

Station Number

AFFIX CANDIDATE
LABEL HERE

CANDIDATE No:.....

Instructions for Candidates

Scenario

Ruth Allan is a 24-year-old woman who has been referred by her GP. Her mother is concerned that she should be eating more, and she is worried about her daughter's weight.

Instructions

Take an appropriate history of her eating patterns and any other symptoms or behaviours that are relevant.

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

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History Taking: Anorexia Nervosa

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 take a history from a patient.

You are Ruth Allan, a 24-year-old woman.

Key Attributes

You are quite guarded, and convey the impression that you don't want to be here. Your mother has arranged for this appointment and you come begrudgingly. You don't feel much like talking, and are initially a little hostile.

Eating Behaviour and attitudes to eating

- You try to avoid food as much as possible so that you don't gain weight
- You occasionally get hungry, but smoke to take away your appetite
- Every now and then, you eat something that makes you feel sick, and in the past you have made yourself sick after eating
- You used to exercise a lot to keep the weight off as well, but these days you often feel tired
- You have never taken slimming tablets or thyroxine or laxatives, but have thought about it.

Body image disturbance

- You think that you are actually too fat, and that you want to lose some weight
- You currently weigh about 45kg, but you want to be 40kg
- You think that you look fat, and that other people comment on how fat you look
- When you look in the mirror, you see yourself as fat.

Mood and other symptoms

- Your mood is okay – you don't get tearful, although you do get irritable with your friends and relatives
- You sleep okay
- You are glad that you are losing weight
- Concentration is poor
- Motivation and energy levels are reduced, but you are able to enjoy activities you do with friends.
- Your periods have stopped 3-4 months ago, after being irregular for many months.

- You complain of constipation and stomach cramps
- You often feel dizzy, especially if you get up too quick.
- Occasionally when upset, you find yourself scratching at your arms with a razor blade, although have not felt suicidal in recent months.

Relationships

- You have a difficult relationship with your parents. Your father drinks heavily and has often physically abused your mother. You have lots of arguments.

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History Taking: Anorexia Nervosa

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Instructions for Examiners

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

This is a clinical case where the candidate must:

- a) Demonstrate their ability to set the patient at ease.
- b) Be able to ask difficult questions in a potentially defensive patient.
- c) Gain the patient's trust and demonstrate empathy, as well as take a good history of symptoms to differentiate between anorexia and bulimia.

Station Number

Examiner's Name:

.....

AFFIX CANDIDATE
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CANDIDATE No:.....

History Taking: Anorexia Nervosa

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		
Eating Patterns (one point for each, up to a maximum of 2):					
• Start of symptoms/ changes over time	1	½	0		
• Premorbid obesity	1	½	0		
• Assessment of quantities/ frequency of eating	1	½	0		
• Reasons for avoiding food	1	½	0		
Other behaviours (one point for each, up to a maximum of 3):					
• Bingeing (amount, when, feelings associated with)	1	½	0		
• Purging	1	½	0		
• Excessive exercise	1	½	0		
• Use of laxatives/ diuretics	1	½	0		
Physical symptoms (one point for each, up to a maximum of 5):					
• Current weight & Current height	1	½	0		
• Menstrual changes	1	½	0		
• Changes in libido	1	½	0		
• Symptoms of anaemia, etc.	1	½	0		
• Constipation, Muscle cramps	1	½	0		
Assessment of body image disturbance	1	½	0		
Overall Approach to Task	4	3	2	1	0

Score (Max 20)

Overall Grading of station

Clear Pass

Borderline

Clear Fail