

Management and Information Giving – Notes for Actor

Patient demographics:

You are Anisha Patel, a 17-year-old female who has been newly diagnosed with polycystic ovary syndrome. You have come to the GP to discuss the condition and its treatment, where you will request the combined oral contraceptive pill, after reading about it on the NHS website. You don't have very much understanding about the condition.

Your signs and symptoms: infrequent periods, hirsutism, acne, and weight gain.

Keep pressing your questions until you are satisfied with the answer from the student.

Understanding of the condition:

- Swellings on ovaries which is what is causing all of the other symptoms, but you don't understand how the other things like acne and hirsutism can be caused by this.

Concern 1:

- "Have I got this because of something I've done, could I have prevented it?"

Concern 2:

- "I've read about some contraception pill which can help with this, can you prescribe that?"

Concern 3:

- "Is this something that I have to live with for the rest of my life"?

Management and Information Giving – Notes for Candidate

Role: Foundation Year 1 doctor in a GP centre

This is Anisha, a 17-year-old female who has presented to the GP with a new diagnosis of polycystic ovary syndrome.

You will need to establish the patient's understanding of the condition, provide practical advice regarding the condition and advice on lifestyle measures related to the specific condition.

The patient will also request a specific treatment related to the common condition. You will need to discuss this treatment, whether it is appropriate, and if so - how to administer it and the recognised side effects.

If the requested treatment is inappropriate, you should explain why.

The station will last 10 minutes but you will be notified by an invigilator at 8 minutes

Management and Information Giving – Examiner marksheet

- Good professionalism throughout
- Open and non-judgemental communication, natural flow to the conversation
- Shows empathy at appropriate times, doesn't come across as forced or unnatural
- Explores the patient's understanding of the diagnosis – clear and accurate explanation of PCOS – for complex and often unknown reasons, the ovaries become covered in cysts, which you than think of like blisters. Your ovaries normally produce oestrogen, but because of the cysts, the oestrogen levels and other hormone levels become affected, which is why you get the symptoms like period changes and acne.

- CONCERN 1: explains that this is not as a result of patient actions, but a pathology which just sometimes happens. They might be genetically predisposed but there is nothing they could have done. Shifts the conversation to focussing on treatment and helping the patient as much as possible.

- CONCERN 2: tells the patient that this is a viable treatment, but emphasises that it won't cure the illness. Speaks about possible improvements in acne and hirsutism. Discusses some side effects and risks of COCP like increased risk of DVT.

- CONCERN 3: sensitively tells the patient that this is a life-long condition, but reassures that with close follow up and treatment, a lot of the symptoms can be well managed. This is a good place to segway into lifestyle changes for PCOS such as weight management and exercise.

Global Impression:

- Excellent
- Good
- Pass
- Borderline
- Fail

Patient Impression/comments: