

Rhondda MRCGP CSA Exam Preparation Day

18th March 2017

Forest View Medical Centre, Treorchy, Wales, CF42 6DL

Case 1: Low Back Pain Seeking Sick Note

Simulator Instructions:

Name: Sarah/ Steve Jones
Age: 39

Background:

39-year-old female/male patient. Attends requesting a sick note for back pain.

He/She has recently been promoted to a new position as a manager in the bank they work in. He/She has 3 young children and are happily married.

He/She has presented to clinic 4 times in the last 6 months with non-specific back pain and have needed to take a few days off during each episode. On further exploration, He/She admits feeling criticised by colleagues at work for his/her performance and is finding the new position and workload stressful. He/She has now been asked to attend a meeting with their boss to explain his/her frequent absences.

The back pain is mild and is exacerbated by sitting in his/her work chair for long periods. It completely resolves with simple analgesia, he/she takes an occasional ibuprofen. There are no associated symptoms and if asked specifically, there are no sensory changes, no motor weakness, no radiation elsewhere, no urinary or bowel symptoms and no weight loss. Sarah/Steve has no other significant past medical history and takes no regular medication. He/she does admit poor sleep and worrying a lot about work when at home.

Ultimately the underlying reason for requesting a sick note is the work-related stress rather than the back pain initially described. Sarah/Steve will accept a sick note with diagnosis of stress at work and other practical strategies the Doctor may recommend for stress management.

If examined the lower back is generally mildly tender with a full range of normal movement.

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Candidate Information:

Patient: Sarah/Steve Jones
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Medical Notes:

PMHx: Nil
No repeat medications
NKDA
Last BP: 122/82
BMI: 23
Non-Smoker / No Alcohol

Last Consultation:

Seen with lower back pain. Normal examination. Suggested paracetamol/ ibuprofen.

Examination:

Normal examination
No focal neurology