



## **GPRA ONLINE EXAM RESOURCES CLINICAL CASES**

CASE TYPE:

**Short Case – 8 minutes**

NAME:

**Gavin Turner**

AUTHOR:



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Gavin Turner, 46 years old

Review date:

## **SECTION A: This information is given to the candidate**

### **INSTRUCTIONS TO CANDIDATES**

#### **STANDARD INSTRUCTIONS:**

- This is an 8 minute station.
- Read the following scenario.
- If investigations are requested, this consultation may be conducted as if it were more than one session.

#### **ADDITIONAL / OPTIONAL INSTRUCTIONS**

- Take an appropriate history from the patient.
- When you are ready, request the details of an appropriate physical examination from the observing examiner.
- Discuss the essential issues that arise with the patient and suggest appropriate management.

## **SECTION A: This information is given to the candidate**

### SCENARIO :

You are a suburban GP in a large city. Your patient is Gavin Turner, a 46-year-old call centre manager with an 8-year history of hypertension. Gavin is a regular patient and has been seeing you for the last 10 years. He has appointments scheduled every 6 months to obtain prescriptions for his antihypertensive medication.

A copy of the patient record summary sheet is attached.

## **FULL SUMMARY**

### **Patient Details**

Name: Gavin Turner

D.O.B.: 46yo

Allergies: Nil known

### **Social History**

Occupation. IT manager, married with 2 children.

### **Family History**

Nil

### **Current Medications**

Amlodipine 5mg od

**Perindopril 5mg od**

### **Past Medical History**

8-year history of hypertension, well controlled with medication (125/85 mmHg).

Case Name: Gavin Turner

**Non-smoker**

**1-2 standard drinks per day**

Gavin Turner, 46 years old

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## **SECTION B: This information is given to the patient role player/examiner**

### THE STORY IN DETAIL

#### **Information to be freely given:**

Gavin is visiting today for a regular check-up and prescription. He changed jobs about 5-months ago from a mobile support role to an office-based management role. He has put on 10kg in weight since his last visit.

#### **Information only to be given with appropriate enquiry from the candidate:**

Since changing jobs Gavin has been working longer hours. Consequently he has started eating more food (mainly pies and burgers) from the staff cafeteria. He is also exercising less regularly (approx 2 times a week down from 5). Gavin is feeling stressed and his alcohol consumption has increased from 1-2 standard drinks per day to 3-4.

He is compliant with his antihypertensive medication.

Gavin is concerned when he discovers that his blood pressure has increased and his lipid levels have deteriorated. He agrees to make changes to improve his diet and exercise and moderate his alcohol intake.

### NOTES TO EXAMINERS

Suggested Cues/prompts if candidate requires assistance:

Mention that your diet has changed and you are exercising less.

Mention that you always take your medicine.

### **Additional HISTORY**

As above

**SECTION B: This information is given to the patient role player/examiner**

**PHYSICAL EXAMINATION**

These clinical findings are available on a separate sheet that is to be handed to candidates when they ask for any physical examination findings.

<b>General Appearance</b>	Mildly overweight, otherwise healthy		
<b>Weight</b> 85kg	<b>Height</b> 180cm	<b>BMI</b> 26.2	<b>Waist circumference</b> 95cm
<b>BP</b> 140/92 mmHg	<b>Pulse</b>		
<b>Respiratory</b>	Normal		
<b>Cardiovascular</b>	Normal		
<b>Optic</b>	Normal		

**SECTION B: This information is given to the patient role player/examiner**

**INVESTIGATIONS**

1/ These clinical findings are available on a separate sheet that is to be handed to candidates when they ask for any physical examination findings

2/All other physical examination findings are normal

**Other Investigations**

**Electrolytes** normal

**Liver function tests** normal

Case Name: Gavin Turner

**Creatinine** normal

**Urea** normal

**Blood glucose** normal

**Urine dipstick** normal

**Lipids**

Total Cholesterol 5.1 mmol/L (<5.2 mmol/L)

Triglycerides 2 mmol/L (<1.5 mmol/L)

LDL-C 2.6 mmol/L (<2.5 mmol/L\*)

HDL-C 1.1 mmol/L (>1.0 mmol/L)

\*Recent studies support a target of <2.0 mmol/L in high risk patients with existing CHD.

## **SECTION C: This information is given to the examiner/facilitator**

Listed below are the key issues to be covered in this case. *(The facilitator/examiner can “tick” these as covered during the consult)*

### **Specific Questions Candidate should ask**

Ask about impact of new job.

Ask about changes to diet, alcohol consumption and exercise routine.

Ask about compliance with medication.

### **Diagnosis**

- Mild hyperlipidaemia; slight loss of blood pressure control.

### **Appropriate management and explanation:**

- Manage cardiovascular risk.. The emergence of hyperlipidaemia in the presence of hypertension places the patient at risk for cardiovascular disease.
- In this case management via lifestyle changes is appropriate as hyperlipidaemia is mild and hypertension was well controlled until this visit.
- Obtain Gavin’s agreement to improve his diet by reducing his consumption of fatty food such as burgers and pies but retaining a moderate intake of polyunsaturated fats. Outline the benefits of margarine and plant omega-3 fatty acids and suggest a diet including 2 to 3 fish meals per week and a wide variety of fruits, vegetables, grains and nuts.
- Agree with Gavin that he will undertake at least 30 minutes of moderate-intensity physical activity on 5 or more (preferably all) days per week.
- Advise no more than 4 standard drinks per day, preferably less.
- Schedule an appointment in 3 months to check progress and monitor blood pressure.

Case Name: Gavin Turner

This checklist below is a guide to Key Features used by Examiners to assist in clinical case ratings. The lists are not intended to be prescriptive or exhaustive and do not form part of the marking.

**On completion of the case, the candidate/examiner/group may wish to score themselves as part of a feedback process.**

Place a cross (X) along each line according to the candidate's performance on that item.

Gavin Turner, 46 years old

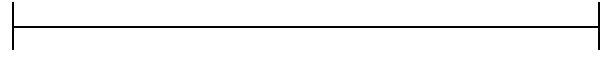
Review date:

## CLINICAL CASE RATINGS KEY FEATURES CHECKLIST

(*) key feature relevant to this case		Inadequately Covered Well <b>1</b>	Covered  <b>10</b>
1	* ● Communication and Rapport	-----	-----
2	● Inter-professional Communication	-----	-----
3	● History taking	-----	-----
4	● Physical examination	-----	-----
5	● History and Physical Examination	-----	-----
6	● Physical Examination Technique	-----	-----
7	● Physical Examination Findings	-----	-----
8	● Investigations	-----	-----
9	* ● Diagnosis	-----	-----
10	● Problem Definition	-----	-----
11	● Medical Knowledge	-----	-----
12	● Public Health Issues	-----	-----
13	* ● Management	-----	-----
14	● Procedural Skills	-----	-----
15	● Ethical and Medico Legal Issues	-----	-----
16	● Critical Appraisal Skills	-----	-----
17	●	-----	-----

Frequently

Not at all



### *Key Features Clinical Case Rating Descriptions*

#### **1. Communication and Rapport**

Rate the candidate on their ability to establish rapport and to communicate effectively with the patient in a pleasant, clear and logical manner using appropriate communication skills and language.

#### **9. Diagnosis**

Rate the candidate's ability to make an accurate diagnosis based on interpretation of the history, physical examination and investigations.

#### **13. Management**

Rate the candidate on their ability to manage the issues raised in this case, both now and in the future. Candidates should offer effective explanations, education and choices to patients, and involve the patient, family and relevant community resources in their immediate and on going management plans. Candidates should demonstrate responsibility for the immediate and ongoing management of the patient.

### **References and Study Notes:**

National Heart Foundation of Australia and the Cardiac Society of Australia and New Zealand. Guidelines for Lipid Management, 2005. Available free online at:  
[http://www.heartfoundation.com.au/downloads/Lipids\\_HLCPosStatementFINAL\\_2005.pdf](http://www.heartfoundation.com.au/downloads/Lipids_HLCPosStatementFINAL_2005.pdf)  
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