



# MSSBU OSCE PRACTICE

## CASE 3\_04\_01

### *Station Vignette*

You are a third-year student on your GP rotation.

The GP has asked you to take a brief history from Craig Owens, a 23-year-old man who has come into the practice feeling fatigued and finding it difficult to manage his life. A surgical history has already been taken.

#### **TASK**

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

This includes:

- History of presenting complaint
- Constitutional history
- Medical history
- Social history
- Family history
- Systems review

You do **NOT** need to take a surgical history.

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**

SP instructions – speak quietly, act ambivalent but still maintain decent eye contact

<b>Presenting complaint</b>	'I just feel tired all the time'
<b>History of presenting complaint</b>	<ul style="list-style-type: none"> <li>• Started 5 weeks ago after getting fired from part-time job at cafe</li> <li>• Was fired due to a lack of concentration during work leading to many mistakes</li> <li>• Also feels stressed with university as they used to be a high achiever and has found it increasingly difficult to perform well in university</li> <li>• Socialises with friends occasionally but now feels guilty about going out and he should be focusing more on studying</li> <li>• Has trouble concentrating in university lectures</li> <li>• Low mood in general</li> </ul> <p>Mental Health specific questions</p> <ul style="list-style-type: none"> <li>• Has not been previously diagnosed with depression</li> <li>• Occasional suicidal thoughts               <ul style="list-style-type: none"> <li>○ Has considered purchasing paracetamol from different local pharmacies and overdosing</li> <li>○ Thinks about suicide more during times of stress</li> <li>○ Has been thinking about it for ~2 weeks</li> <li>○ No planned date or location</li> <li>○ Protective factors are friends and family</li> <li>○ No death preparations (e.g writing a note)</li> <li>○ Plans to go home and drink more after the GP consult</li> </ul> </li> <li>• Has not had previous suicide attempts or psychiatric hospitalisations</li> <li>• Has not harmed himself otherwise</li> <li>• Has friends at university for social support but does not keep in close contact with his family</li> <li>• No pets</li> <li>• No thoughts of harming others or property</li> <li>• Does not hear voices</li> <li>• Does not have unshakable beliefs</li> </ul> <p>Concerns: "I don't know"</p>
<b>Constitutional history</b>	<ul style="list-style-type: none"> <li>• Stopped going to the gym 4 weeks ago to focus on studies</li> <li>• Trouble falling asleep, takes up to 1.5 hours to fall asleep and gets ~6 hours of sleep a night.</li> <li>• Diet consists of takeaway and fast food</li> <li>• Appetite is reduced – skips breakfast</li> <li>• Lost ~2-3kg</li> </ul>
<b>Medical history</b>	N/A

<b>Social history</b>	<ul style="list-style-type: none"> <li>• Non-smoker</li> <li>• Drinks 5 glasses of wine every night</li> <li>• Has tried weed once but has never gone back to it</li> <li>• Lives by himself in student accommodation at the university</li> <li>• Family lives interstate</li> <li>• Recently fired from part-time job at cafe</li> <li>• Childhood was fine, has good relationship with family growing up</li> </ul>
<b>Medication history</b>	N/A
<b>Family history</b>	<p>Nothing unless specifically asked about depression</p> <ul style="list-style-type: none"> <li>• Father has depression</li> </ul>
<b>Systems review</b>	<ul style="list-style-type: none"> <li>• Bowel has been 'normal'</li> <li>• No shortness of breath</li> <li>• No temperature intolerances</li> <li>• No psychomotor disturbances</li> <li>• No dysuria</li> <li>• No genitourinary discharge or itch</li>   <li>• No additional symptoms</li> </ul>

## **EXAMINER QUESTIONS**

1. What **investigations** would you order for this patient?
2. Describe your **management** plan for this patient.

## MARKING CRITERIA – Case 3\_04\_01

Item	Criteria	Mark
Introduction	<input type="checkbox"/> Hand hygiene <input type="checkbox"/> Introduces name and role <input type="checkbox"/> Explains role and gains consent 1/3, 2/3 = 1 mark, 3/3 = 2 marks	/2
Presenting complaint	<input type="checkbox"/> Leads with open question	/1
History of presenting complaint	<input type="checkbox"/> Determine onset and progression of symptoms <input type="checkbox"/> Asks about mood <input type="checkbox"/> Asks about interest in activities (anhedonia) <input type="checkbox"/> Asks about guilt or feelings of worthlessness <input type="checkbox"/> Evaluates concentration <input type="checkbox"/> Assesses psychomotor agitation or retardation	/6
Psychiatric Screen	<input type="checkbox"/> Screens for symptoms of mania/hypomania <input type="checkbox"/> Asks about visual/auditory hallucinations <input type="checkbox"/> Asks about delusions ('unshakable belief') <input type="checkbox"/> Asks about paranoia <input type="checkbox"/> Asks about thoughts/attempts at self-harm <input type="checkbox"/> Asks about thoughts/attempts at suicide <input type="checkbox"/> Assesses insight (does patient feel something is wrong?) <input type="checkbox"/> Asks for the patients' ideas/concerns/expectations	/8
Past medical history	<input type="checkbox"/> Medical history/hospital admissions <input type="checkbox"/> Asks specifically about a history of psychiatric conditions	/2
Medication history	<input type="checkbox"/> Asks about medications	/1
Constitutional history	<input type="checkbox"/> Asks about sleep <input type="checkbox"/> Asks about energy levels <input type="checkbox"/> Asks about appetite and weight changes	/3
Social history	<input type="checkbox"/> Smoking <input type="checkbox"/> <b>Quantifies</b> alcohol intake <input type="checkbox"/> Recreational drug use <input type="checkbox"/> Home situation <input type="checkbox"/> Occupation	/5
Family history	<input type="checkbox"/> Asks about psychological illnesses in the family	/1
Systems review	<input type="checkbox"/> Asks about 2 relevant systems (e.g anaemia, hypothyroidism)	/2
Questions	<input type="checkbox"/> One point for each of the following: FBC, TSH, EUC, LFTs, BSL, iron (ferritin), Vitamin D, Vitamin B12, Folic acid (max 3) <input type="checkbox"/> One point for each of the following: Safety netting, refer for psychological therapy (CBT, interpersonal therapy), suggest lifestyle modifications, pharmacological therapy (SSRI) (max 3)	/6
Communication skills	<input type="checkbox"/> Appropriate questioning style <input type="checkbox"/> Actively listens to patient, establishes good rapport <input type="checkbox"/> Systematic approach to history taking <input type="checkbox"/> Appropriate conclusion, thanks patient	/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	/46