

Mentor Courses - How to Pass Synopsis

REMEMBER NOT JUST WHAT YOU SAY BUT HOW YOU SAY IT!

How to Pass : Physical Stations - POINT A TO POINT B

In the first 6 minutes:

- Focused History Taking (Open to Closed)
:“How / When **EXACTLY** did it all start?” – **POINT A**
: Identify the timeline - **STORY**
: Define the first episode - **SYMPTOM**
and then :
“I am going to ask you some specific questions”
Facilitate the narrative

AVOID WEAK OPEN QUESTIONS :

e.g. What were you expecting me to do today? / Tell me more?

Instead, focus your questions:

- Red Flags – Determine whether what is presenting is serious / not serious - **SYSTEM**
- Sensitive signposting of questions
- If you don't ask – you won't get!
- Psychosocial History In Context:
: “How is this affecting you? At work / At home?”
- Acknowledge the impact – Mirror - If it is affecting a patient, needs to be taken seriously
- Exploring health beliefs in context
: “Had you any thoughts as to what was causing this?”
- **Acknowledging and following up cues – use health belief to refocus history**

SUMMARISING :

- Red Flags / Psychosocial History / Health Belief / Acknowledgment
- What is the **THEME?** / Identify the priority of the case

Focused Examination

Appropriate Use of Medical Instruments and Examination

In the remaining 4 minutes:

- **Readdress Health Beliefs / Health Anxiety**
- Bring the patient with you into the 2nd half the consultation
- **Share examination findings : normal / not normal**
- Shared and informed decision making
- **Commit :**
“Consider is this serious / is this not serious”
- ‘Keep swimming’ – Work towards a Working Diagnosis
- **Manage Uncertainty with confidence – Rx reactive to clinical severity of diagnosis**
- Justification of Management Plans e.g. act on red flags
- Application of evidence based medicine
- Health promotion in context to presenting complaint
- Follow up and safety netting – **POINT B**

Throughout:

- Patient Centred
- Not patient driven or doctor centred
- Self Awareness – Sensitivity – Support – Simplicity
- Positive Energy

SMILE!/SELF AWARENESS = SINCERITY AND SENSITIVITY / SYMPATHETIC / SPECIFIC QUESTIONING / STRUCTURE/ SIGNPOSTING/ SUMMARISE / SHARE / SAFETY NET / SIMPLE EXPLANATIONS/ SUPPORTIVE

Patient Centred

**ACKNOWLEDGEMENT OF THE PATIENT PERSPECTIVE
INFORMED DECISION MAKING - NOT THE PICKING OF OPTIONS!
SHARING OF INFORMATION/ TRANSPARENCY
BENEFICENCE V.S. NON – MALEFICENCE
WORKING TOWARDS BEST INTERESTS OF THE PATIENT
HOLISTIC APPROACH
DEFINE PROFESSIONAL BOUNDARIES - DEPERSONALISE
NEGOTIATION – LEARNING HOW TO SAY NO! BE NICE/FIRM/FAIR**