MSSBU OSCE PRACTICE CASE 4_04_01

Station Vignette

You are a 4th year student on GP rotation

The GP has asked you to take a brief history from Amanda, a 17-year-old female who has come into the practice. Her parents are also patients of yours and have urged their daughter to come in to speak to you.

TASK

You have a total of **7 minutes** to take a history.

This includes:
- History of presenting complaint
- Constitutional history
- Past medical history
- Medications history
- Social history
- Family history
- Focussed systems review

At the end of the allotted time, you will have **1 minute** to answer the examiner's questions.

You do **NOT** need to complete a physical examination.

PATIENT INFORMATION

Patient details	Amanda Smith 17yo
Presenting complaint	Fatigue, trouble concentrating at school
Hx of presenting complaint	5-month history of slowly decreasing food intake to lose weight. - Food intake: - Past: 3 meals a day balanced diet - Current: (Do not reveal quantity of each meal unless asked) - Do NOT give away the quantity (in brackets) until asked by student - Breakfast: Half a banana - Lunch: skips lunch - Dinner: cooked chicken breast, handful lettuce - No snacks - Does not feel full afterwards but believes it is necessary to lose weight - Weight: - lost 13kg over past 3 months (Past: 58kg; Current: 45kg) - Has never been above 60kg in your life - Height: 170cm Reason: Had always been very active up until year 10, did lots of running and cross country etc. After a knee injury was not able to continue these activities and has slowly been gaining weight over the past 2 years. Has been slowly cutting down on calorie intake … now it's consuming all thoughts and becoming obsessive.
Associated sx	- Nil vomiting, although feels nauseous during the day - Occasional laxative use – one every fortnight - Nil binging - Nil purging - Physical signs: - Noticed more hair falling out recently, especially during showers - Feels very faint at school, unable to concentrate - Periods have stopped - You are NOT worried about any of this, do not give up above information unless explicitly asked and speak indifferently - Nil suicide ideation, nil self harm - Minimal exercise – does floor youtube at home workouts whenever you have time
Social hx	- Nil smoking, nil alcohol, nil drug use - Not sexually active
Body image disturbance	Body dysmorphia: you think you appear 'fat', very poor perception of normal weight
Psychiatric hx	You enjoy going to school

	• You have a good relationship with your parents and younger siblings – but are getting annoyed by their concerns with your eating as you don't understand what the fuss is all about • Your parents are concerned about the periods stopping and school being affected
Past medical hx	• Nil medical conditions • Nil regular medications • Nill previous eating disorders/psychiatric conditions
Family hx	• Nil significant family hx

EXAMINER QUESTIONS

1. Please provide a **provisional diagnosis**.

2. What are **two (2)** criteria for admission for anorexia nervosa.

MARKING CRITERIA – CASE 4_04_01

Item	Criteria	Mark
Introduction	☐ Hand hygiene ☐ Appropriate introduction ☐ Explains personal role and gains consent	/2
History of presenting complaint	☐ Leads with open question ☐ Follows with another open question History of PC: ☐ Timeline, duration, onset ☐ Precipitating ☐ Severity ☐ Previous, current weight and height	/6
Eating	☐ Pattern of eating ☐ Quantity ☐ Frequency ☐ Diet ☐ Reasons for avoiding food	/5
Associated sx	☐ Binging, purging, laxative use, exercise	/4
Physical sx	☐ Weakness, fatigue, hair loss/thin hair, cold, menstrual changes, palpitations	/6
Systems review	☐ Relevant systems appropriate: Haeme: anaemia, lymphoma Endocrine: thyroid	/3
Risk assessment	☐ Self-harm, suicide ideation, support systems, anxiety, low mood, anhedonia, stressors, insight	/6
Other histories	☐ Past medical hx ☐ Previous eating disorders ☐ Previous psychiatric hx ☐ Allergies ☐ Family hx	/5
Social history	☐ Smoking hx ☐ Alcohol hx ☐ Recreational drugs ☐ Home environment	/4
Questions	Provisional diagnosis: ☐ Anorexia nervosa, body dysmorphic disorder Admission criteria: ☐ HR <50bpm ☐ Systolic BP <90 mmHg ☐ Arrythmia ☐ Temperature <35 ☐ Orthostatic hypotension ☐ Syncope (other options may be correct e.g. hypokalaemia)	/3
Communication skills	☐ Appropriate questioning style ☐ Actively listens to patient ☐ Systematic approach to history taking ☐ Appropriate conclusion and summary	/4
Global score	Overall impression of candidate based on warmth, clarity and competence: 1 = fail 2 = borderline	/5

	3 = pass/expected 4 = good 5 = excellent	
Total		/53