

Patient Centred Care – Notes for Actor

Patient demographics:

You are Martin Holmes a 55-year-old presenting to GP with some questions about your hypertension. After the initial introductions are completed and once prompted to continue, you will ask the concerns below one at a time.

You have had hypertension for 4 years now and on Ramipril and Verapamil. Your blood pressure has been well controlled at around 120/80 for past 1 ½ years.

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

Understanding of condition:

- High BP is not good so I take these medications to lower it.

Concern 1:

- I have been attending these BP monitoring appointments for last couple of years and my BP has been totally fine. Why do I need to take the medications?

Concern 2:

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

Concern 3:

- Also, last time I came in they said something about starting a new medication, I think it was statin or something? What is that for and why do I need to take it?

Patient Centred Care – Notes for Candidate

Role: Foundation Year 1 doctor in a GP centre

This is Martin Holmes is a 55-year-old who has represented to the GP with questions about his Hypertension.

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: Explain that the medications help lower the BP and are the reason why his BP is low. Explain the complications and risk of High BP such as stroke or MI.

Concern 2: Acknowledge the risk but reassure is attending appointments and taking medications along with lifestyle. These risks are minimised.

Concern 3: Statin is a drug that lowers cholesterol. This reason for prescribing is to reduce cholesterol and reduced atherosclerosis and risk of MI/Stroke. Explain the QRISK.

Global Impression: Patient Impression/comments: • Excellent

- Good
- Pass
- Borderline
- Fail