

## **Adolescent Care - Student Instructions**

### **Triadic Adolescent Care History Station (10 minutes)**

You are an FY1 doctor in the GP surgery and are seeing Arthur Callahan, a 16-year-old boy, accompanied by his mother.

Arthur's mother has persuaded him to see the GP because of his weight gain.

This station will last 10 minutes.

You will be expected to:

- Take a history.
- Establish the nature of the problem and its underlying cause.
- Give appropriate advice regarding the next steps to be taken in management.

## Adolescent Care - Patient Instructions

- Diagnosis: *Hypothyroidism (Hashimoto's)*
- Patient history:
  - *PC: Weight gain*
  - *HPC*
    - *Gained 8kg over last 3 months*
    - *No change in diet*
    - *Tough to find the energy to exercise, feel really tired a lot of the time*
  - *Other symptoms: Spend a lot of time on the toilet, might be constipated*
  - *Systems review*
    - *No changes to vision or behaviour*
    - *No shortness of breath, rashes, pain*
    - *No self-harm/ suicidal ideation*
  - *PMHx: None*
  - *Drug History: None, No allergies*
  - *Family History: Diabetes Type 1 in cousin*
  - *Social History:*
    - *No recreational drugs, No alcohol, No smoking*
    - *Friends at school very supportive, studies going well*
    - *Lives with mum, can be stressful at times*
  - *ICE*
    - *Ideas: Not sure*
    - *Concerns: Don't want to keep gaining weight, its embarrassing*
    - *Expectations: My mum says you could give me some weight loss pills*
- Instructions:
  - *Mother:*
    - *Intermittently interrupt your son while he's speaking*
      - *Stop doing this when candidate asks*
    - *Belief son's lying about not eating more*
    - *"He's always in his room, probably stuffing his mouth"*
    - *"He's not taking care of his health, look at his skin, its so dry!"*
    - *Get angry when son says living with you can be stressful*
  - *Son*
    - *Likes to stay in room under duvet, because "I'm always really cold"*
- Management: *Levothyroxine, Autoimmune screen*

## Adolescent Care - Examiner Marksheet

Marking Criteria	Tick ( )
1. Introduction	
2. Professional attitude and patient friendly manner maintained throughout the history	
3. Addresses both parties equally, ensures both get to speak. Mediates conflict and discussion effectively.	
4. PC	
5. HPC (Asks about Diet, exercise)	
6. Other relevant symptoms + appropriate systems review	
7. PMHx	
8. DHx + Allergies	
9. FHx	
10. SHx	
11. ICE	
12. Establishes the nature of the problem and the underlying cause	
13. Gives appropriate advice regarding next steps Correct safety-netting advice	

### Global Impression:

- Excellent
- Good
- Pass
- Borderline
- Fail

### Patient Impression/comments: