

Patient Centred Care – Notes for Actor

Patient demographics:

You are James Smith, a 43-year-old male who has represented to the GP with questions about your Type 2 Diabetes. After the initial introductions are completed and once prompted to continue, you will ask the concerns below one at a time.

You were advised to make some lifestyle changes, but weren't told how.

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

Understanding of condition:

- High sugar in my blood, so thinking about making some changes.

Concern 1:

- “What if I don't do anything?”

Concern 2:

- “The Dr said to make some lifestyle changes, what can I do?”

Concern 3:

- “What if even after doing all this, my blood sugar stays high?”

Patient Centred Care – Notes for Candidate

Role: Foundation Year 1 doctor in a GP centre

This is James Smith a 43-year-old male who has represented to the GP with questions about his Type 2 Diabetes Mellitus.

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
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- CONCERN 1: Sensitively explains possible effects of leaving condition uncontrolled, whilst re-enforcing they won't occur if Diabetes controlled. Includes both Microvascular and Macrovascular complications in an understandable way without using jargon (Retinopathy, Neuropathy, MI, Stroke, Ulcers, Infections etc)
 - CONCERN 2: Gives clear advice or examples/ suggestions of possible changes that can be incorporated into patient's life, emphasising on keeping the changes small and sustainable for the best long-term chance of success. Discusses that changes can be developed and built up with time and ability. Includes changes to activity levels, diet etc
 - CONCERN 3: Inform patient that it is entirely possible for someone's DM to be fully controlled without medications. Talks about Metformin Standard and Modified release, with the potential to escalate dose and drug if needed. Discuss common side-effects of Metformin.

Global Impression:

- Excellent
- Good
- Pass
- Borderline
- Fails

Patient Impression/comments: