



MSSBU OSCE PRACTICE

CASE 4_04_04

Station Vignette

You are a 4th year student on GP rotation

The GP has asked you to take a brief history from Jess, a 35-year-old female, who has come into the practice as a new patient.

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 INSTRUCTIONS

Patient details	Jess, 35yo, real estate agent
Situation	<ul style="list-style-type: none">• You have recently moved interstate with your husband and two children.• You are looking for a new GP for the family and wanted to see if this would be a good fit.• You also wanted to get scripts for your regular medications as you are running low• You are 'always fit and well'• You had always put off seeing someone for feeling this way but finally discussed this with your previous GP who was the one who prescribed the lorazepam.
Concern	<ul style="list-style-type: none">• Emphasise wanting to get your regular medication scripts – not forcefully, just to guide the student in the right direction.
Anxiety hx	<ul style="list-style-type: none">• I have butterflies in my stomach a lot of the time. Sometimes it gets difficult to breathe. During the worst episodes, I feel numbness and chest discomfort, and it almost feels like an out of body experience. This has been happening for about a year now since I first noticed the problem.• Usually feel sweaty, some palpitations.• Attacks come in episodes, happens out of the blue, unprovoked• Lasts 5-10 mins, but it really affects you for 30 mins afterwards as you try to get back into your activities at work/home.• It bothers you a lot now and is affecting your concentration.
Medications hx	<ul style="list-style-type: none">• 4mg of lorazepam daily for 'anxiety' for 3 months now• Vitamin D tablets, lorazepam, ginger tablets
Medical hx	<ul style="list-style-type: none">• Glandular fever during university
Suicide hx	<ul style="list-style-type: none">• No suicidal or self-harm ideation
Social hx	<ul style="list-style-type: none">• Social alcohol, non-smoker, nil recreational drug use• Lives at home with husband and kids

EXAMINER QUESTIONS

1. What **mediations** would be better suited for this patient?

MARKING CRITERIA – Case 4_04_04

Item	Criteria	Mark
Introduction	<input type="checkbox"/> Hand hygiene <input type="checkbox"/> Appropriate introduction <input type="checkbox"/> Explains personal role and gains consent	/2
History	<input type="checkbox"/> Asks open questions <input type="checkbox"/> Establish duration of symptoms <input type="checkbox"/> Establish triggers/stressors/life events <input type="checkbox"/> Explore patterns of anxiety <input type="checkbox"/> Screen for physical symptoms of anxiety (sweating, palpitations, dry mouth, dizziness, nausea) <input type="checkbox"/> Explore impact on occupation and social life	/10
Screening for other risks	<input type="checkbox"/> Explore drug usage / substance misuse <input type="checkbox"/> Explore any compulsions (OCD) <input type="checkbox"/> Screens risk of depression (low mood, anhedonia) <input type="checkbox"/> Screens risk of suicide <input type="checkbox"/> Relevant systems: endocrine (phaeochromocytoma sx can mimic panic attack – headache, palpitations, generalised sweating)	/10
Other histories	<input type="checkbox"/> Past medical hx <input type="checkbox"/> Previous psychiatric hx <input type="checkbox"/> Allergies <input type="checkbox"/> Family hx	/4
Social history	<input type="checkbox"/> Smoking hx <input type="checkbox"/> Alcohol hx <input type="checkbox"/> Recreational drugs <input type="checkbox"/> Home environment	/4
Question	<input type="checkbox"/> One of: escitalopram or sertraline	/1
Communication skills	<input type="checkbox"/> Appropriate questioning style <input type="checkbox"/> Actively listens to patient <input type="checkbox"/> Systematic approach to history taking <input type="checkbox"/> Appropriate conclusion and summary	/3
Global score	Overall impression of candidate based on warmth, clarity and competence: 1 = fail 2 = borderline 3 = pass/expected 4 = good 5 = excellent	/5
	Total	/39