

Management and Information Giving – Note for Actor

Patient demographics:

You are Vanessa Briggs, a 50-year-old female who has recently been diagnosed with type 2 diabetes. You have come to the GP with some questions and concerns about your diagnosis.

Your signs and symptoms: feel totally fine, no change in vision, no kidney or heart problems or any end organ damage

PMH: hypertension – take Ramipril – last 5 years, well controlled

FH: no one has diabetes

Only reveal if asked about – smoke 15 cigarettes a day for last 20 years

Keep pressing your questions until satisfied with answer from student.

Understanding of condition:

- Very little. I know it is to do with high blood sugar. So of my friends have it and take injections.

Concern 1:

- What is diabetes and why is it so bad? Why do I need to take this metformin if I have no symptoms?
- If student asks to explain mechanism of drug then say you just want to know roughly not exact mechanism

Concern 2:

- Will I need injections? I don't like injections. What are those injections?

Concern 3:

- Can I do anything else apart from medications to help?
- If asked about diet say you have a diet with a lot of red meat
- If asked about exercise then say don't get much because work in office for long hours.

Management and information Giving – Notes for Candidate

Role: FY1 doctor in a GP centre

This is Vanessa, a 50-year-old female who has presented to the GP with a recent diagnosis of type 2 diabetes.

You will need to establish the patients understanding of the condition, then the patient has some concerns and questions about their diagnosis. You must answer these questions appropriately.

This station will last 10 minutes and you will be notified by an invigilator at 8 minutes.

There will be no questions from the invigilator.

Management and Information giving – Examiner marksheet

- Maintains professional throughout
 - Open and non-judgemental communication, natural flow to conversation
 - Empathetic and puts patient at ease
 - Explores understanding of condition
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- Concern 1: explains clearly what type 2 diabetes is with jargon free and knowledge which is broken down in chunks. Checks patients understanding throughout. May also explain difference in type 1 and type 2 diabetes. Explains the harmful complications of diabetes. Microvascular: retinopathy, nephropathy, neuropathy. Macrovascular: PAD, coronary artery disease, cardiomyopathy, cerebrovascular disease etc... Explains that metformin lowers blood sugar and helps prevent these in the long run. No need to explain how metformin works.
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- Concern 2: explain to patient that injections are insulin and that not required yet and a lot of people don't need them. Reassure that there are many drugs we can try to reduce blood sugar and minimise complications. Insulin is the last resort in type 2 diabetes.
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- Concern 3: Explains completely about importance of lifestyle factors. May ask about exercise and smoking here and diet. Emphasises that medications and lifestyle are both very important.

Global Impression:

- **Excellent**
- **Good**
- **Pass**
- **Borderline**
- **Fail**

Patient impression/comments: