

Examination – Notes for Actor

Patient demographics:

You are Antonia, a 26-year-old female presenting to the GP with Weight loss.

During the examination:

- You will be Restless; Fidgeting and Shaking your Leg throughout the Consultation

Examination – Notes for Candidate

Role: Foundation Year 1 doctor in a GP Surgery

This is Antonia, a 26-year-old female who has presented to the GP with Weight loss

Please perform a Thyroid examination. The examiner will tell you relevant signs as you go along.

You have 8 minutes to examine the patient, followed by a further 2 minutes where the examiner will ask you questions.

An invigilator will let you know when 8 minutes has elapsed.

Examination – Examiner Marksheet

You will have to tell the student certain signs when they get to that stage (anything in quotation marks).

- Good professionalism throughout
- Confident and well-practised examination with all steps and correct technique
- Use an appropriate examination checklist like the University of Leicester checklist or Geeky Medics to mark examination steps.
- Succinct presentation of the examination, including all positives and only relevant negatives + correct further assessments

Inspection

- General: Patient seems Restless; constantly Fidgeting and Shaking her Leg
- Hands: “**Fine Tremor (Paper shakes when supported by Dorsum of Hands)**”
- Eyes: “**Show image of Bilateral Exophthalmos**” (Taken from NHS Website on 21/08/2022)
- Thyroid: “**Show image of Midline Lump**” (Taken from Lakeshoreent.com on 21/08/2022)



- Other: No Proximal Myopathy, No Reflex abnormalities, No Pre-tibial Myxoedema

Palpation

- Hands: “**Irregular elevated Pulse**”
- Thyroid: “**Right Lobe enlarged, Smooth, Painless**”
- Lymph: No Lymphadenopathy
- Trachea: No Deviation
- Sternum: Normal Percussion

Auscultation of Thyroid

- Normal over each Lobe, No Bruits

Follow-up Questions

Q1: What is your Diagnosis?

Hyperthyroidism/ Grave's

Q2: What investigations would you like to order?

TFTs, ECG, Ultrasound Neck, FBC, U&E, CRP, B12, Folate, Radio-uptake scan

Q3: She tells you she is a Nursery Teacher in her 1st Trimester of Pregnancy. How would you Manage this patient?

Propylthiouracil (4-6 weeks), Propranolol for symptom relief

Global Impression

- Excellent
- Good
- Pass
- Borderline
- Fail

Patient Impression/ Comments: