

Simulated Patient Brief — MCLEAN (Crohn's Flare) • Week 4

PATIENT DETAILS

Name	J McLean
Presenting complaint	Crohn's disease flare

ORIGINAL SCRIPT PAGE 1

FACILITATOR NOTES: J MCLEAN

PT DIAGNOSIS: CROHN'S FLARE

The aim of this SIM is for the students to recognise this is a patient that has a background of stable Crohn's disease but is experiencing a flare. The patient in this case is not forthcoming with information which means the students will need to use their questioning to extract the information from the patient. A good student should recognise that the patient is most concerned about going into hospital and the impact this could have on their business. The students should try to manage the patient's expectations around this. A discussion with the patient around the next steps in management should be undertaken. Students should be encouraged to think about the wider health care team that could be involved and who they could seek advice from (eg IBD specialist nurses etc). <https://cks.nice.org.uk/topics/crohns-disease/management/confirmed-crohns-disease/>

ORIGINAL SCRIPT PAGE 2

Actor Notes: Name: John/ Joan McLean Age: 48

OPENING STATEMENT: 'HI DOCTOR, I AM JUST WANTING TO GET MY CROHN'S UNDER CONTROL'

Information to be given away after further open questioning: You have been having 4 episodes of loose motions every day for the last 3 weeks. On some occasions it has woken you from sleep and you have had to rush to the toilet. Information to only divulge on direct questioning: You have seen some blood mixed in with the poo. It's constantly hurting in your lower abdomen, especially the area on the right side at the bottom of your abdomen. You have no nausea and no vomiting. No fever. No weight loss although your appetite is not what it is usually (reduced intake of food), but you are drinking fluids well (do feel a little more thirsty than normal so have increased your fluid intake as you recognise you are losing fluid in your motions). Passing urine well- normal amount for you. No history of recent travel abroad. Not eaten anything out of the ordinary, only take away you have had is food from your van (and you are very clear that you have exemplary hygiene standards).

You have been under the gastroenterology team at the local hospital for a few years. You have not seen a consultant in hospital for last 2 years (you did not attend your last yearly appointment due to work commitments). Your Crohn's was diagnosed 10 years ago just after the birth of your second child. You have been stable but 8 years ago you did have a flare up which was treated with

Mesalazine and a course of oral steroids called prednisolone, when you were on this you were initially on quite high doses and you had to be 'weaned' off it. You are always compliant with your treatment.

Ideas: You think this is probably your Crohn's Concerns: You are really worried about having to go into hospital, you feel this would be a great detriment to your business. Expectations: You want some medication for your flare up. You would quite like what they gave you last time. Feelings: Worried about your business, you are already in financial trouble, business has not been as busy as it has been in the past. Past medical history: Crohn's Disease – Diagnosed 10 years ago Medication Mesalazine 2 tablets 3 times a day No known drug allergies

ORIGINAL SCRIPT PAGE 3

FAMILY HISTORY- NIL

SOCIAL HISTORY

Own your own business as above. Married 2 children- boy 10 years old and girl 12 years. Smoking 20 per day Alcohol 10 to 14 units a week (Gin)

IMPORTANT SOCIAL, CULTURAL OR BEHAVIOURAL CHARACTERISTICS

Business owner, in financial trouble, have a family to support with young kids. You have a mobile burger van ("Fry Hard"!) in a layby just off the M1 for the regular drivers going to and from Milton Keynes which pass the lay-by from which you have a licence to operate. Your regular customers always expect you to be there bright and early and failure to be open means they might try the local competition.

Demeanour: You just want some treatment for this and will not be persuaded to go into hospital. You are quite closed with your answers, after the opening statement and explanation about how often going to the toilet you only given information directly related to the questions the student asks. You are not aggressive or elusive and will answer the questions its just that you are a man/woman of few words.

ORIGINAL SCRIPT PAGE 4

PHYSICAL EXAMINATION

PATIENT NAME: J MCLEAN

BMI 24 Temp 36.8 Pulse 90bpm RR 18 SPO2 100%ra BP 125/75

Abdominal exam: No Lymph nodes palpable, abdomen soft, no palpable organomegaly or masses, tenderness to palpation in the right iliac fossa, no guarding. Bowel sounds normal.

ORIGINAL SCRIPT PAGE 5

Patient Record (to be given to student) Name: John/ Joan McLean Age: 48 years Past Medical History: Crohn's Disease- Dx 10 years ago – now stable Last 3 consultations: 2 years ago- Otitis

externa : Rx Otomize Spray 4 years ago- New to practice, new patient check. Medication Mesalazine
2 tablets TDS

Primary Care Block · Week 4 · MCLEAN — Crohn's Flare · Full script (no content omitted from source PDF)