

Adolescent Care - Student Instructions

Triadic Adolescent Care History Station (10 minutes)

You are an FY1 doctor in the GP surgery and are seeing John Smith, a 16-year-old, accompanied by his mother.

John's mother has persuaded him to see the GP because of loss of appetite.

This station will last 10 minutes.

You will be expected to:

- Take a history.
- Establish the nature of the problem and its underlying cause.
- Give appropriate advice regarding the next steps to be taken in management.

Adolescent Care - Patient Instructions

- Patient Diagnosis: Anorexia nervosa
- Add patient history:
 - *PC*: I haven't felt like eating for last month or so because I don't want to
 - *HPC*: Well the boys on my rugby team said I looked fat so I want to loss some weight, I am just eating breakfast and smaller dinner, I don't eat lunch, I have been going gym a lot too. I go everyday sometime twice a day used to be once a week. I want to be big but not fat.
 - *Other symptoms*: Only reveal if asked if done anything else to reduce weight at least twice: It does really affect me my weight so I got hold of these pill that make me go toilet more often so I don't put on as much weight. Only had it over last week though. There is nothing wrong with I know others that do it.
 - *Systems review*: otherwise fine
 - *PMHx*: None
 - *DHx + Allergies*: No allergies or drugs
 - *FHx*: Dad has asthma
 - *SHx*: Done smoke or drink
 - *ICE*: I don't know why I am here I am perfectly fine
- Add instructions for patient and carer:
 - Patient to appear reserved and not give many answers – only answer if encourage and directly spoken to
 - Carer to give most of the answers for the questions, don't let the patient speak much, get angry when the patient reveals details about drugs (that you weren't aware off) and start arguing with them until candidate intervenes

Carer ask about what treatment they can give and calms down after condition and management explained

Adolescent Care - Examiner Marksheet

Marking Criteria	Tick ()
1. Introduction	
2. Professional attitude and patient friendly manner maintained throughout the history	
3. Addresses both parties equally, ensures both get to speak. Mediates conflict and discussion effectively.	
4. HPC (<i>for all history components below, add specific questions and more detail about what the marks are for</i>)	
5. PC	
6. Other relevant symptoms + appropriate systems review	
7. PMHx	
8. DHx + Allergies	
9. FHx	
10. SHx	
11. ICE	
12. Establishes the nature of the problem and the underlying cause	
13. Gives appropriate advice regarding next steps Correct safety-netting advice	

Global Impression:

- Excellent
- Good
- Pass
- Borderline
- Fail

Patient Impression/comments: