

Practice Scenarios - One Minute Preceptor

The goal of this exercise is to practice the steps of the OMP! Enough detail is provided so that you have realistic content to practice with. Don't get distracted by what is actually "right" or "wrong!"

The goal is to practice and learn the steps!

- The EXPERT is the attending – you know the right answer! Suspend disbelief for this exercise and assume you really do know the right answer.
- The first three cases are traditional clinical scenarios.
- For the last two cases, the teenager, tween, or friend is the learner. Immerse yourself in the scenario and do your best to come up with what you think is the best answer. Do your best to explain why you think it is the best answer.

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* SCENARIO 1: Chest pain in the ED



You are the ATTENDING working with a learner in the ED. A 34-year-old woman presents complaining of chest pain. She has had a cough productive of green sputum and a low grade temperature for 3 days. She denies ear pain, sinus pain, or sore throat. She is mildly short of breath with exertion, has left-sided chest pain, and is slightly dizzy when she stands up. The only medication she takes is an oral contraceptive. She has a strong family history of early myocardial infarction. Examination is notable for a temperature of 100.7, heart rate of 110 and respiratory rate of 22. Lung exam revealed diffuse wheezing and some crackles in the right base. Her cardiac and abdominal exams were normal other than the mild tachycardia.

Pretend the learner has just presented this story to the attending, and then stops and waits. Use the One Minute Preceptor to teach the learner something about how to manage this clinical scenario.

1. Get a commitment – “What should we do next?” or “What do you think is going on?”
2. Ask for supporting evidence
3. Teach a general principle
4. Reinforce what was done well
5. Correct any errors or omissions.

Notes:

* SCENARIO 2: Just a quick follow-up visit



You are the **ATTENDING**, working with a learner in primary care clinic. A 56-year-old with HTN, hyperlipidemia, COPD (with frequent exacerbations treated with steroids), and type 2 diabetes presents for follow-up after being diagnosed with type 2 diabetes six months ago. Unfortunately, on last week's lab check, their A1c has crept up from 6.5% to 8.5% and fasting triglycerides have greatly increased. They have gained about 4 pounds in the last 3 months and 12 over the past year. They have had some blurry vision, constipation, and tingling in their fingers and toes. Exam reveals hyperpigmentation and skin tags around their neck, increased fat deposition behind their neck, bruising on the extremities, and slight hepatomegaly.

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Notes:

* SCENARIO 3: Panic attack?



You are the **ATTENDING**, working with a learner in the emergency department. A 50 year-old with a history of generalized anxiety disorder history presents with syncope. Yesterday they called 911 when they felt anxious with a “heart racing” sensation and were told that they were likely having a panic attack. This morning they lost consciousness when they got out of bed and fell back onto their bed. Their partner called 911 and they were brought in by medics. Only chronic medication is sertraline for anxiety. They have been using over the counter medications for severe knee pain the past 2 weeks. Labs show anemia and on review of systems the patient reports having had “dark stools” for the past few days, but otherwise has been feeling normal.

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Notes:

SCENARIO 4: Winter Driving



You are an **EXPERT WINTER DRIVER**, driving to Grandma’s house at night with your teenage child next to you in the front passenger seat. It is snowing hard, visibility is very poor, and the weather report on the radio just warned of black ice. You are in a 1980 Ford Bronco 4X4 with new all-season tires. You have chains in the back in case you need them. Your left turn to Grandma’s house is coming up – but it is hard to see the brake lights of the cars in front of you or the headlights of cars coming towards you. Grandma is waiting anxiously for your arrival. You can tell by the GPS that your left turn is coming up within half a mile. Suddenly you hear a car honking repeatedly behind you.

Use the One Minute Preceptor to teach your teenager something about winter driving.

1. Get a commitment – “If you were driving what would you do now? Pull over? Keep going? Turn around and go home?”
2. Ask for supporting evidence – “Why would you do that?”
3. Teach a general principle – [use your “expertise” to teach a principle about winter driving, doesn’t have to be correct]
4. Reinforce what was done well
5. Correct any errors or omissions.

Notes:

SCENARIO 5: Down by three



You are an **EXPERT FOOTBALL FAN**, watching the college football championship semi-final with your “tween” child. Your team has just called time out; they are down by three with 15 seconds left. It is fourth and goal at the four-yard line. The quarterback recently had surgery on his hand. His accuracy hasn’t been great this game, and on the last play he whacked his hand on an opponent’s helmet. The last two running plays have been stopped for no gain, and the running back is shaking his head during the time out. The place-kicker has missed both previous field goal attempts, but they were both over 45 yards. He has good form taking practice kicks on the sideline. The star wide receiver is mimicking catching the ball and celebrating a touchdown.

Use the One Minute Preceptor to teach something about how to win a football game to your tween.

1. Get a commitment – “What would you do – run? Pass? Kick a field goal?”
2. Ask for supporting evidence – “Why do you think that would work?”
3. Teach a general principle - [use your “expertise” to teach a principle about winning this game, doesn’t have to be correct]
4. Reinforce what was done well
5. Correct any errors or omissions.

Notes:

Citations:

- *SCENARIOS 4 and 5 adapted from: Cohen DA, Truglio J. Fitting it all in: an interactive workshop for clinician-educators to improve medical education in the ambulatory setting. MedEdPORTAL. 2017;13:10611. Pictures from: huddle.uwmedicine.org
- Bronco picture: www.unsplash.com
- Florentine picture: <https://thegreatbritishbakeoff.co.uk/recipes/all/lottie-quarantine-florentines-for-nana-and-papa/>
- Football game picture: <https://uwphotos.smugmug.com/Husky-Spirit/>