

# Station 1

## Instructions for Standardized Patient

### OPENING STATEMENT Note: To be said verbatim at the start of the station.

*My vision seems worse since my last eye exam. I can't see the computer very well with my new glasses.*

### INFORMATION PROVIDED TO EXAMINEE

Aydene Jackson, a 19-year-old patient, is here for a routine eye exam. The patient is complaining of blurry vision on the computer. She is a current patient of yours; her examination record from her last appointment two years ago is on the table in the exam room.

### AIM FOR EXAMINEE

Examinee is to review the prior eye exam record, obtain an appropriate case history and address the patient's concerns.

### KEY CONCEPTS FOR STANDARDIZED PATIENT

- SP to listen carefully to the examinee's question and only answer that question.
- SP to portray consistently all day (i.e., stay "fresh" & standardized in the delivery of answers).

### DETAILS FOR STANDARDIZED PATIENT

You are 19-year-old Aydene Jackson, an existing patient of the optometrist with complaints of blurry vision on the computer.

### BACKGROUND

#### Behaviour, Demeanor, and Appearance

- Pleasant, very easygoing
- Vague about the problem
- A bit stressed that you're having a hard time seeing on the computer

#### Attire

Casual attire

#### Starting Position

Sitting in the examination chair

## HISTORY OF PRESENT ILLNESS/PROBLEM

### Patient's Concerns

- Your last eye exam was 2 years ago with this doctor.
- You always wear your glasses for using the computer and reading.
- You have noticed blurry vision on the computer, worse in the evening for the last 6 months, even with glasses on.
- Taking a break for half an hour makes things a little better and clearer.
- You also notice your eyes feel a slight 'pulling' at the end of the day the discomfort is more noticeable now that you are studying on the computer more often for finals.
- You want your glasses checked and your vision improved.
- You want to have more comfortable vision while doing your work on the computer screen.

### Current Symptoms

- Your glasses are for close work (computer and reading) only – not for full time wear.
- Current glasses do not relieve the problem fully – but your vision is better with glasses than without glasses on the computer / reading.
- You can't even work for a little bit without glasses so don't even try not to use them.
- Current glasses initially were fine, but harder to see the last 6 months.
- Vision starts off comfortably at the beginning of the day; as the day progresses, near vision becomes blurry with the glasses.
- **Only disclose** if specifically asked about distance vision: You have also noticed that distance vision gets blurry at the end of the day; wearing your near glasses for distance at the end of the day helps with the blur. Before, you never needed to wear glasses for distance.

### Frequency/Duration

Vision blurry on the computer (up close) at the end of the day

### Onset

Started 6 months ago

### Location

Both eyes

### Severity

Causes you to stop working and studying earlier in the day than you would

### Precipitating Factors/Associations

- Too much computer use/studying
- Some associated eyestrain

### Relieving Factors

Taking a break

## PAST EYE/MEDICAL HISTORY

### Eye

- Your last eye examination was 2 years ago at this eye clinic and a prescription for glasses for near (without glasses you can see far, hard to see up close) was given. These glasses are for up close (computer and reading only) You got these filled at this optometry office.
- You have worn glasses for reading since you were 14 years old and wear them for the computer.
- Recently you have noticed that wearing them for distance at the end of the day helps with the blur; before you never needed to wear glasses for distance.
- You have never had an eye turn (in or out) or been told you have a “lazy” eye
- No previous contact lens wear
- At your last eye exam (2 years ago), you were told that your eyeglasses prescription had been relatively stable for previous 3 years with only minor changes. You only ever had glasses for near/up-close
- No known history of eye disease
- No previous trauma
- Never used eye drops
- You have a driver’s license; you do not need to wear corrective lenses to drive.

### Medical

Last visit with your family doctor was 6 months ago, new diagnosis of depression at that visit; you have been started on a new medication.

### ALLERGIES

- Seasonal allergies
- Allergic to sulfa drugs. You had a reaction (rash) once when you were younger, and your mother has told you not to use this medication.

### MEDICATIONS

- Oral antihistamine as needed for seasonal allergies, you have been taking it for a few years now.
- Oral antidepressant for depression, Zoloft (sertraline) 50mg tablet once a day for the last 6 months

## FAMILY OCULAR/MEDICAL HISTORY

- Parents and siblings all wear glasses.
- Brother has an eye turn. Wearing glasses fixes the problem. That’s all you know about this situation.
- Maternal grandmother had eye surgery for cataract removal.
- Mother has no medical conditions; father has high blood pressure.
- Grandfather has history of prostate cancer; grandmother has high cholesterol (both are paternal grandparents).

## SOCIAL/PERSONAL/LIFESTYLE HISTORY

<b>Occupation</b>	<ul style="list-style-type: none"> <li>• Second year university student studying psychology</li> <li>• You use the computer 5-7 hours per day, but need to use it more right now because you are in the middle of midterms (although this is hard with current vision issues)</li> <li>• You have been anxious about exams and living away from home has been a challenging transition.</li> </ul>
<b>Relationship Status</b>	Single
<b>Children</b>	None
<b>Social Support</b>	You have a sister (24 years old) and a brother (22 years old).
<b>Living Arrangements</b>	You live with roommates away from college.
<b>Alcohol</b>	You drink socially-you go out on weekends sometimes but haven't been feeling like going out lately.
<b>Smoking</b>	Non-smoker
<b>Recreational Drugs</b>	None
<b>Diet</b>	You follow Canada's food guide.
<b>Exercise</b>	You enjoy running and biking; your doctor recommended yoga.
<b>Other</b>	None

## “MUST ASK” QUESTIONS

**When there is one minute remaining in the station, you must ask:**

*Do you think the new medication I started is making my vision more blurry?*

## “MAY ASK” QUESTIONS

- *Do I need to get new glasses today?*
- *Should I start wearing my glasses all the time and not just for reading?*

## PHYSICAL EXAM

None

## STANDARDIZED PATIENT RESPONSES

<b><i>If the examinee...</i></b>	<b>Respond by saying</b>
Asks for consent to complete a health history and/or physical assessment	Yes.
Attempts to touch you and the examiner does not intervene	<i>Please do not touch me.</i>