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 - Assessment Sheet

Data Gathering and Technical Skills

Positive Descriptors

- Explores ICE
- Able to identify underlying stressors
- Takes a social history and discusses psychosocial impact of stress
- Screens for back pain red flag signs
- Able to screen effectively for depression
- Enquires about substance misuse

Negative Descriptors

- Does not identify underlying agenda
- No attention paid to social history
- No exploration of psychosocial impact of symptoms
- No demonstrated understanding of back pain red flags
- No exploration of patient ideas or concerns
- Not screened for depression

Clinical Management

Positive Descriptors

- Discusses mechanical back pain with the patient and advises appropriate treatment
- Suggests discussion with colleagues/ seniors/ union representative
- Discusses role of Occupational Health
- Provides sick note
- Appropriate stress management advice
- Encourages discussion with support network
- Able to discuss stress management techniques including courses (online/face to face)
- Discusses and treats insomnia appropriately
- Safety nets

Negative Descriptors

- Does not identify underlying agenda
- No attention paid to social history
- No exploration of psychosocial impact of symptoms
- No demonstrated understanding of back pain red flags
- No exploration of patient ideas or concerns
- No screen for depression

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Inter-personal Skills

Positive Descriptors

- Open body language
- Sensitive approach
- Active listening
- Able to identify non-verbal cues
- Explores psychosocial impact

Negative Descriptors

- Abrupt
- Dismissive
- Does majority of talking, interrupts patient
- Sole focus is back pain

3 = Clear Pass   2 = Marginal Pass   1 = Marginal Fail   0 = Clear Fail

Data Gathering =

Clinical Management =

Interpersonal Skills =

Overall Mark =

General Feedback