

Station Number

AFFIX CANDIDATE
LABEL HERE

CANDIDATE No:.....

Instructions for Candidates – Page 1

Scenario

A 22-year-old girl is admitted with anorexia nervosa. Her physical findings are:

Pulse 58 bpm
BP 90/ 65 mmHg
Temperature 36.2 °C

Look at the following blood results:

Haematology

Hb	9.4
WCC	3.6
Plat	136
MCV	94.2
MCH	Not available
Haematocrit	0.27
ESR	2

Biochemistry

Na	130
K	3.1
Cl	95
Urea	8.6
Creat	135
Ca²⁺	2.02
Mg²⁺	0.64
PO₄²⁻	0.62
Glucose (random)	3.3
Creatine Kinase	180

Liver function Tests

AST	42
ALT	53
Alk Phos	138
Bilirubin	24
GGT	62
Albumin	34

Thyroid Function Tests

TSH	0.03
T4	25.4
T3	Not available

Instructions for Candidates – Page 1

Instructions

1. List any abnormalities found.
2. Why might her thyroid function tests show this pattern?
3. What physical signs might you expect to find?
4. What investigations would you do routinely in a patient with anorexia nervosa?

PLEASE REMEMBER TO AFFIX YOUR IDENTITY LABEL TO YOUR ANSWER SHEET. SHEETS WITHOUT LABELS WILL NOT BE MARKED!

Station Number

Data Interpretation: Blood Results

AFFIX CANDIDATE
LABEL HERE

CANDIDATE No:.....

Instructions for Patients

THIS IS A 'STATIC' STATION – CANDIDATES ARE REQUIRED TO WRITE
THEIR ANSWERS ON THE SHEET PROVIDED.

NO PATIENT IS REQUIRED FOR THIS STATION.

Station Number

AFFIX CANDIDATE
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Data Interpretation: Blood Results

CANDIDATE No:.....

Instructions for Examiners

This is a station designed to test a candidate's:

1. Knowledge of haematological and biochemical abnormalities found in patients with anorexia nervosa
2. Ability to suggest appropriate investigations for patients with anorexia.

Station Number

Examiner's Name:

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AFFIX CANDIDATE
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Data Interpretation: Blood Results

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
Abnormalities (1/2 point for each, up to a maximum of 5): <ul style="list-style-type: none"> • Bradycardia • Hypotension • Anaemia • Leucopenia • Thrombocytopenia (mild) • Slight dehydration • Hyponatraemia (mild) • Hypokalaemia • Low calcium, phosphate, and magnesium • Abnormal LFTs • High T4 with suppressed TSH 	1 1 1 1 1 1 1 1 1 1 1	½ ½ ½ ½ ½ ½ ½ ½ ½ ½ ½	0 0 0 0 0 0 0 0 0 0 0
Thyroid results: <ul style="list-style-type: none"> • May be due to patient abusing thyroxine as a weight-loss agent 	2	1	0
Physical signs (one point for each, up to a maximum of 6): <ul style="list-style-type: none"> • swollen salivary glands • dental caries • erosion of enamel (vomiting) • lanugo hair • brittle hair and nails • peripheral oedema • areas of skin breakdown • purpuric rash 	1 1 1 1 1 1 1 1	½ ½ ½ ½ ½ ½ ½ ½	0 0 0 0 0 0 0 0
Routine investigations (1 point for each, up to a maximum of 7): <ul style="list-style-type: none"> • FBC • U & E • Glucose • LFTs • TFTs • Vitamin B & folate levels • Serum Calcium, Magnesium, Phosphate • ECG 	1 1 1 1 1 1 1 1	½ ½ ½ ½ ½ ½ ½ ½	0 0 0 0 0 0 0 0
Score (Max 20)			
Overall Grading of station	Clear Pass	Borderline	Clear Fail

Station Number

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CANDIDATE No:.....

Answer Sheet

1. List any abnormalities identified: (5)

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2. What might explain the thyroid abnormalities? (2)

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3. What physical signs would you look for? (6)

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4. What routine investigations would you perform in someone admitted to hospital with anorexia nervosa? (7)

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