

Station Number

AFFIX CANDIDATE  
LABEL HERE

CANDIDATE No:.....

### Instructions for Candidates

#### Scenario

This patient was admitted earlier today because of problems with eating and weight loss. She has been admitted for refeeding.

#### Instructions

Given her history, please conduct an appropriate physical examination.

Explain to the examiners what you are looking for.

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

Station Number

AFFIX CANDIDATE  
LABEL HERE

Examination Skills: Anorexic patient

CANDIDATE No:.....

### Instructions for Patients

**Allow the candidate to test specific skills without interruption. Please do not ask them what they are doing – the examiner should be doing this.**

This station tests the candidate's ability to conduct a physical examination relevant to a specific condition (in this case, eating disorder).

You are a young woman in her early 20's.

#### Key Dialogue

There should be minimal dialogue between yourself and the candidate. The candidate has been asked to comment on their examination to the examiner.

The candidate should ask if it is okay to examine you, and they should ask if you would prefer a chaperone to be present. The answers to both of these questions are 'yes'. If they do not request a chaperone, you should explain that you are uncomfortable being examined without one.

In this case, the examiner will explain to the candidate that they will act as chaperone – you are happy with this.

Station Number

AFFIX CANDIDATE  
LABEL HERE

Examination Skills: Anorexic patient

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 testing the candidates' knowledge and abilities in the following areas:

- a) Awareness of the physical complications of eating disorders
- b) Competence in conducting a basic physical examination, with modification for specific disease conditions
- c) Ability to look for and highlight relevant physical findings

The candidate should ask the patient if they would prefer a chaperone to be present. If they do this, then you should briefly explain that you will act as the chaperone and they should continue with the examination. The patient will be happy with this.

Station Number

Examiner's Name:

.....

AFFIX CANDIDATE  
LABEL HERE

CANDIDATE No:.....

Examination Skills: Anorexic patient

### Marking Sheet

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

Notes – if the candidate does not explain what they are looking for, they should not receive a mark.	Performed competently	Performed, but not fully competent	Not performed		
<b>Approach to the patient – Rapport, empathy, and style</b>	2	1	0		
<b>Basic assessment</b> (one point for each, up to a maximum of 2):					
• Examines (exposed) skin	1	½	0		
• Weighs patient (if scales available)	1	½	0		
• Measures patient's height (if available)	1	½	0		
<b>Examines hands and arms</b> (one point for each, up to a maximum of 2):					
• Palmar creases for pallor	1	½	0		
• Looks for Lanugo hair (may be seen on arms, but typically on trunk)	1	½	0		
• Brittle hair and nails	1	½	0		
• Callouses and scarring on hands from repeated self-induced vomiting ( <i>Russell's sign</i> )	1	½	0		
<b>Examines eyes</b> (one point for each, up to a maximum of 2):					
• Looks for pallor	1	½	0		
• Conjunctival haemorrhages (from vomiting)	1	½	0		
<b>Cardiovascular examination</b> (one point for each, up to a maximum of 4):					
• Pulse (typically slowed)	1	½	0		
• Blood pressure (often low)	1	½	0		
• Precordial examination and auscultation – mitral valve prolapse classically seen	1	½	0		
• Peripheral oedema (may be seen)	1	½	0		
<b>GI Examination</b> (one point for each, up to a maximum of 2):					
• Looks in mouth – signs of dehydration, caries, damaged enamel from vomiting	1	½	0		
• Swollen salivary glands	1	½	0		
<b>Neurological Examination</b> – looking for Peripheral neuropathy	1	½	0		
<b>'Squat test'</b> – ability of patient to rise from squatting position unaided	1	½	0		
<b>Overall Approach to Task</b>	4	3	2	1	0
Score (Max 20)					
<b>Overall Grading of station</b>	<b>Clear Pass</b>		<b>Borderline</b>		<b>Clear Fail</b>

Station Number

Examination Skills: Anorexic patient

**Requirements for this station**

*The following should be made available for this station:*

1. Weighing scales
2. Tape measure
3. Height measurer
4. BMI chart
5. Stethoscope
6. Sphygmomanometer
7. Pen torch
8. Tongue depressors