, medical training, clinical practice, exam preparation

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this is a book for candidates preparing for the mrcp paces examination designed to aid in the

consolidation of clinical knowledge and skills and its application in the exam setting

the mrcp paces is a challenging examination as it requires both in depth knowledge and the ability to present the selected case concisely and coherently this essential revision aid is designed to help candidates achieve both aims whilst simultaneously being compact enough for ward use and comprehensive enough for self study the book incorporates the new station 5 brief clinical encounters clinical information on the increasingly widespread use of biological therapies a bank of clinical pictures details of the latest investigations and management options and questions reflecting both the standard and detail required for the exam and the new mrcp paces marking structure each chapter has been reviewed by consultants within the specialty many of whom are royal college examiners the cases which mirror those most frequently encountered in the examination are all set out in a standardised format and include hints and tips as well as a summary of consolidated key learning points each case contains a section on presentation which will aid the candidate in perfecting this skill although most appropriate for mrcp paces examination candidates the book's clear structure and balance of detail and clarity make it useful reading for medical students and trainee physicians it will also be an excellent resource for clinicians involved in teaching students and doctors the style is succinct not minimalist but sufficient the presentation is fresh and logical the authors have done an outstanding job in introducing the setting for the paces examination and the expectations of the examiners from the foreword by bryan williams

this new edition of an aid to the mrcp paces volume 1 stations 1 and 3 has been fully revised and updated and reflects feedback from paces candidates as to which cases frequently appear in each station the hundreds of cases have been written in accordance with the latest examining and marking schemes used for the exam and together with exam hints tips routines and clinical checklists provide an invaluable training and revision aid for all mrcp paces candidates

the mrcp paces examination is a rigorous assessment of the ability to diagnose and treat a wide variety of conditions candidates must have the capacity to recall knowledge immediately identifying possibilities narrowing their findings and making a correct analysis this book offers an innovative approach to revision for candidates it clearly presents a wide variety of conditions in pictorial format prompting recall with both visual and verbal mnemonics each colour page offers a different condition and outlines only the details essential to diagnosis and treatment a concise refreshing approach to tackling the vast number of topics required

mrcp paces is widely regarded as the most challenging hurdle to obtaining membership to the royal college of physicians passing the exam requires more than knowledge alone and many incredibly talented doctors fail every year due to various factors the most common failure point is scoring poorly on the physical signs strand of the exam this book is designed to be a complete yet concise guide to the mrcp paces examination and will guide you through the stations in a systematic way to help you score top marks in the exam this book does not replace examining patients to elicit signs and omitting this step in your preparation is a sure way to fail this book will also be useful for medical students doing their osce's who are keen to get an edge over their peers though the level of detail will be greater than required this book will cover the key aspects of the exam including 1 the exam format 2 examination routines 3 common and important cases represented in the paces exam 4 key physical findings 5

presentation techniques for the different stations 6 useful skills to narrow the differential diagnosis from the end of the bed it is the book we wish we had when we sat the mrcp paces exam

reflecting the latest exam developments and covering the entire syllabus this book focuses on providing complete revision coverage for the paces exam it is divided into five easy to use chapters each representing a station from the exam and integrates both the clinical and non clinical aspects of the exam it presents a wide range of commo

this title is written for mrcp candidates preparing for paces exam in uk and rest of world clinical examinations in the osce style of marked stations are daunting for all students whether undergraduates or mrcp candidates the recent introduction of the 5 station paces progressive assessment of clinical examination skills exam inspired a great deal of apprehension so the appearance of the first edition of hall s paces for mrcp was greatly welcomed by candidates and became an immediate success this new edition builds on the book s reputation it provides in one colourful and attractive volume complete coverage of all the most common medical cases that will be covered in paces and similar exams a one volume text giving candidates complete preparation for the paces exam within one portable volume 250 cases organised into the 5 stations of the paces exam respiratory and abdominal system history taking cardiovascular and nervous system communication and ethics and skin locomotion eyes and endocrine systems engaging question and answer approach at the end of each case excellent preparation for the exam boxed tips highlight vital information helps identify what is most important to remember produced in full colour throughout colour coding for each station many more illustrations added now over 300 clinical photographs and line drawings in colour many more cases added bringing the number up to 250 50 per station history taking and communication skills stations now revised so that they exactly mimic the requirements of the exam

the mrcp examination is constantly changing reflecting the changing pressures on doctors in training whilst the mrcp paces examination has evolved with the times the core ethos of it to act as a benchmark for sound clinical examination logical diagnostic ability common sense and most importantly the development of compassionate and ethical physicians has remained unchanged whilst this exam has often struck fear into the hearts of junior doctors we believe it is an assessment of progression during a physician s training that should be relished as an opportunity to demonstrate these ageless qualities that caring practitioners should possess this book was born out of the philosophy that all doctors sitting their mrcp paces already have the knowledge and skill to pass the exam but just require guidance in the correct logical approach that the royal college is looking for the book has therefore quite unlike other mrcp paces books avoided any attempts at being a definitive text rather it has focused on the key aspects that the authors believe are required to pass the examination in particular focus on presentation style whilst medicine is indeed an ocean the most commonly examined topics have been selected to reflect the likely scenarios a candidate will face as the old adage goes common things occur commonly in producing this book extensive feedback was sought from candidates revising for the examination to reflect their needs the layout therefore involves a methodical approach with a short introduction similar to that presented in the exam followed by clinical findings expected to be found an example of presentation style has then been produced to allow the candidate to rehearse and practice this essential

component of the exam doctors preparing for the exam have limited time due to busy work schedules therefore summary books are key for candidates sitting the mrcp paces examination most paces candidates fail the exam based on history and communication stations therefore attention has been paid to

the forerunner to this book ryder mir freeman s an aid to the mrcp short cases rapidly established itself as a classic and has sold over 30 000 copies the new progressive assessment of clinical examination skills paces has replaced the old short case exam and as a result the authors have revised reworked and extended their highly successful text so that it continues to address the study needs of candidates this new revision aid is now presented in two volumes an aid to the mrcp paces volume 1 stations 1 3 and 5 an aid to the mrcp paces volume 2 stations 2 and 4 this volume covers station 1 respiratory and abdominal systems station 3 cardiovascular and neurological systems and station 5 skin locomotor eyes and the endocrine system the 200 cases have been written in accordance with the new examining and marking schemes used for the exam they provide an invaluable training and revision aid for all candidates

a book of over 150 cases which mimic the style and approach of the mrcp paces exam the book will equip the candidate attempting to pass the mrcp examination and will also provide an overview of evidence based medicine for competency based training

about this book this concise book is aimed to assist candidates for the royal college of physicians mrcp paces exam the exam consists of 5 stations each of which is scored on 7 different skills this book also caters to medical students and junior doctors who wish to learn the art of correct clinical examination this book takes the reader through all of the clinical stations in order detailing the required clinical examination for each station and describing appropriate communication skills there is a plethora of publications to help candidates prepare for written higher examinations in medicine but few that deal with modern clinical examinations this book meets that need and fills the gap in current provision for aspiring physicians working towards their formal qualifications stephen allen bsc md frcp mba consultant physician and visiting professor the royal bournemouth hospital uk about the author dr deepa iyer is a physician who is passionate about medicine and enjoys teaching the correct clinical examination skills to medical students and junior doctors who are keen to learn having successfully passed the mrcp paces exam herself she was unable to find a clinical examination book helping doctors through this new examination format drawing upon her own experiences dr deepa iyer has produced this small but essential book to guide the candidate through the exam

this new book is a highly structured case based text to help candidates pass the new mrcp paces practical assessment of clinical examination skills examination its contents correspond to the five clinical stations of the exam and the systems that each contains each system is covered in a structured way providing an examination scheme followed by a series of detailed case based clinical scenarios the book also covers the communication and history taking skills and ethics stations which are new to this exam designed to thoroughly prepare candidates for the practical assessment of clinical examination skills paces written as a systematic text which exactly complements the format of the exam station 1 respiratory system abdominal system station 2 history taking skills station 3 cardiovascular system nervous system station 4

communication skills and ethics station 5 skin locomotor system eyes endocrine uses a practical user friendly case based format each system in stations 1 3 and 5 starts with a detailed examination scheme followed by a unique recognition interpretation discussion format for each case this has been carefully designed to make preparing for paces efficient and maximise marks on the day of the exam stations 2 and 4 both start with introductions to the history taking and communication skills tested in the exam cases then follow each comprising boxed history taking or communication skills ethics points relating to the case followed by questions and answers the book is an up to date detailed medical text for paces candidates striking the balance between the need to be concise and the needs to carefully explain concepts which candidates find difficult suitable as a ward adjunct in the months and weeks prior to paces and may also be used for quick reference close to the exam recognises the needs of busy doctors preparing for the exam suitable for medical students approaching final mb suitable also for plab candidates fracp etc

this new edition of an aid to the mrcp paces volume 2 stations 2 and 4 has been fully revised and updated and reflects feedback from paces candidates as to which cases frequently appear in each station the cases and scenarios have been written in accordance with the latest examining and marking schemes used for the exam providing an invaluable training and revision aid for all mrcp paces candidates

a book of 75 cases which mimic the style and approach of the mrcp paces exam the book will equip the candidate attempting the mrcp paces examination but will also provide an overview of evidence based medicine for competency based training

neurology has a reputation as a difficult area in the mrcp examinations with the clinical neurology stations paces and traditional short cases being especially feared by candidates this book aims to demystify the subject and help candidates avoid becoming bogged down in unnecessary detail and to clarify their thoughts and expression the book is divided into three major sections covering areas of the body each organised according to the possible instructions that candidates are likely to encounter in the exam they include summaries of essential examination steps to be undertaken possibl

mrcp paces the answers revealed including 80 clinical cases organised by 8 fundamental systems approaches mrcp paces the answers revealed includes all the vital information a successful mrcp candidate needs to know helpful for an initial outline and as a revision guide for the exam a physician passionate about medicine dr deepa iyer enjoys teaching clinical examination skills to eager medical students and junior doctors after her first book clinical examination skills for the mrcp paces exam dr deepa iyer is back to present a second book continuing to assist those in successfully studying for the mrcp exams

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