



GPRA ONLINE EXAM RESOURCES CLINICAL CASES

CASE TYPE:

Short Case – 8 minutes

NAME:

Sarah Gray

AUTHOR:

Dr Skye Boughen

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SECTION A: This information is given to the candidate

INSTRUCTIONS TO CANDIDATES

STANDARD INSTRUCTIONS:

- This is an 8 minute station.
- Read the following scenario.
- This consultation takes place in a single session.

ADDITIONAL INSTRUCTIONS

- Take an appropriate history from the patient.
- When you are ready, request the details of an appropriate physical examination from the observing examiner.
- When you are ready to examine the patient, the observing examiner will provide you with all the relevant findings and the results of surgery tests.
- Outline your conclusions and proposed management plan to the patient.

SECTION A: This information is given to the candidate

SCENARIO:

Sarah Gray is a 17 year old Yr 12 student. She has come to you today requesting a referral to a dermatologist 'for her skin'. Sarah is a healthy girl, so whilst you have treated other family members recently, this is the first time you have seen Sarah for 18 months.

A copy of the patient record summary sheet is attached.

FULL SUMMARY

Patient Details

Name: Sarah Gray

D.O.B.: 17 YO

Allergies: Nil known

Social History

Year 12 student.

Casual work at Big W on weekends.

Family History

Nil relevant

Current Medications

Nil regular

Immunisations

Up to date

Past Medical History

Childhood asthma.

Drug and Alcohol

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

This background information is given to enable the role player to respond appropriately to candidate's history taking questions.

THE STORY IN DETAIL

Information to be freely given:

You are a 17 year old high school student, who is in Year 12 this year. You have some acne on the chin and cheeks, which has been worsening over the last 1-2 years. You have tried 'everything' for it – by which you mean that you have used many different cleansers/exfoliants/over-the-counter pimple remedies and other skin products. You use foundation heavily to cover the acne.

A friend of yours sees a dermatologist for her skin, and has had good results with the treatment she is on – but you aren't quite sure what that is.

Your Year 12 formal is in 3 months, and you would like your skin to be improved by that time.

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

You don't really know what causes acne – your Mum keeps telling you to stop eating chocolate and takeaway food, and that is causing it. Your friends say it is due to greasy skin, so you use lots of toner to dry the skin out.

You don't smoke or use any drugs. You occasionally have an alcoholic drink. You are not yet sexually active, but you would think about it if you were 'going out with' a guy. But you don't think anyone would be interested in you while your skin is like this. You are pretty worried you won't have a date for your Yr 12 formal.

NOTES TO EXAMINERS

Suggested Cues/prompts if candidate requires assistance:

Duration and severity of acne, why present now?

Additional HISTORY

If there is additional information for the role player that must be elicited by the candidate, note below in green text

Past Medical History

As above

Family History

As above

Cigarettes

Nil

Alcohol

Occasional drink

Other Drugs

Nil

Medications

Ponstan for period pain

Allergies

Nil

Immunisations

Nil

Nutrition

Same as rest of family, but does eat chocolate bars a couple of times a week, and takeaway once or twice a week.

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

SYSTEMS REVIEW

Dermatological	As per presenting history
Endocrine	No hirsutism.
Gynaecological	Menstrual cycle regular. Moderate dysmenorrhea

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.

All other physical findings are normal.

General Appearance			
Weight 60kg	Height 165cm	BMI 22	
BP 105/65	Pulse 70		
Skin (<i>Attach picture if appropriate</i>)	Moderate inflammatory papules and pustules on chin/lower cheeks, neck. A few small scars only.		
Other			

INVESTIGATIONS

Surgery Tests

Urine Pregnancy Test: negative

(In case wants this prior to commencing any treatment)

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

- Why would you like to see a dermatologist?
- What treatments have you tried for your skin so far?
- Why have you come to the Dr now about this problem?
- Is commencing contraception also desired?

Diagnosis

- Moderate inflammatory acne vulgaris

Appropriate management and explanation:

- Explain causes of acne, and myths about it's causes and treatments
- Explain that combination therapy works very well, and when dermatology referral is appropriate.
- Offer a suitable combination treatment plan, for appropriate length of time (2-3 months for noticeable changes), for the severity of the acne identified.
(Eg benzoyl peroxide plus oral antibiotics for 3 months, OR topical retinoid plus oral antibiotic for 3 months; addition of topical antibiotic if already using keratolytic appropriately, consider OCP)
- Arrange appropriate follow up.
- Consider using HEADS approach to consults with teenager if time permits
 - H – home
 - E – education, employment, economic situation
 - A – activities, affect, ambitions, anxieties
 - D – drugs, depression
 - S – sexuality, stress, self-esteem

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.

CLINICAL CASE RATINGS KEY FEATURES CHECKLIST

(*) key feature relevant to this case

Inadequately Covered
1

Covered Well
10

1	*	● Communication and Rapport	-----
2		● Inter-professional	-----
3	*	● History taking	-----
4		● Physical examination	-----
5		● History and Physical	-----
6		● Physical Examination	-----
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	-----
16		● Critical Appraisal Skills	-----
17		●	-----
			Frequently
			Not at all
18		● Prompting Required	-----

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.

3. History taking

Rate the candidate on their ability to take a relevant and organised history; following appropriate cues and eliciting both positive and negative details important to the assessment and management of the patient.

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.

18. Prompting

To what extent was prompting/probing necessary to assist the candidate?

The 6 categories are: Almost continuously (cross on far left), very frequently, frequently, occasionally, minimally, not at all (cross on far right).

References and Study Notes

Therapeutic Guidelines: Dermatology (2004)

Australian Medicines Handbook: Section 8.2 Drugs for acne

General Practice Series: John Murtagh, McGraw-Hill, Adolescents

GP learning (subscription access) has cases. Search for "acne" and "adolescent"

<http://www.gplearning.gpea.com.au>