

Patient Centred Care – Notes for Actor

Patient demographics:

You are Lamar Davis, a 72-year-old male who has represented to the GP with questions about his diabetes (T2DM). After the initial introductions are completed and once prompted to continue, you will ask the concerns below one at a time.

You've had diabetes for 3 years now, and don't see the point in taking treatment (gliclazide) anymore since your blood glucose is under control and HbA1C is good.

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

Understanding of condition:

- "High sugar in the blood, which is bad for you, so I take the gliclazide to keep it in check"

Concern 1:

- "Last month the doctor told me that my blood sugar and HbA1C were both really good, so why do I have to keep taking the medication?"

Concern 2:

- When the student discusses risks of complications, pick one and ask them "so you're saying because I have diabetes I'm definitely going to get _____ (e.g. a stroke)"

Concern 3:

- "If I have diabetes, does that mean my children will get it as well"?

Patient Centred Care – Notes for Candidate

Role: Foundation Year 1 doctor in a GP centre

This is Lamar Davis, a 72-year-old male who has presented to the GP with questions about his Type 2 Diabetes Mellitus.

The patient has some concerns regarding the management of their condition.

You should concentrate on these concerns and not on taking a history of their medical condition

Please explore these concerns with the patient and give appropriate advice

This station will last 10 minutes. An examiner and simulated patient will be present.

Patient Centred Care – 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 circumstances around the condition such as timeframe and interventions already tried
- Explores the patient's understanding of the diagnosis and management

- CONCERN 1: positively affirming the patient for taking their medication and sticking to it so well. Explains that the complications only arise when diabetes is uncontrolled which will happen if they stop taking the medication. Sensitively discusses potential complications such as osteomyelitis, stroke, foot ulcer, myocardial infarction, etc.

- CONCERN 2: acknowledges that patient is at a higher risk, but reassures that if they attend check-up appointments and adhere to medication + lifestyle changes, the risks can be reduced.

- CONCERN 3: acknowledges family history component and that they are at a higher risk, but also reassures that good lifestyle implementations can reduce the risk of developing it in the first place.

- ***Explores current lifestyle and talks about lifestyle optimisation such as healthy diet and exercise – which can help with diabetes

Global Impression:

- Excellent
- Good
- Pass
- Borderline
- Fail

Patient Impression/comments: