

## **Theme**

Communication and New Diagnosis of Diabetes / Management

## **Specialty**

GP

## **Emphasis**

Communication

Diabetes/ Management

## **Checklist**

Student instructions

Examiner instructions

PP Instructions

## **CANDIDATE INSTRUCTIONS**

You are the Year 3 medical student working in General Practice.

You are seeing Mrs. Susan Williams, a 55-year-old female for the first time. She has made an appointment to get the results of blood tests performed in the practice last week.

### **Results:**

HbA1c	67mmol/mol	(normal range 20 - 41mmol/mol)
Fasting blood sugar	7.1mmol/l	(normal range 3.9- 5.4 mmol/l)

### **The GP has asked you to:**

1. Explain the result of the blood tests to the patient.
2. Take a focused history to explore risk factors that can affect outcome.

3. Agree an initial management plan with the patient including the involvement of other relevant members of the Primary Health Care Team.

**YOU DO NOT NEED TO TAKE A FULL HISTORY FROM THE PATIENT**

**You have six minutes**

**PATIENT INSTRUCTIONS**

**Name: Susan Williams (female)**

**Age: 55. DOB 1-3-66**

**Occupation: Housewife & voluntary driver**

The candidate has been asked to

1. Explain the blood tests to you
2. Ask about risk factors
3. Agree a management plan.

**Background information (Please give this freely and quickly)**

You have noticed increasing tiredness and weight loss over the last 6 months. You have also noticed excessive thirst and frequent urination – sometimes getting up “three or four times a night to wee”.

You saw another doctor in the practice 2 weeks ago who tested your urine with a dipstick which showed there was glucose (sugar) present. The doctor then arranged for you to have a blood test to see whether you had diabetes. You have made an appointment today for the results of this test.

**Past Medical History:**

Diagnosed with high blood pressure 5 years ago (routine check). You were given some tablets for this (can't remember the name) but you often forget to take them. You have BP checked once a year, but you don't worry that it's high – you have no symptoms.

### **Family History:**

Your maternal grandfather was on insulin for diabetes and he had to have his leg amputated because of gangrene.

You parents were killed in an accident when they were in their early 70s. They were fit and well until then.

Your sister (5 years older) developed diabetes last year.

You have no children.

### **Social History:**

- You smoke 10 cigs/day and have done for about 10 years.
- You drink about 2 bottles of wine at the weekends but no other alcohol.
- You have a “sweet tooth” and enjoy cake, biscuits, chocolate etc. You often skip breakfast, but otherwise eat a balanced diet of meat or fish, with regular fruit and veg. However, ***if specifically asked***, you will admit to eating chips “2 or 3 times a week” and “take-away pizza” at the weekends.
- You are a housewife. Your husband works at the local supermarket.
- You have no paid income, but you drive an Access Bus for Young Adults with Learning Disabilities, on a voluntary basis, 4 mornings a week.
- You take no regular exercise, but you would consider taking up walking every day; you can’t afford to join a gym.

### **Your perspective:**

- You know that the first doctor was thinking that you might have diabetes.
- You know that diabetes has something to do with “too much sugar in your blood”.
- You are worried about losing your legs because of poor circulation – like your grandfather.
- You don’t like the thought of having insulin injections.
- You are concerned whether you can still do your voluntary driving job.

## **EXAMINER INSTRUCTIONS**

**The aim of the station is for the student to:**

- Explain the result of the HBA1c and fasting blood glucose blood test and the diagnosis of Type 2 Diabetes, to the patient.
- Identify risk factors that may affect outcome.
- Agree an initial management plan with the patient, to include lifestyle changes, and organize follow-up.
- Consider which other members of the Primary Health Care Team could be involved in this patient's management.

Please start the timer at the start of the 6 minutes and adhere approximately to the times below moving the candidate gently through the station.

### **Core Areas**

	<b>Core Area</b>	<b>Suggested length of time</b>
1	Explanation of blood results to patient	up to 2 mins
2	Focused history of risk factors	2 mins
3	Agreement of management plan	2 mins

At the end of the 6 minutes, you (including the patient partner) are asked to give up to 6 minutes of verbal feedback to the student on their performance.