

Rock Your Long Case Program 2026

The Transformation Begins

This one-of-a-kind program is front-loaded with a powerful toolbox, then progressively shifts toward practice, performance, and true physician-level perspective.

Week 1

March 9th - 15th



Welcome & How to Use this Course

The GOAL of the Long Case = Secret Sauce

History Taking Framework for ANY Medical Problem

The Magic Moment: How to Use the First 5 Minutes to Set Up Your Long Case

Packaging Problems in Your Long Case

Let's Organise Your Manila File

Make a start on the Renal & Dialysis Long Case Module



Week 2

March 16th – 22nd



The Presenting Complaint

The Social History & Beyond

Adherence & Insight Sorted

Quick Check & Miscellaneous

Examining Your Long Case Patient

The Flashcard System: How to Practice Long Cases Anywhere (with our Brand New App!)

Complete the Renal & Dialysis Long Case Module

Week 3

March 23rd – 29th



<i>Opening & Closing Statements: Framing Your Long Case with Confidence</i>	<input type="checkbox"/>
<i>Creating Your Issues List: How Physicians Decide What Matters</i>	<input type="checkbox"/>
<i>The Issues List in Action: A Practice Case</i>	<input type="checkbox"/>
<i>Controlling the Clock in Your Long Case Presentation: The 7-Minute Rule & 'Ask, Don't Tell'</i>	<input type="checkbox"/>
<i>Knowledge Is Confidence: The Renal Transplant Module</i>	<input type="checkbox"/>

Week 4

March 30th – April 5th



<i>Answering Questions: Mindset</i>	<input type="checkbox"/>
<i>Answering Questions: General Principles</i>	<input type="checkbox"/>
<i>Answering Questions: Framework 1 (Medical Conditions)</i>	<input type="checkbox"/>
<i>Answering Questions: Framework 2 (Behaviour Change)</i>	<input type="checkbox"/>
<i>Answering Questions: Framework 3 (Adherence & Insight)</i>	<input type="checkbox"/>
<i>Balancing Competing Risks: How to Excel at Risk-Benefit Discussions In Your Long Case</i>	<input type="checkbox"/>
<i>Complete the Renal Transplant Module</i>	<input type="checkbox"/>

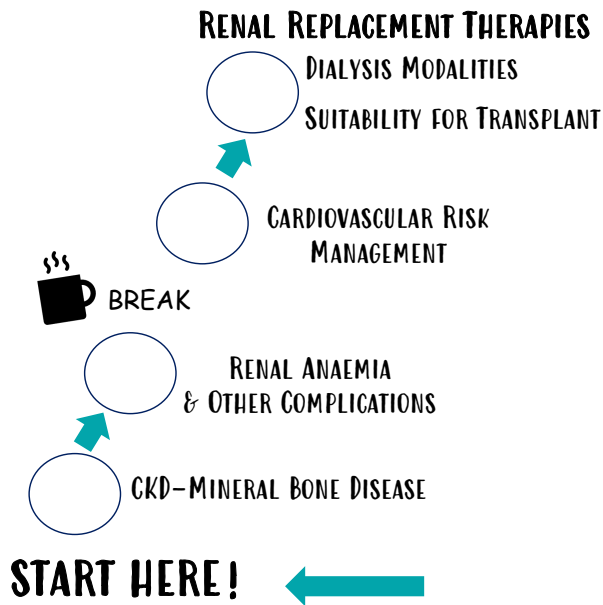
By the end of week 4 aim to have completed the Renal/Dialysis & Renal Transplant Modules.

Use the Emoji Trails (overleaf) to tick off topics as you go!

You'll be putting this know how into practice on Sunday 12th April

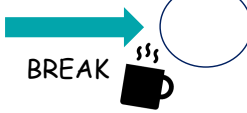
The Emoji Trails...

Workshop 1



Week 5

PRACTICE!



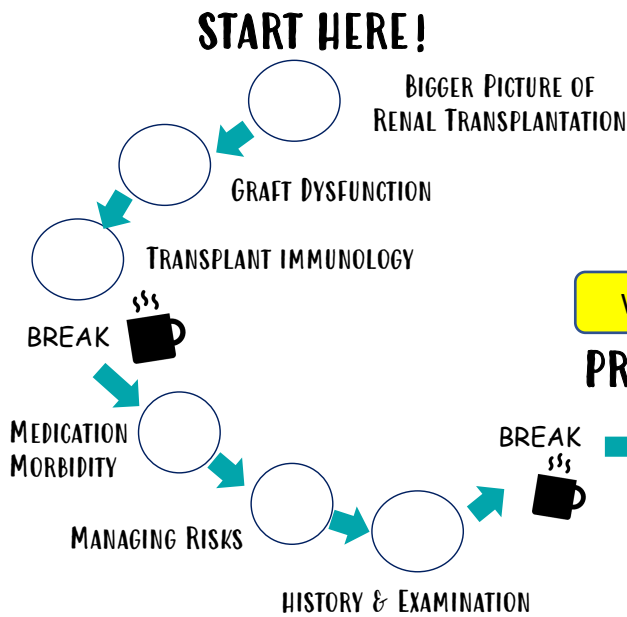
LONG CASE CONFIDENCE!



The EMOJI trail.....Keep track of your journey by drawing a smiley face as you complete each section



Workshop 2



Week 5

PRACTICE!



LONG CASE CONFIDENCE!



The EMOJI trail.....Keep track of your journey by drawing a smiley face as you complete each section



Practice makes Profesh!

Week 5

April 6th – 12th



Long Case Lessons (On Demand)

Diabetes Introduction & Read Handout

Diabetes Audio Lesson & Walk!

Managing Diabetes in CKD (Revision from Renal Module)

Driving & Diabetes

Diabetes History Ninja (Mission)

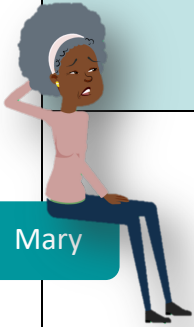
LIVE Practice Session Sunday 12th April

10:00 – 13:00 (Melbourne Time)

Practice Case 1: Mary

Practice Case 2: Navid

Renal & Transplant Q&A



Mary



Navid

Week 6

April 13th – 19th



Long Case Lessons (On Demand)

Heart Transplant Audio Lesson & Walk!

Heart Failure Audio Lesson & Walk!

Lung Transplant Audio Lesson & Walk!

LIVE Practice Session Sunday 19th April

10:00 – 13:00 (Melbourne Time)

Practice Case 3: George

Bone Marrow Tx Workshop



George

Rest Week

April 20th – 26th

This week is all about taking a pause to rest & catch your breath, catch up on any content you missed, or even get ahead on -the-go with this cheeky HIV long case walking lesson

Long Case Lessons (On-Demand)

HIV Long Case (Walking Lesson)

Catch Up on Content

Enjoy Some YOU Time



Week 7

April 27th – May 3rd



Long Case Lessons (On Demand)

Scleroderma & Lupus with Prof Michelle Leech (&Walk)

Practice Case 4: Fatima

Assessing & Discussion Disease Activity

Assessing & Discussion Function

Osteoporosis for the Long Case

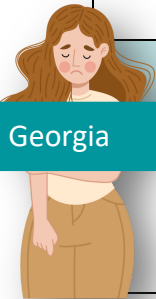
Falls for the Long Case

LIVE Practice Session Sunday 3rd May

10:00 – 13:00 (Melbourne Time)

Practice Case 5: Georgia

Rheum Case Unpacked



Georgia



Fatima

Week 8

May 4th – May 10th



Long Case Lessons (On Demand)

Practice Case 6: Kevin

Obesity & Peri-op Risk Audio Lesson & Walk!

Chronic Pain Audio Lesson & Walk!

Depression Audio Lesson & Walk!

Bleeding versus Clotting

Adherence & Behaviour Change (Week 4 Revision)

Improving Medication Adherence – Some Quick Ideas!

LIVE Practice Session Sunday 10th May

10:00 – 12:00 (Melbourne Time)

Practice Case 7: Frank

Finale Pep Talk & BONUS Surprise



Frank



Kevin

Well Done – Mission Complete!

Once you have completed the program from start to finish you will be equipped with a long case TOOLBOX which you can confidently apply to ANY long case

Now it's time to consolidate and practice with those hot longs, as well as polishing up those short cases of course!

AND

we also have some EXTRA GOODIES in store...

The After Party!!

As per course tradition - we have some NEW BONUS surprises planned for 2026!
We will be delivering these AFTER the program completes to avoid distracting or overwhelming you with too much content.

We are keeping the details of these extra sessions close to our chest for now...ooo mysterious...but they are set to be the icing on your exam prep cake!

And we can cannot wait to share - Eeee!

AND

The Amplify Module - NEW

We've taken everything we've learned about what makes long case practice truly transformative — and built a dedicated Amplify Module inside RYLC.

It's designed to replicate what a private long case or group class with us would feel like — and now it's built directly into your program.

This means that you'll be able to extract optimal feedback from every long case you present at your hospital, diagnose any long case problems...and know how to fix them.

We are currently cooking this module to perfection and we'll let you know when you can get your hands on it during the program

