

Instructions to candidate – Aim for 8 minutes

You are a foundation doctor in a general practice.

John Smith is a 30 year old gentleman who was recently diagnosed with generalised tonic clonic seizure. He was in today for a nurse review.

Just as he was about to leave the surgery, the nurse mentioned to you that she saw John driving into the surgery this morning and is very concerned about it. She has asked you to talk to John about this.

You are asked to have a chat with John and address his concerns.

SP script

Name: John Smith

Age: 30 years old

You are an easy person to talk to. You find it very weird that you are asked to be seen by a doctor even though you have just been reviewed by the lovely nurse.

You were diagnosed with generalised tonic clonic seizure a few years ago. When you have one, your seizure involves jerking of the legs and arms, and usually lasts less than 5 minutes, followed by some confusion after that. You have made sense to this diagnosis. When specifically asked, your last seizure was 3 months ago.

PMH: Nil

FH: Nil

DH: lamotrigine and NKDA

SH: you don't smoke, consume alcohol nor do you take any recreational drugs. You live with your partner in a flat with a dog. You work as a business consultant and that involves you driving around to meet your clients on a daily basis. Your partner is a busy accountant.

When asked specifically, you admit to driving to your GP surgery. It was just a 10 minute drive as you live nearby. Your partner isn't with you.

ICE/Questions (before being informed not to drive):

- I – you have no idea that you can't drive with a seizure
- C – you have no concerns about this funny turn and you are very keen to leave this consultation so you can get on with your work!
- E – Nil
- Questions – Nil

Candidate is expected to inform you that you are not allowed to drive due to this seizure episode. When they say so, be very surprised to hear that comment and enquire why.

ICE/Questions/Feelings (only ask them if you're told not to drive)

- I – you want to know why you can't drive
- C – you are concerned that your job involves a lot of driving and you will struggle to go to meet your clients if you can't drive
- C – you are concerned that your job may be affected if you can't meet your employer's expectations. Your job means a lot to you.
- E – you want to find out what is going to happen next in terms of investigations and management into this seizure
- Questions:
 - o How long are you not allowed to drive?
 - o Does this mean you can't drive forever?
 - o You need some help as you don't know what other arrangement your employer can provide
- Feelings

- You don't see a reason not to drive as you are very sure that you won't have another seizure. After all, as long as you don't tell DVLA they won't know about it

Feedback

Did the candidate	Y/N
Explore the circumstances leading to the seizure episode	
Establish a good social history from the patient and the fact that he drives	
Explore patient's ICE/feelings	
Provide appropriate response to patient's questions	
Advise the patient not to drive and the reasons behind it	
Explain the consequences of going against the advice of driving	
Demonstrate patient-centeredness during consultation	
<p>NB: Candidate is not expected to explain in detail the possible causes, investigations and management of this seizure episode. The main aim of this consultation is their ability to demonstrate an awareness to inform the patient not to and to inform DVLA.</p>	

Common rules for driving

- The duration of not being allowed to drive depends on the medical condition
- Below are the rules for some common conditions for group 1 (car and motorcycle) license holders
 - T1DM
 - Must notify DVLA
 - The following criteria must be met for DVLA to validate the license
 - Adequate awareness of hypoglycaemia
 - No more than 1 episode of severe hypoglycaemia while awake in the preceding 12 months and the most recent one occurred more than 3 months ago
 - Practices blood glucose monitoring
 - Regular review
 - One-off seizure
 - Must notify DLVA
 - Reapply license only if haven't had a seizure activity for 6 months and DVLA's medical advisers decide there is not a high risk for another seizure
 - Multiple epileptic seizures
 - Must notify DVLA
 - Reapply license only if haven't had attack for at least a year
 - Stroke/one TIA episode
 - Don't need to notify DVLA
 - Not allowed to drive for at least a month after an ischaemic stroke or a single TIA
 - Multiple TIAs over a short period of time requires three months of no attacks before they can resume driving and DVLA should be notified

- There are some medical conditions that require reporting to DVLA but they do not necessarily mean patients are not allowed to drive. Some examples include Parkinson's disease, multiple sclerosis and dementia. Generally, patients are allowed to drive at the initial stage of their condition
- If DVLA needs to be informed, patients are encouraged to do so themselves
- Otherwise, you will have a duty to inform DVLA for public safety
- If they ignore your advice not to drive, their insurance will be void