

1. Lead examiner Candidate Number:

2. Co-examiner Final Mark:

SCENARIO

A 15 year old girl presents from school after her art teacher was concerned by her behaviour in the classroom. She was found seated at her desk cutting her wrists with a craft knife.

Question 1: What are the key features of assessment in this patient?**2.5 min (@2.5)**

Expected Response	Details & Comments	Minimum to pass
Hx	Patient demographics & social situation Hx of Presenting Complaint – further information re circumstances of self harm, crisis, precipitant, what was the intention? Overdose? Past Medical Hx Past Psychiatric Hx Drug & Alcohol Use	Bold , 5 total to pass
Mental State Examination	Description of pt appearance, attitude & behaviour Mood & Affect Speech Perception Thought Processes – content, form Cognition / orientation Insight & Judgement Impulsivity	Bold + 1 more to pass
Examination	Vitals , orientation, self harm marks, focal neurology	Vitals + some exam
Corroborative Hx	Family, friends, teachers	
Investigation	As appropriate on findings (can stop at this point)	

Question 2: What factors would place this patient at increased risk of suicide?**2 min (@4.5)**

Expected Response	Details & Comments	
Patient factors	Sad Persons Scale (Sex, Age, Depression, Previous attempt, Excessive ethanol/drug use, Rational thinking loss, Single, separated, widowed, divorced, Organized plan, No social supports, Sickness, Stated future intent) M>F Single, separated, widowed, isolated Unemployed/ retired Psychiatric Hx-depression, schizophrenia, personality disorder D&A use Victim of sexual, parental, emotional abuse/assault	Depression Alcohol/Drugs Abuse Previous attempts Precipitant Social Situation 5 of these 6 to pass
Social factors	Socially isolated – family, peers, culture Unsupportive family Interpersonal relationships –if poor or strained Poor coping skills	
Attitude to future Current Ideation	Ambivalence, hopelessness, continued suicidal ideation, stated future intent	
Suicidal Behaviour	Suicidal ideation Suicide attempts –number, lethality, planning, rescue, final acts	
Precipitant	Acute crisis or precipitant not resolved or ongoing	

Question 3: Your assessment reveals superficial injury only in a previously healthy girl who has been subjected to cyber bullying over the past few months. She states her boyfriend broke up with her last week. Outline your approach to this patient's treatment and disposition. 1.5 min (@ 6)

Expected Response	Details & Comments	
Treat wrist lacerations	Incl ADT, analgesia, assess depth/ neurovascular involvement involvement and close as required	
Stratify risk of further self harm and suicide	Patient safety paramount	
Patient safety	Ensure treatment is in a secure / safe area of ED Special +/- Schedule if mentally disordered or at risk of absconding Secure patient possessions	Mandatory
Arrange psych services assessment	Adolescent psychiatric service	Mandatory
Anti depressants ? (decision to prescribe left to the assessing psychiatrist / MH team)	Unlikely to be clinically warranted –appears situational - patient may have an adjustment disorder	
Notify parents/guardian	Be aware that parents may be a contributing factor	Mandatory
Disposition/Adequate followup (Prompt Allowed: “What factors will affect your disposition decision?”)	Will depend on • whether patient has insight • is able to guarantee safety • has good support network • is not suicidal • is not acutely psychiatrically unwell • stressors can be mitigated ?school May be managed in the community with CMHT follow up/adolescent services/counseling – if not will need admission – as voluntary/involuntary pt depending on pt's risk of self discharge and home environment	Mandatory 3 reasonable factors

Question 4: Whilst waiting for psychiatric services, she becomes agitated after receiving a text message on her phone. She throws the phone, starts swearing and screams at the nurse to get out of the way as she is leaving. How would you respond? 1 min

Expected Response	Details & Comments	
Immediate Response	Activate duress alarm (recruit security team) Safety of patient, staff and ED patients is paramount Attempt verbal deescalation strategies If unsuccessful –will need chemical restraint. (may need brief physical restraint -5 person technique – to attain IV access and then administer IV benzodiazepine / neuroleptic – titrate and reassess to desired response) Apply O2 and monitoring Consider patient high risk of further self harm Schedule patient under the mental health act	Reasonable approach
Subsequent response	Notify parents / Guardian if not already present Notify Psychiatrist / Mental Health Team Ensure patient is in a secure, monitored ED bed Place patient under a special (1:1 nursing)	
Long term response	Ensure no access to weapons/ medications in ED	

Comments: (if you fail the candidate, please state why)

If the candidate fails the exam overall, what feedback would you suggest CIC provide for this SCE?

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