

SPEAKING TASK 11

Myocardial Infarction

Setting: Hospital Ward

Patient

You are a 42 year old male who arrived at the hospital via ambulance 10 days ago after suffering from acute substernal chest pain radiating to left arm. You have been diagnosed with myocardial infarction. You are a businessman, married with 5 children. Your condition has now stabilized however you are restless and worried that you will have to make big changes to your lifestyle. Seek reassurance from the doctor.

Task

- Express nervousness about future health
- Ask if all the medications are necessary
- Will you be able to work soon?
- Express concern that it will be hard to make changes to your lifestyle
- Request advice about suitable diet/exercise routine

Setting: Hospital Ward

Doctor

Patient is a 42 year old male who arrived at the hospital via ambulance 10 days ago after suffering from acute substernal chest pain radiating to left arm. Patient has been diagnosed with myocardial infarction. Patient is a businessman, married with 5 children. His condition has now stabilized however he appears restless and worried about his condition. He is overweight and is a smoker. He has high blood pressure.

Task

- Greet patient
- Provide comfort and stress the importance of a gradual transition back to normal life
- Reassure the patient that he can expect a full recovery if he follows your advice
- Discuss the importance of taking medications regularly
- Discuss the importance of giving up smoking
- Provide advice on what assistance is available to help quit smoking
- Provide advice on suitable diet and exercise
- Discuss importance of regular rest periods between activities
- Respond to patient questions and provide reassurance

SPEAKING TASK 12

Diverticular Disease

Setting: General Practice Surgery

Patient

You are a single 45 year old woman. You have been a patient at this surgery for five years. You rarely visit the doctor because he is always telling you that you need to reduce your weight. He does not seem to understand that after working hard in a factory 8 hours a day all you want is an easy take away meal and to relax by watching TV. Recently you have had abdominal cramps and are very concerned it may be bowel cancer as your father was diagnosed with this disease 2 years ago. You are at the surgery to hear the results of a recent colonoscopy examination.

Task

- Express relief that it is not bowel cancer
 - Ask if you need an operation to cure diverticular disease
 - Ask what will happen if you do nothing
 - Continue to express your reluctance to change your diet.
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Setting: General Practice Surgery

Doctor

Your patient is Joan Thompson aged 45. She is unmarried and lives on her own. She has been your patient for 5 years and you have repeatedly asked her to consider changing her dietary habits as she relies heavily on take away foods with a high fat content and now weights over 90 kilos. Joan works full time as a factory hand and says she is too tired to bother cooking at night. You have asked her to come to your surgery to discuss the results of a recent colonoscopy examination. There is no evidence of bowel cancer which she was concerned about as her father was diagnosed with bowel cancer two years ago. However there is evidence of diverticular disease.

Task

- Reassure her that there was no evidence of bowel cancer
- Explain what diverticular disease is
- Discuss complications that can occur and treatment planned
- Convince patient of the importance a healthy diet and of regular exercise. Point out consequences of taking no action.

SPEAKING TASK 13

ECZEMA

Setting: Suburban General Practice

Patient

You have a five year old son who has red scaly patches on his hands, the back of his knees and on his tummy. They are very itchy and he keeps scratching them which makes them worse. The rash on his hands has become cracked and weepy. You have tried to ease the itch with various cosmetic creams but they don't work. You have brought him to the doctor to see what can be done to improve his skin.

Task

- Ask the doctor about the condition
 - Express concern at diagnosis.
 - Request details about the treatment options. How can the itchiness be stopped?
 - What about the future, will he grow out of it?
 - What about your other children, are they likely to suffer from the same condition?
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Setting: Suburban General Practice

Doctor

Your patient is a young boy of five who has patches of red scaly rash on his hands, the back of his knees and on his stomach. The rashes are very itchy and he keeps scratching them which make them worse. The patches on his hands have become cracked and weepy. His mother has tried to ease the itch with various cosmetic creams but they don't work. You diagnose eczema.

Task

- Inform the patient of your diagnosis
- Respond to the parent's questions regarding the condition
- Explain how to manage the condition including:
- Avoid things which may irritate the skin such as soaps, woolen clothes/ dust/pets
- Encourage parent to monitor the diet of the child to determine what may be triggering the condition. i.e eggs, milk, wheat
- Reduction of scratching
- Keeping the skin moist

SPEAKING TASK 14

IMMUNISATION

Setting: Suburban General Practice

Patient

You are the father of a 6 weeks old baby daughter. You have brought your baby to the surgery because your wife thinks it is time to start the recommended immunisation program. Your wife wants to return to work in 6 months and wants your daughter to have the necessary protection before that happens. She also thinks that the child will not be accepted into child care unless she has evidence of vaccination. You are not convinced this is the best thing to do. You have heard reports of complications due to the vaccination of young children.

Task

- Explain to the doctor why your wife wants to start the vaccination program.
- Express your concerns about complications following vaccination.
- Be difficult to convince.

Setting: Suburban General Practice

Doctor

A young father visits you with his 6 weeks old baby daughter. His wife wants to begin the recommended immunisation program immediately because she has to return to work in 6 months and feels it will be necessary protection for her daughter. She also thinks that the child care agency will not accept her daughter without evidence of vaccination. The father is worried about the possibility of serious complications due to immunisation.

Task

- Explain why vaccination is recommended.
- State the benefits of vaccination.
- Reassure the father that side effects (if any) will be minimal.
- Explain the potential risks if the child is not vaccinated.

SPEAKING TASK 15

Consent of Surgery

Setting: Private Practice

Patient

Your GP has referred you to a consultant surgeon to get your ultrasound results after suffering from abdominal discomfort for 2 months. You are waiting for the ultrasound results. You are talking to the surgical registrar.

Task

- Ask for details about the diagnosis.
- Are the stones big or small?
- How many are there?
- Ask doctor to explain surgical options in detail
- Ask about consequences if no surgery is done
- Ask about risk factors of surgery and why consent is necessary
- Ask about recovery time
- Check for other alternatives to surgery
- Is there a medication which can dissolve the stones?
- Can surgery be delayed?

Setting: Private Practice

Doctor

You are a consultant surgeon in a private practice. This patient has been referred to you by his GP after suffering from abdominal discomfort for 2 months. You have received ultrasound report that indicate that your patient has gall bladder stones. There are 3 stones of varying size, one of which is causing obstruction and associated pain. He requires surgery.

Task

- Ask about current condition
- Explain diagnosis
- Offer him laparoscopic cholecystectomy as operation of choice
- Inform on some occasions open cholecystectomy is necessary due to anatomical variation
- Explain that consent is required for this procedure
- Respond to patient's concerns
- Explain necessity for surgery especially if he will be traveling

SPEAKING TASK 16

DIABETES TYPE 1

Setting: Suburban General Practice

Patient

You are the mother of Tom, 10 years, who has recently been diagnosed by an endocrinologist as having type 1 diabetes. You are visiting your local GP today seeking more details regarding the condition and what effects it will have on your son's daily life.

Task

- Listen to the doctor's explanation of the disease and if you have queries, ask and clarify that query.
 - Ask about medications.
 - Ask what would happen if you forgot to give insulin.
 - Ask if Tom can participate in school camping and sleepovers.
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Setting: Suburban General Practice

Doctor

You are a GP at a general practice. Your patient is Tom, a 10 year old boy who has come with mother. He was diagnosed with type 1 diabetes by an endocrinologist.

Task

- Explain the diagnosis to the mother.
- Explain about hypoglycaemic and hyperglycaemic attacks.
- Suggest what the mother should do in these situations including glucagon injection, oral jelly beans, seeking urgent medical advice.
- Discuss importance of insulin intake two times daily.
- Talk about school camps and sleepovers.

SPEAKING TASK 17

SLEEPING TABLETS

Setting: Suburban General Practice

Patient

You are a 40 year old family man and have been suffering from lack of sleep. This is primarily due to your new job as a shift worker at an oil refinery. You work on a rotating shift and have to work 12 hour night shifts twice a week. After work you have not been able to sleep well. As a consequence it has been hard to remain alert during your shift. You have been drinking a lot of coffee to stay awake. You have visited the doctor in order to receive a prescription for sleeping tablets. Your regular doctor refused them. You are desperate so are visiting a different medical clinic for the first time.

Task

- Explain your situation and request sleeping tablets.
 - Do not accept other solutions as you need a quick solution as you feel your job might be at risk.
 - Be prepared to argue strongly for the tablets
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Setting: Suburban General Practice

Doctor

A 40 year old family man who has been suffering from sleep deprivation since starting a new job as a shift worker at an oil refinery is requesting that you provide a prescription for sleeping tablets. The patient states that he has already visited another doctor who refused to provide a prescription. It is your first time to see this patient.

Task

- Ask about working hours and eating/drinking habits at work.
- Decline to provide sleeping tablets due to risk of becoming dependent, possible side effects and the short term nature of this solution.
- Enquire about home environment. Suggest creating a quiet, cool, dark place which will aid in sleeping.
- Recommend relaxation techniques and herbal teas as a more healthier alternative.

SPEAKING TASK 18

SWOLLEN ANKLE

Setting: Suburban General Practice

Patient

You are a 22 year old man who fell and badly hurt your ankle during a game of tennis. You think it might be broken as it is badly bruised and swollen. The doctor sent you for an X-ray and you have returned with the results. You are worried because you are about to start a new job as a clerk with a legal firm next week. This is a job you really want and you are afraid you will create a bad impression if you ask for time off at the outset.

Task

- Stress how worried you are about your ankle. It seems badly swollen to you.
- Be surprised that it is not broken considering the swelling.
- Tell the doctor about your new job.
- Remain doubtful that you will be able to manage at work.

Setting: Suburban General Practice

Doctor

Your patient is an anxious 22 year old man. He has a moderately bruised and swollen ankle as a result of a fall while playing tennis. You do not consider the injury to be serious but you sent him for an X-ray. He has returned with the results which show there is no fracture. You expect the ankle to recover within a few days.

Task

- Advise the patient that the X-ray shows there is no fracture.
- Reassure him that there is no serious injury and that the ankle should mend quite quickly.
- Suggest rest and elevation of the ankle until the swelling subsides and the use of ice packs and Panadol for pain relief if necessary.
- Ask about the type of work the patient does.
- Be sympathetic to his concerns about needing time off work, but emphasise that it is not a serious injury and that he can continue working provided he keeps his ankle elevated

SPEAKING TASK 19

Palliative Care

Setting: Home Visit by family GP

Patient/Carer

You are John Reeve aged 36. Your wife Jill, aged 34, has terminal ovarian cancer. You have 2 sons aged 10 and 7. You have taken time off work to care for your wife at home. A Community Care Nurse comes five days a week to shower your wife. Your family GP visits weekly to monitor Jill's pain medication. You are finding it increasingly difficult to manage at weekends when the nurse doesn't come. You feel you can't make Jill comfortable and are worried that the pain medication often takes a long time to work. Your whole time is taken up trying to keep the household functioning so you have no time to just sit with Jill. You get little sleep at night. The children are complaining that you never play with them and that they always have to be quiet. You have no family nearby to call on and are worried that you may not be able to keep your promise to your wife to let her die at home. You ask the family GP for advice

Task

- Tell the doctor that you are not managing well.
- You need more help, especially at weekends when the children are home from school and wanting your attention.
- Emphasize that you want to keep caring for your wife at home but you are feeling physically and emotionally exhausted and starting to wonder if you are doing the right thing by her and the children.

Setting: Home Visit by family GP

Doctor

Your patient, John Reeve has taken time off work to be a full time carer for his wife Jill who has terminal ovarian cancer. They have two sons aged 10 and 7. You visit Jill at home once a week and have observed a rapid deterioration. The level of medication to provide adequate pain relief has been increased but she still experiences break through pain. A Community Care Nurse comes five days a week to shower Jill. John looks exhausted but is still determined to keep Jill at home. You consider it is time to admit Jill to a palliative care hospital.

Task

- Ask John if Jill has had a comfortable and pain free weekend.
- Ask how the children are coping and whether John has access to any family help.
- Ask John how he is coping physically and emotionally
- Recommend admission to a nearby palliative care hospital for benefit of all family.

SPEAKING TASK 20

Pain Management

Setting: Family General Practice

Patient

You have recently been discharged from hospital following a open-chest surgery to repair an aortic aneurysm and you now have a mechanical heart valve in place. Your surgeon has referred you to your local GP for follow-up care. You have had a lot of pain since being discharged and you are concerned about it.

Task

- Tell the doctor that you have not had much pain from the wound but you have had a lot of back pain and are not sleeping well
- Describe how the pain is mostly in the upper back, near the shoulders
- Ask him if this is serious and if you should go to the hospital when you have it
- Ask him if you can take more Endone as this is the only medication that works for you.

Setting: Family General Practice

Doctor

You are a GP in a General Practice. This patient has been referred to you from a cardio-thoracic surgeon for follow-up care. He has recently been discharged from hospital following open chest surgery for repair of a Type A dissection and aortic root replacement with mechanical valve. During this visit, he is complaining of a lot of pain. Respond to his questions and give him advice on how to manage the pain.

Task

- Ask him to describe where the pain is
- Reassure him that upper back pain is normal following open-chest surgery
- Explain the surgery to him and how the muscles in the back will be affected.
- Explain what type of pain is serious and what to do when he gets it
- Explain that he should not take Endone more than the prescribed dose
- Explain that it is important to take regular Paracetamol first and if this is not enough, then take the Endone
- Explain that Endone is a Schedule 8 drug and what this means
- Explain for how long he might need Endone after surgery. Explain that he should not take Endone for too long as it can be addictive
- Reassure that the pain will gradually reduce
- Suggest gentle walking to help with the pain and for relaxation