

# Sample Stations - Part II (OSCE)

## SAMPLE STATION #2

Interactive Station (with a Simulated Participant) – involving a non-prescription medication

**TITLE:** Travellers' Diarrhea

### OBJECTIVES:

- To gather relevant information and assess the patient's needs.
- To discuss appropriate preventative and therapeutic measures and referral.

### COMPETENCIES TESTED:

#### Competency 1A Providing Care: Clinical Care

- |          |     |  |
|----------|-----|--|
| Elements | 1.1 | Obtain relevant patient information.   |
|          | 1.2 | Assess the patient's health status and unique needs, goals, and preferences, in partnership with the patient.            |
|          | 1.3 | Develop a plan for the patient's care in collaboration with the patient and their circle of care.                        |
|          | 1.4 | Implement a plan for the patient's care in collaboration with the patient and their circle of care.                      |
|          | 1.5 | Monitor the patient and collaborate with the patient and their circle of care to revise the plan for the patient's care. |

#### Competency 3 Communication and Collaboration

- |          |     |  |
|----------|-----|--|
| Elements | 3.1 | Use effective communication skills.  |
|          | 3.2 | Work in partnership with the patient.  |
|          | 3.3 | Collaborate with pharmacy colleagues, other health professionals and other involved parties. |

### CANDIDATE'S INSTRUCTIONS:

You are working in a community pharmacy. A person will come in to ask your advice regarding an upcoming trip.

Assess the situation and respond as you would in practice.

Time Frame: You have 7 minutes to complete this station.

### SCENARIO DESCRIPTION:

A young woman who is about to leave for a resort vacation in Cancun, Mexico needs advice on avoiding travellers' diarrhea and managing it, should it occur. She is seeking advice about using Pepto Bismol that a friend had brought on a past trip a while ago but did not use.

### SIMULATED PARTICIPANT (SP):

Name: Amy Kletchko

Gender: Female

Age: 22 years old

### Behaviour, Affect and/or Mannerisms:

Pleasant, open to the pharmacist's suggestions.

## **Patient Record (Profile) Information:**

Patient Name: Amy Kletchko  
Gender: Female  
Age: 22 years old  
Allergies: Acetylsalicylic acid (ASA, Aspirin) – hives and shortness of breath  
Medications: None

## **Other Information** (SP responds as follows, when asked):

- When you took aspirin (ASA) around age 9 or 10, you broke out in hives and experienced shortness of breath.
- You have a Medic Alert bracelet for this allergy, though you don't always wear it.
- You try not to take medications unnecessarily; you try pressure points and drinking water when you get a headache.
- You want to bring something with you just in case you get travellers' diarrhea, even though you generally avoid medications.
- You have never travelled outside of Canada and the United States before.
- You are going to a five-star beach resort in Cancun, Mexico, for one week and plan to tour the pyramids.
- Your skin burns quite easily when out in the sun, so you have purchased a high-quality sunscreen and a sun hat.
- Your travel partner told you to get something to treat travellers' diarrhea because it happens quite commonly in Mexico.
- Another friend gave you her unused Pepto Bismol, from a previous cruise, and suggested you could use it.
- You decide to visit the pharmacy and check with the pharmacist if Pepto Bismol is a good choice for you.

## **Social / Lifestyle:**

- Non-smoker.
- Moderate drinker – 3 or 4 drinks per week.

## **SIMULATED PARTICIPANT INSTRUCTIONS:**

### **Opening Line:**

“Hi. I'm leaving tomorrow morning for a vacation in Mexico. I'd like to take something along in case I get travellers' diarrhea. My friend gave me a bottle of Pepto Bismol tablets. Would that be a good choice for me?”

### **Potential SP Responses:**

- a) If the candidate approves the use of Pepto Bismol OR recommends any other medication without explaining how or when to take it, the SP **must** ask:

“I've never taken anything like this before. How should I take it?”

- b) If the candidate suggests treatment for diarrhea, but does not discuss any non-drug preventive measures (e.g. diet, food safety, hand washing, safe drinking water, etc.), the SP **must** ask:

“Is there anything else I should do?”

**By the 5-minute mark,**

- c) If candidate has not responded to your opening question about Pepto Bismol and / or simply recommends something else, the SP **must** say:

“I was just wondering if it would be okay to use the Pepto Bismol if I get traveller’s diarrhea (instead of buying something else).”

**THEN / OR**

- d) If the candidate recommends not using Pepto Bismol, but does not recommend any other medication, the SP **must** ask:

“What (else) could I take for travellers’ diarrhea?”

**Closing Line:** “Thank you.”

**ASSESSOR INFORMATION** (to guide scoring):

**Problem Solved (full solution)** *if candidate fully meets all objectives:*

Objective 1

- ★ Confirms ASA allergy, including the nature of the reaction.
- ★ Cautions: do NOT take Pepto Bismol AND explains rationale.

Objective 2

- ★ Suggests appropriate drug therapy.
- ★ Recommends appropriate dosage.
- ★ Recommends when to seek immediate medical attention.
- ★ Recommends non-drug preventive measures.

**Solved/Marginal (partial solution)** *if candidate meets both objectives but less thoroughly:*

- ★ Confirms ASA allergy, BUT does NOT ask about the nature of the reaction.
- ★ Cautions: do NOT take Pepto Bismol – BUT does NOT explain why.

Objective 2

- ★ Suggests appropriate drug therapy, BUT less thoroughly.
- ★ Does NOT recommend appropriate dosage.
- ★ Does NOT recommend when to seek medical treatment.
- ★ Recommends non-drug preventive measures.

**Uncertain (unsolved/marginal)** *if candidate does not meet one objective:*

- ★ Does NOT confirm ASA allergy.
- ★ Does NOT caution to NOT take Pepto Bismol.
- ★ Suggests appropriate drug therapy.
- ★ Does NOT recommend preventive non-drug measures.

**Unsolved** *only if one or more of the following apply:*

- ★ Recommends potentially harmful medication.
- ★ Does NOT discuss appropriate drug therapy.

**PRINTED MATERIALS IN THIS STATION**

- CPS document (Travellers' Diarrhea)
- Non-prescription Medications (on table / desk):
  - Imodium tablets or caplets
  - Metamucil
  - Pepto Bismol tablets
  - Pedialyte
  - Gastrolyte

**CHECKLIST** (expected candidate responses):

1. Confirms patient identity.
2. Determines patient has not conferred with physician / other HP.
3. Confirms:
  - ASA allergy
  - nature of ASA allergy (reaction)
4. Cautions: Do NOT take Pepto Bismol / Pepto Bismol is not appropriate / unsafe.
5. Explains rationale:
  - contains salicylate (aspirin-like substance)
  - may cause an allergic reaction
6. Suggests Imodium for travellers' diarrhea.
7. Recommends appropriate dosage of Imodium: 2 tablets to start, then 1 tablet after each loose bowel movement to a maximum of 8 tablets daily.
8. Recommends when to seek immediate medical attention (e.g. for [persistent] diarrhea; if accompanied by fever, blood in stool and/or persistent vomiting).
9. Recommends appropriate hydration / electrolyte replacement for diarrhea (e.g. increased fluid intake; Gastrolyte or Pedialyte).
10. Recommends non-drug preventative measures (e.g. use only bottled water [for drinking, making ice, brushing teeth]; wash fresh fruit and vegetables using bottled water OR peel them before eating; avoid high fat / extra spicy foods).
11. Discusses other travel health needs (e.g. vaccinations, mosquito protection, sun protection).
12. Refers to travel health professional.
13. Suggests wearing a Medic Alert bracelet / tag with ASA allergy information.
14. Recommends potentially harmful medication (e.g. agrees that Pepto Bismol can be taken). (**unsolved**)

**RATINGS** (to be based on standard rating guidelines and Assessor Information above):

**Communications**

- 4=Acceptable
- 3=Acceptable/Marginal
- 2=Unacceptable/Marginal
- 1=Unacceptable

**Outcome**

- 4=Problem Solved
- 3=Solved/Marginal
- 2=Uncertain
- 1=Unsolved

**Performance**

- 4=Acceptable
- 3=Acceptable/Marginal
- 2=Unacceptable/Marginal
- 1=Unacceptable

**Misinformation**      Yes No

**Risk to Patient**      Yes No