

Instructions to candidate

You are a foundation doctor in your general practice.

Adam Mall is a 30 year old gentleman who is complaining of chest pain.

Take a history and examine the patient.

At 7 minutes, the examiner will ask you questions.

You have 8 minutes to complete this station.

Adam Mall (30 year old gentleman)

PC – chest pain

HPC

You have been experiencing chest pain for the past 3 months. The pain is localised to the centre of your chest (you will actively rubbing up and down your sternum as you describe the symptoms), which feels like a burning sensation rather than a sharp/dull/tightening-related pain. The pain doesn't radiate anywhere. On a pain scale, the pain is about 5-6 out of 10. The pain isn't there most of the time but you can feel it when you lie flat or after a meal. You tried taking paracetamol but the pain doesn't go away. When specifically asked; you describe a burning taste at the back of your throat when you burp.

If specifically asked: you feel a acidic taste in your mouth when waking up in the mornings.

You are not nauseated/vomiting. You have no SOB nor cough. You have no leg swelling.

You have no abdominal pain, no difficulty in swallowing. You last open your bowel yesterday and there is no blood nor mucus in it, bowel movements are regular.

No weight loss and no loss of appetite.

PMH - nil

DH – NKDA. You take paracetamol occasionally to relief the chest pain. Sometimes you take ibuprofen for it.

FH – nil

SH

You live at home with your partner. You work as a civil engineer and you have a very busy lifestyle. When asked, you admit that your diet is rather unhealthy with frequent takeaways. You find the pain particularly worse after a greasy meal. You admit to smoking about 20 cigarettes a day for the last 10 years. During the weekend, you indulge in an alcohol binge where you sometimes drink about 10 cans of beer on both the Saturday and Sunday.

I (idea) – You think this is something related to your heart as paracetamol isn't working for you.

C (concern) – This is causing you a lot of discomfort. You are paying more attention to it now and it is slowly affecting your work. Sometimes you have to stop your work until the pain subsides.

E (expectation) – You are hoping that the doctor could give you something stronger to relieve the pain. You also hope the doctor can organise some heart investigations..

Below are the examination findings for Mr Mall

NEWS 0 – RR 18, SaO₂ 98% on RA, HR 75, BP 132/78, T 37.0

Heart sound I+II no murmur

Chest sound bilateral equal air entry, no crackles, no wheeze

Abdomen slight tenderness on epigastrium, otherwise SNT. Bowel sound present

ECG – shows normal sinus rhythm

Questions

What is your diagnosis and why?

GORD – due to non-acute onset of chest pain, the nature of the pain, examination findings and ECG which shows normal sinus rhythm.

How would you like to manage this patient?

- PPI
- Antacid
- Lifestyle education eg stop smoking, reduce alcohol consumption, eat healthily
- H. pylori test if above unresolved

Feedback

Did the candidate	Y/N
Take an adequate chest pain history from the patient	
Explore the red flags symptoms when taking a history from the patient	
Explore patient's ICE in a patient-centered manner	
Provide a relevant diagnosis, using overall clinical assessment and reasoning	
Demonstrate knowledge in the management of GORD	