

## Examination – Notes for Actor

### **Patient demographics:**

You Emma Miller, a 23-year-old Female presenting to the GP with 3 months of Fatigue

### **During the examination:**

- You will Walk + Talk slowly as if Tired

## **Examination – Notes for Candidate**

**Role: Foundation Year 1 doctor in a GP Surgery**

**This is Emma Miller, a 23-year-old female who has presented to the GP with ongoing Fatigue**

**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: “**Large Body Habitus, Slow gait**”
- Hands: “**Slow Pulse (45), Dry skin**”
- Face + Eyes: “**Dry Skin, Lateral Eyebrow (Hertoghe sign) loss**” as shown (Image taken from [plasticsurgerykey.com](http://plasticsurgerykey.com))
- Thyroid: No Visible lumps/ masses



## Reflexes

- “**Slow Biceps + Knee Jerk Reflexes**”

## Palpate

- Thyroid: No palpable masses
- Lymph nodes: No Lymphadenopathy, No Trachea Deviation

Auscultate: No Bruits

## Follow-up Questions

Q1: What is your Diagnosis?

Hypothyroidism

Q2: What investigations would you like to request?

TFTs, ECG, USS Neck

Q3: How would you Manage this patient?

Levothyroxine

**Global Impression**

- Excellent
- Good
- Pass
- Borderline
- Fail

**Patient Impression/ Comments:**