

Examination – Notes for Actor

Patient demographics:

You are Stacy, a 41-year-old female presenting to the GP with left shoulder pain.

During the examination:

- You react in pain to any movement of the shoulder and demonstrate a very reduced range of movement.

Examination – Notes for Candidate

Role: Foundation Year 1 doctor in a GP centre

This is Stacy, a 41-year-old female who has presented to the GP with shoulder pain.

Please perform a SHOULDER 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 of the exam (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.
-
- General inspection: no abnormalities
 - Look: No abnormalities
 - Feel: No abnormalities
 - Move: patient has been instructed to demonstrate reduced ROM in all directions and significant pain on any movement of the LEFT shoulder.
 - All special tests produce pain

Q1: What is your diagnosis?

- **Adhesive Capsulitis**

Q2: What investigations would you like to order?

- **X-ray of both shoulders, to exclude alternate diagnosis**
- **HbA1c + blood glucose as adhesive capsulitis is more common in diabetics**

Q3: What is your management of this condition?

- **Initially patient education and reassurance about self-limiting nature, physiotherapy and analgesia as per WHO pain ladder.**
- **Non-improvement can be treated with corticosteroid injections or surgical intervention**
-

Global Impression:

- Excellent
- Good
- Pass
- Borderline
- Fail

Patient Impression/comments: