

Station Number

AFFIX CANDIDATE
LABEL HERE

CANDIDATE No:.....

Instructions for Candidates

Scenario

Alice Jones is a 37-year-old married woman who has been referred to the Community Mental Health Team because of panic attacks. She is troubled by a fear that she is going to lose control and “go mad” in public. You have taken a history and have informed her that you think that she has panic disorder. She remains anxious, and does not know what panic attacks really are.

Instructions

Explain to her the nature of panic attacks, as well as make some suggestions for treatment.

You are not required to take a history of panic attacks or anxiety symptoms.

**PLEASE REMEMBER TO HAND YOUR IDENTITY LABEL TO THE
EXAMINER**

Station Number

AFFIX CANDIDATE
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Communication Skills: Explaining Panic Attacks

CANDIDATE No:.....

Instructions for Patients

Answer questions based on the following scenario.

Do not volunteer information unless asked.

This station tests the candidate's ability to explain panic disorder to a patient, assessing their ability to take a psycho-educational role.

You are Alice Jones, a 37-year-old woman with a history of anxiety and panic attacks. The candidate has to explain to you what panic attacks are, hopefully offering some reassurance.

Key Attributes

You are anxious but pleased that someone is explaining to you what has been going on. You have some difficulty taking some of it on board, however, and seek reassurance.

Key Dialogue

If you are not given the answers by the candidate, you should ask:

1. *What causes panic attacks?*
2. *Was I born with them? I was never an anxious person before.*
3. *Why do I only get them sometimes?*
4. *How can I predict them?*
5. *Why does it help when I have a friend nearby?*
6. *Is there any treatment? Do I have to take drugs?*
7. *I have a wedding in two weeks and my sister has suggested that I get some Valium. What do you think?*

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Communication Skills: Explaining Panic Attacks

CANDIDATE No:.....

Instructions for Examiners

***REMEMBER TO ASK THE STUDENT FOR THEIR IDENTITY LABEL AND
AFFIX IT TO THE TOP OF THE MARK SHEET.***

This OSCE station is primarily testing a candidate's ability to communicate information about a specific symptom and its aetiology concisely and competently. It is testing the candidate's ability to:

1. Use appropriate language when discussing a symptom.
2. Develop a rapport with the patient, and put the patient at ease.
3. Demonstrate a good knowledge of the aetiology and symptomatology of anxiety.
4. Show ability to communicate information about a patient's symptoms to a patient, increasing the patient's understanding.

Station Number

Examiner's Name:

.....

AFFIX CANDIDATE
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Communication Skills: Explaining Panic Attacks

CANDIDATE No:.....

Marking Sheet

Please circle the appropriate mark for each criterion. The standard expected is that of a psychiatric Senior House Officer.

Criterion	Performed competently	Performed, but not fully competent	Not performed		
Approach to the patient – Rapport, empathy, and style	2	1	0		
Basic information about anxiety (2 points for each, up to a maximum of 4):					
• Common experience to everyone – a natural response to fear/ stress, etc.	2	1	0		
• Causes biological symptoms (e.g. sweating, palpitations):	2	1	0		
Aetiology of panic (one point for each, up to a maximum of 4):					
• Role of adrenaline, noradrenaline, serotonin	1	½	0		
• Can run in families	1	½	0		
• Early experiences	1	½	0		
• Learning theory	1	½	0		
• Interaction between psychological and physical factors	1	½	0		
• Role of avoidance in terms of reinforcement	1	½	0		
Role of treatment (2 points for each, up to a maximum of 6):					
• CBT targets the cognitive aspects of the disorder	2	1	0		
• BZDs rarely used	2	1	0		
• Antidepressants often used, but cause overstimulation in early phase of treatment	2	1	0		
• Outcome – 40% of people generally have good response; 50% have very mild symptoms; 10% have chronic symptoms	2	1	0		
Overall Approach to Task	4	3	2	1	0

Score (Max 20)

Overall Grading of station

Clear Pass

Borderline

Clear Fail