

Station Number

AFFIX CANDIDATE  
LABEL HERE

CANDIDATE No:.....

### Instructions for Candidates

#### Scenario

You are asked to see a 32-year-old man who has been becoming more physically unwell over the last 24 hours. He is not your patient, but you know that his antidepressants have very recently been changed. His Kardex shows that he is on an SSRI.

His symptoms are:

- Confusion, almost delirious
- Restlessness, and agitation
- Sweating
- Shivering
- Tachycardia

#### Instructions

1. What is the most likely diagnosis? (3)
  2. What other information would you like? (6)
  3. What other symptoms would you look for? (5)
  4. How would you manage him? (6)
- Total (20)

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

Station Number

AFFIX CANDIDATE  
LABEL HERE

Emergency Management: Serotonin Syndrome

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  
LABEL HERE

Emergency Management: Serotonin Syndrome

CANDIDATE No:.....

### Instructions for Examiners

This is a station designed to test candidates:

1. Recognition of Serotonin Syndrome
2. Knowledge of the signs and symptoms of the condition
3. Knowledge of its treatment

Station Number

Examiner's Name:

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AFFIX CANDIDATE  
LABEL HERE

Emergency Management: Serotonin Syndrome

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 |
|--|-----------------------|------------------------------------|---------------|
| 1) Serotonin syndrome  | 3                     | 1 ½                                | 0             |
| 2) Two points for each of the following, up to a maximum of 6:               |                       |                                    |               |
| a) Previous antidepressant, dose, duration of treatment                      | 2                     | 1                                  | 0             |
| b) New antidepressant, dose, duration of treatment                           | 2                     | 1                                  | 0             |
| c) Length of 'washout' period, if any  | 2                     | 1                                  | 0             |
| d) Previous reactions or intolerance to medications                          | 2                     | 1                                  | 0             |
| 3) One point for each of the following, up to a maximum of 5:                |                       |                                    |               |
| a) Myoclonus   | 1                     | ½                                  | 0             |
| b) Hyperreflexia   | 1                     | ½                                  | 0             |
| c) Incoordination  | 1                     | ½                                  | 0             |
| d) Oculogyric crisis   | 1                     | ½                                  | 0             |
| e) Fever   | 1                     | ½                                  | 0             |
| 4) One point for each of the following, up to a maximum of 6:                |                       |                                    |               |
| a) Stopping any serotonergic drugs, especially the antidepressant            | 1                     | ½                                  | 0             |
| b) Discussion with medical colleagues and transfer if condition deteriorates | 1                     | ½                                  | 0             |
| c) Close monitoring of condition; IV fluids, etc.                            | 1                     | ½                                  | 0             |
| d) Cooling blankets for hyperthermia   | 1                     | ½                                  | 0             |
| e) Anticonvulsants for seizures  | 1                     | ½                                  | 0             |
| f) Clonazepam for myoclonus  | 1                     | ½                                  | 0             |
| g) Nifedipine for hypertension   | 1                     | ½                                  | 0             |
| h) Intramuscular chlorpromazine as an antipyretic and sedative agent         | 1                     | ½                                  | 0             |

Score (Max 20)

Overall Grading of station

**Clear Pass**

**Borderline**

**Clear Fail**

Station Number

|   |
|---|
| AFFIX CANDIDATE<br>LABEL HERE<br><br>CANDIDATE No:..... |
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**Answer Sheet**

1. What is the most likely diagnosis? (2)

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2. What other symptoms would you look for? (5)

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3. What other investigations would you like to do? (6)

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4. How would you manage him? (5)

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