

**Station title:**

**Station duration:**

8 mins

**Station number:**

## **Student Instructions**

**Station No**

**Final MB**

### **Background information to station:**

You are a Foundation Doctor working in General Practice.

A parent would like to discuss their 2 year old child who has just been diagnosed with eczema.

### **Specific student instructions:**

1. Please counsel the parent about the diagnosis of eczema and answer their questions.

There will be a warning bell when there are 2 minutes left.

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## Examiner Instructions

Station No

Final MB

**Station author:** Dr Caroline Lavery

**Assessment outcome:**

This station assesses the student's ability to counsel a parent about their child's eczema, explaining the definition, aetiology, symptoms, signs, management and complications.

**Background information to station:**

Students are asked to perform the role of a Foundation Doctor working in the General Practice. They are asked to speak to the parent of a 2 year old child who has been diagnosed with eczema.

The simulated parent will ask the following questions during the station:

**What is eczema?**

**Can her eczema be cured?**

**How do I treat Niamh's eczema?**

**Is eczema infectious?**

**What things can flare eczema? What should we avoid?**

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**Marking sheet** G = Good, A = Acceptable, P = Poor

DETAIL / question	MARK	WEIGHTING
1. Overall introduction including identification of self and patient <b>and</b> parent (Name & role, purpose of encounter, consent)	G A P	2 1 0
2. Rapport & professional manner (shows interest, respect, concern, appropriate body language, closure)	G A P	2 1 0
3. Attention to infection control throughout	G P	1 0
4. Begins with open question	G P	1 0
5. Establishes parent's understanding of eczema to date	G P	2 0
6. SP to ask, <b>What is eczema?</b> Explains eczema is an inflammatory skin condition; can occur at any age, but commonly begins in childhood. G:2; A:1; P:0	G A P	2 1 0
7. Explains the defective skin barrier in eczema, making the skin for susceptible to irritation by chemicals, detergents and soaps. G:2; A:1	G A P	2 1 0
8. Details that skin tends to be very itchy due to irritation; scratching leads to further damage to the skin barrier, causing more irritation- 'itch-scratch-cycle'. G:2; A:1; P:0	G A P	2 1 0
9. Common sites: face, neck, wrists, elbow creases, behind knees	G P	2 0
10. SP to ask, <b>Can her eczema be cured?</b> G: Explains that eczema cannot be cured but can be controlled/managed	G P	2 0
11. SP to ask, <b>How do I treat Niamh's eczema?</b> Avoid soap and using soap substitutes; avoid scratching- use of mittens +/- antihistamines G:2; A:1; P:0	G A P	4 2 0
12. Details the use of topical therapies: Moisturisers, greasy, liberal application at least twice daily; steroid creams for flares. G:2; A:1	G A P	2 1 0
13. Details the alternative options available if topical steroids ineffective e.g. topical calcineurin inhibitors, light therapy	G A P	2 1 0
14. SP to ask, <b>Is eczema infectious?</b> G: Eczema cannot be caught from someone else	G P	2 0
19. SP to ask, <b>What things can flare eczema? What should we avoid?</b> Another illness or stress; certain chemicals, soaps & detergents; Some skin infections much worse in a patient with eczema e.g. molluscum contagiosum, eczema herpeticum and impetigo G:2 ;A:1; P:0	G A P	4 2 0
20. Active listening; checking patient's understanding; allowing questions	G A P	2 1 0
21. Offers to provide patient info leaflet/relevant website/specialist nurse	G P	2 0
22. SP Rating: SA: Strongly agree; A: Agree; JA: Just Agree; N: Neutral; D: Disagree	SA A JA N D	4 3 2 1 0
Global mark: E: Excellent; V: Very good; P: Pass; B: Borderline; F: Fail	E V P B F	5 4 3 2 1

**Total score /40 (excluding Global Mark)**

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## Simulated Patient Instructions

Station No

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**This station assesses the student's ability to counsel a patient on eczema, explaining the definition, aetiology, symptoms, signs, management and complications.**

**Background information to station:**

Students are asked to perform the role of a Foundation Doctor working in the General Practice. They are asked to speak to you and answer your questions about your 2 year old child who has recently been diagnosed with eczema.

**How the role should be portrayed:** Concerned but keen to learn and understand

**Clothes/props:** Nil specific

**First sentence (after introductions) if student starts with an open question:** Niamh was diagnosed with eczema last week but I didn't really take in any of the information I was given as I was so worried! **What is eczema?**

**Please ask the following questions throughout the course of the station.**

**What is eczema?**

**Can her eczema be cured?**

**How do I treat Niamh's eczema?**

**Is eczema infectious?**

**What things can flare eczema? What should we avoid?**

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Potential question	Response
What do you know about eczema?	I know that it is an itchy skin condition but that's all really
Do you know of any treatments that can be used?	I think some moisturisers can be used.

### Background

- Name: Niamh Sullivan (mother = Clare Sullivan, father = Joe Sullivan)
- DoB: 10/09/2020, 2 years old
- Presenting complaint:
  - Itchy, red skin of the face, elbows and neck
  - No infective signs
  - Systemically well
- Early life:
  - Spontaneous, vaginal delivery at 39 weeks
  - Normal birth weight, no other complications
- Development:
  - Meeting milestones
- Family History: father asthma, sister hay-fever
- Drug History: nil, no allergies. Immunisations up to date.
- Social history: neither parents smoke, only the 3 of them in the house, no social service involvement

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## **Site Co-ordinator Instructions**

**Station No**

**Final MB**

### **Equipment check list:**

- Simulated parent
- 3 chairs
- Handwash