

OSCE

Candidate information

You have been approached by a colleague from Psychiatry who is planning an ascent of Mt Kilimanjaro next month.

The colleague would like you to discuss the symptoms and management of altitude sickness with them, as their medical skills are somewhat rusty.

They would also like you to prescribe any medications you consider necessary for the prevention or treatment of altitude sickness.

Domain	%
Medical expertise	50
Prioritisation and decision making	
Communication	50
Teamwork and collaboration	
Leadership and management	
Health advocacy	
Scholarship and teaching	
Professionalism	

Altitude sickness prescribing

Actor (Psychiatrist) information

You have approached your ED consultant colleague to discuss symptoms and management of altitude sickness, as you are planning an ascent of Mt Kilimanjaro next month. Your medical skills are a little rusty.

You would also like them to prescribe any medications they consider necessary for the prevention or treatment of altitude sickness.

Prompts:

- What are the symptoms of altitude sickness?
- What are the treatment options? Medications/other?

Marking:

- Explains symptoms of altitude sickness – reduction of diuresis, dyspnoea, confusion, umbles.
- May explain pathophysiology of same – respiratory alkalosis etc
- Prescribes appropriate medication
 - Acetazolamide 250mg x 100tablets
 - Dexamethasone 4mg x 30mg
 - Nifedipine 20mg x 60 tablets
 - Asks about allergies
- Gold star: suggests letter advising travel staff of medications, indication for these, and passport number of patient; this may be produced to explain medications to airline staff/security

	Mark
Symptoms of altitude sickness (AMS)	2
Prescribes appropriate medication for AMS	2
Explains treatment of AMS	2
Explains risk factors for AMS	2
Explains pathophysiology of AMS	1
Advises travel letter for medications – border security	1