

RANZCP Auckland Training Programme
Mock Objective Structured Clinical Examination
STATION Number Bye for 1
September 2009

Instructions to Candidate:

This is a reading “bye” station, providing background information.

You have 20 (twenty) minutes to complete this station. Ignore the bell at 3 minutes.

In this bye station, you are provided with written material about a patient as follows:

1. Referral letter from GP, Dr Booker
2. Modified Eating Behaviour Assessment Interview completed by the prior registrar

Your tasks in this Bye Station are to:

- **Read the background material provided.**
- **Prepare for the coming interview with the patient, where you will be expected to discuss Bulimia Nervosa with the patient, develop a management plan with her using a Cognitive Behavioural Therapy approach, and start appropriate elements of this plan in the initial appointment.**

(You will not required to discuss details of pharmacological management.)

Please do not make marks or notes on the records or other material provided.

Copies of these items will be available to you again in the next station.

You can make your own notes on the scrap paper provided, and can take that with you into the station, where you will continue with this scenario.

GP Referral:

Pine Point Family Medical Centre

To: the Psychiatry Registrar,
Community Mental Health Service.

16th August, 2009

Dear Doctor,

Re: Penny Williams
DOB: 3/3/75

Thank you for assessing and managing this 34 y.o. young woman. She has bulimia.

History

Ms. Williams has been coming to see me for the past two years, mainly for prescription of the Pill. Last week she came asking for help with her eating. She described beginning to diet in her middle teens (when she was probably in the mildly overweight range). She described a pattern of irregular eating, almost daily bingeing and then vomiting that seems to have been going on for most of the past eight years. I have not needed to treat her for any other medical conditions and I have never noticed any symptoms or signs of other psychiatric problems.

Past Psychiatric History

She denies any problems with depression, anxiety or anorexia nervosa in the past.

Social History

She is a full time worker at a nearby supermarket and lives with her boyfriend in a rented flat. This relationship is OK. She told me that he has just recently realised the extent of her bingeing. I think it is due to some pressure from him that she has asked for this referral.

Medications

Oral contraceptive pill (Microgynon 30).

Examination Findings

She is in the healthy weight range (BMI is 24). A routine physical was normal.

Investigations

Full blood examination, renal function tests, liver function tests, thyroid function tests and an electrocardiogram last week were all normal.

Thanks for your help.

Regards,

Dr H. Booker

MODIFIED EATING BEHAVIOUR ASSESSMENT INTERVIEW

Completed 28/08/09 with client.

GENERAL QUESTIONS

What is your ideal weight? **3 less kilos than at present**

Why is this weight ideal for you? **"I could see my hip bones a bit"**

What is the most you have ever weighed? **6 more kilos than now (was 16)**

What is the least you have ever weighed? **5 less kilos than now (was 17)**

Can you tell me which method you plan to use to reach your ideal weight?

Cutting back on food with a lot of calories, trying to eat as little as possible every day (mainly fruit, vegetables and diet yoghurt), vomiting if feels eats too much

How much time would you spend each day thinking about such things as food, losing weight, your appearance, and so on? **At least a few minutes of every hour**

Do you think you are fat now? **"A bit"**

What are your feelings about being fat? **"I hate it. I feel self conscious"**

Have people commented on your being fat in the past? **When I was a teenager**

Who? **Girls at school (not friends), friends of her parents**

What did they say? **"That I was a bit chubby"**

Does anyone comment on your being fat now? **No**

Do you have a regular menstrual period each month? **Yes (on OCP)**

What food or dieting-related problems do you have at the moment?

"Bingeing nearly every day and vomiting after I binge or eat fattening food."

Which of these problems is the most difficult for you? **Bingeing**

Can you tell me how your eating problems affect:

The way you feel about yourself?

"Ashamed of it". "Out of control but happy I'm not fatter."

Your personal relationships? **"It has made my boyfriend worried about me"**

Your work? **"I might lose my job because of what I am doing"**

Your social activities? **"I don't like to go out with people if it is just to eat"**

Your life in general? **"I don't like hiding this from my boyfriend"**

BINGE EATING

Do you ever binge-eat? (i.e., eat, during a short space of time, quantities of food that are definitely larger than most people would eat during a similar time frame and in similar circumstances) **Yes**

How often do you binge-eat? **Most afternoons (after work and before partner gets home)**

Is binge-eating a problem for you? **Yes**

Tell me about a typical binge? (obtain information about type of foods eaten, the pace of eating, quantity of food, duration of the binge, vomiting or purging after the binge).

Eats quickly over about half an hour. Vomits after. Eats 2-3 packets of biscuits or packet of iced finger buns/ full fruitcake/loaf of bread and peanut butter, 2-3 chocolate bars, chocolate milk (\$15-20/day)

When did you first start binge eating? **About 8 years ago**

How do you feel just before you binge? **"Hungry....happy and guilty"**

Can you identify anything (e.g. feelings, social situations, etc.) that may trigger the binge?
Usually after work and before partner home or if "alone and worried about something".

How do you feel while you are binge eating? **"Happy and then guilty"**

How do you feel after a binge?

"Bloated... in pain... guilty ... scared." "I have to vomit it up"

Do you try to avoid binge eating? **Once or twice a week**

What do you do? **"Don't be alone"**

Do you try to stop the binge once you have started? **"Not really"**

How? **"A few times I have been interrupted and then I left the house". "Talked to someone on the phone"**

LAXATIVES

Do you ever use laxatives? **Yes**

What and how? **Coloxyl and senna tabs, 6 at night, daily.**

For what reason do you use laxatives? To stop weight gain. **"They stop my body absorbing food."**

When did you first start using laxatives? **About 8 years ago**

How do you feel after taking laxatives? **"Good"**

Do you experience any unpleasant side effects? **Some diarrhoea most days**

Have you ever tried to stop using laxatives? **Yes**

What happened? **"Bad" constipation and 2 kg weight gain in 2 days so resumed**

VOMITING

Have you made yourself vomit on purpose? **Almost daily, after bingeing or eating 'fattening' foods.**

Can you tell me what you do to make yourself vomit? **"Just lean over toilet"**

Can you tell me why you make yourself vomit?
"To stop feeling bloated...to stop putting on weight."

Do you believe vomiting is effective for this purpose? **"Completely"**

Do you vomit after a normal meal?
No. If not large, food not fried or fatty e.g. lots of cheese

When you have not eaten recently? **Eats something every day but no regular meals**

How do you feel just before you vomit? **"Bloatedscared I'm going to put on weight"**

How do you feel just after you vomiting?
"Relieved, then guilty because I wont get fatter but I'm out of control"

DIURETICS

Do you ever use diuretics? **Never**

EXERCISE

Do you use exercise as a means of controlling your weight? **No**