

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 the Elderly Care ward.

This 70 year old man has been newly diagnosed with atrial fibrillation. His BMI is 29 kg/m². He is to be commenced on warfarin.

Specific student instructions:

1. Please counsel this patient regarding warfarin.
2. At the '2 minutes to go' bell, the patient will ask you 3 questions.

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Examiner Instructions

Station No

Final MB

Station author: Dr Laura Shannon

Assessment outcome:

This station assesses the student's ability to counsel a patient on warfarin, explaining the indication, monitoring, risks and benefits.

Background information to station:

Students are asked to perform the role of a Foundation Doctor working in the Elderly Care ward. They are asked to counsel this 70 year old patient about warfarin. He is overweight and has been newly diagnosed with new atrial fibrillation.

Potential areas of serious concern:

Doesn't highlight the risk of bleeding when taking Warfarin

Marking sheet G: Good, A: Adequate, P: poor

DETAIL / question	MARK	WEIGHTING
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1. Overall introduction including identification of self and patient (name & role, purpose of encounter, confirms patient's agreement)	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. Checks prior knowledge/understanding of warfarin	G P	2 0
6. Explains the indication for Warfarin. Irregular heart rhythm (1), with increased risk of clots in brain/lungs/heart (1) G: 2; A:1; P:0	G A P	2 1 0
7. Explains how warfarin works (<i>blocks the action of Vitamin K</i>)	G P	1 0
8. Explains that Warfarin is a tablet (1) taken at the same time once a day (1) G: 2; A:1; P:0	G A P	2 1 0
9. Explains that the different coloured tablets represent different dose strengths. Patient will get warfarin/INR/ 'yellow' book to write in regular INRs and appropriate dosing G: either	G P	2 0
10. Explains dosing may vary and it is based on INR blood test (1), target is between 2 and 3 (1); frequent blood tests are required until INR and dose are stabilised G: 2; A:1; P:0	G A P	2 1 0
11. Explains what can influence warfarin's effectiveness e.g. green vegetables, cranberry juice; alcohol; antibiotics. G: any relevant	G P	1 0
12. Advises to avoid contact sport; care with ladders/tools etc G: any	G P	2 0
13. Emphasises the importance of informing any health professionals that he is on warfarin. Avoid taking NSAIDs, antiplatelets or other anticoagulants unless advised by a doctor. G: any	G P	2 0
14. Ensures no contraindications to taking Warfarin e.g. high risk of bleeding from clotting disorder, previous ICH, high risk of falls	G P	2 0
15. Emphasises the importance of seeking medical advice if head injury as needs to ensure no intracranial haemorrhage	G P	2 0
16. If forgets dose, advises not to take double the dose	G P	2 0
17. Suggests the use of a medi-alert bracelet	G P	1 0
18. SP to ask: What are the benefits of taking Warfarin? <i>Reduces risk of clots in brain (stroke), lung (PE) + heart (MI)</i>	G P	2 0
19. SP to ask: What are the side effects of taking Warfarin? <i>Bleeding e.g. nose bleeds, haematuria, easy bruising (1) Hypersensitivity/rashes (1) G: 2; A:1; P:0</i>	G A P	2 1 0
20. Are there any other treatments that could help my irregular rhythm? <i>B-Blockers/Ca-Channel blockers to help rate control. (1) DCC or Amiodarone for rhythm control. (1) G: 2; A:1; P:0</i>	G A P	2 1 0
21. Clear communication style; checking patient understanding and allowing questions	G A P	2 1 0
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

Simulated Patient Instructions

Station No

Station title:

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8 mins

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This station assesses the student's ability to counsel a patient about warfarin, explaining the indication, monitoring, risks and benefits.

Background information to station:

Students are asked to perform the role of a Foundation Doctor working in the Elderly Care department. They are asked to review you, a 70 year old patient who has been diagnosed with an irregular heart beat and commenced on warfarin.

How the role should be portrayed:

You are a little concerned, but you are able to listen and retain the information given to you.

- Name: Mo Anderson
- DoB: 15/02/1952
- Answer only direct questions without offering any extra information unless prompted.

- Presenting symptoms:
 - Palpitations and shortness of breath intermittently for the past few months, approximately once –twice per week
 - No chest pain, cough, nausea, vomiting or fever

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- No rash or sputum
- Past Medical Conditions: High blood pressure, high cholesterol, type 2 diabetes (tablets only)
- Family History: mother died of stroke, father died of heart attack
- Drug History: Lisinopril, Atorvastatin and Metformin. No allergies.
- Social history: ex-smoker (smoked 10/day for 20 years), non-drinker, lives with spouse – used to work as teacher.
- Questions to ask, if not answered already:
 1. What are the benefits of taking Warfarin?
 2. What are the side effects of taking Warfarin?
 3. Are there any other treatments that could help my irregular rhythm?

Clothes/props: Pyjamas and hospital armband

First sentence (after introductions) if student starts with an open question: I came to hospital because my heart is racing.

Potential question	Response
What do you know about Warfarin?	I've heard its rat poison but that's all.
Do you know why you've been started this tablet?	I think because of my palpitations

Site Co-ordinator Instructions

Station No

Final MB

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Equipment check list:

- Warfarin/INR booklet
- 2 chairs
- SP aged 60-80, any gender
- Hospital armband: Mo Anderson 15/02/1952 H&C 3829182933