

Examination – Notes for Actor

Patient demographics:

You are Ezekiel, a 43-year-old man presenting to the GP with knee pain.

During the examination:

- You react in pain to knee flexion and extension
- You will walk with a limp on the left side

Examination – Notes for Candidate

Role: Foundation Year 1 doctor in a GP centre

This is Ezekiel, a 43-year-old male who has presented to the GP with knee pain.

Please perform a KNEE 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.
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- General inspection: **“the left knee looks bigger than the right one”**, gait will be antalgic with reluctance to put pressure on the left leg.
 - Feel: **“left knee is indeed bigger than the right, but not hot to touch or red.**
 - Move: pain on flexion and extension, **“you feel some crackling under your hand when you bend the leg”**
 - Special tests all negative

Q1: What is your diagnosis?

- **Osteoarthritis**

Q2: What investigations would you like to order?

- **X-ray of BOTH knees – comparing both and looking for LOSS signs**
- **Can suggest other sensible investigations like FBC for WCC to rule out infection.**

Q3: What is your management of this condition?

- **Initially lifestyle modification such as weight loss and exercise, combined with NSAID pain relief, then progressing as per WHO pain ladder.**
- **Physiotherapy.**
- **If symptoms progress, then we can consider total knee replacement.**

Global Impression:

- Excellent
- Good
- Pass
- Borderline
- Fail

Patient Impression/comments: