

CANDIDATE INSTRUCTIONS

CONSULTATION STATION

Your Role: Family Physician in a Primary Care Clinic

Type of Visit: Unscheduled Visit

Stat tests that are available during the consultation:

HbA1c, Capillary Glucose, FBC, ESR, Na+, K+, Creatinine, serum bilirubin INR, ECG, Urine microscopy, Urine HCG, Pulse Oximetry, Plain x-rays

You have 15 minutes for this consultation **and 1 minute for clarification with the examiner.**

Please read the case below. When the bell sounds, enter the room.

SCENARIO

Name: Mr Andy Lee

Age: 72

Gender: Male

Mr Andy comes in for an unscheduled visit.

His vitals taken today by your assistant:

Temperature 36.4°C

Blood pressure 105/84mmHg

Heart Rate 102/min

Height 1.67m

Weight 55kg

BMI 19.72kg/m²

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Notes from previous consultations (most recent first)

Date	History and Examination	Diagnosis	Management Plan
20/4/24	Came to review lab results <ul style="list-style-type: none"> - Hba1c 6.4% - LDL 2.35mmol/L - TG 1.23 mmol/L - Cr AST ALT normal 	Type 2 DM on diet control Hypertension Hyperlipidaemia	Discussed with patient, agreeable for referral for endoscopic evaluation Continue chronic medications:

	<ul style="list-style-type: none"> - TFT normal - Corrected Ca 2.34 (Ref:2.15-2.50mmol/L) - 25-OH Vit D: 32 <p>generally well adherent to medications but complains of constipation over the past 6 months, usually BO every day, now BO once in 2-3 days of hard stools, no blood. no abdominal pain. diet similar. some LOA, unsure regarding LOW. laxatives given previously only partially effective.</p> <p>OE BP 145/65mmHg HR 75/min Alert comfortable not pale abdomen soft nontender small left cervical lymph node palpable</p>	<p>Change in bowel habits for evaluation</p>	<p>Lisinopril 5mg OM Metformin 250mg BD Atorvastatin 40mg OM Glucosamine 500mg TDS Calcium Carbonate 1250mg OM Colecalciferol 1000U OM</p> <p>See in 6 months for chronic review</p>
5/1/24	<p>Complains of hard stools over past week. no abdominal pain or blood in stools noted. patient feels could be related to hot weather and reduced water intake recently</p> <p>OE</p>	Constipation	<p>Laxatives Lifestyle advice Return advice given</p>

	alert comfortable slightly dry looking abdomen soft, non-tender		
20/12/23	Loose stools x 2 days Non-bloody No abdominal pain No fever Felt might have eaten something wrong during gathering with friends Afebrile Abdomen soft, non-tender	Gastroenteritis	Loperamide 2mg TDS PRN Hydration Return advice
23/11/23	Cough x 1 week Productive, non-bloody Runny nose No fever ART negative Afebrile Lungs clear	URTI	Dextromethorphan 10ml TDS PRN Loratadine 10mg OD PRN Return advice
20/09/23	Chronic review HbA1c 6.2% DFS: normal DRP: nil abnormalities Adherent to medications BP 120/64mmHg, HR 70/min	Type 2 DM Hypertension Hyperlipidaemia	Reduce Metformin to 250mg BD Continue lisinopril 5mg OM and atorvastatin 40mg OM TCU 6 months

07/08/23	Left knee pain x 3 days Mechanical Just came back from holiday Was walking a lot No fall O/E Left knee mild effusion Medial joint line tenderness Gait normal X-ray Left knee: mild degenerative changes	Osteoarthritis of the left knee	Paracetamol 1g QDS PRN Ketoprofen gel BD PRN Declined physiotherapy - keen to rest first Started on glucosamine 500mg TDS, Calcium Carbonate 1250mg OM and Colecalciferol 1000U OM Return advice
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