GCC CPD Clinical Scenarios

Clinical Scenario 1

Culturally competent care of a Muslim patient with knee osteoarthritis.

A 66-year-old male Muslim patient presents to you with bilateral knee osteoarthritis identified on plain film imaging at his local hospital. It has been recommended that he consider knee replacement surgery to help resolve his symptoms but is keen for more immediate support during the upcoming holy month when prayer increases.

What clinical considerations should you be aware of in order to provide effective care and guidance to this patient?

Think about:
- The mechanics of *sajdah* (the low bowing or prostration position performed during Muslim prayer) and its impact on the anatomy of the knee
- What lifestyle modifications would you suggest for this patient, and how would you help progress their home exercise programme to increase their ability to tolerate movements of prayer, reduce knee pain and limit OA progression?
- Would you feel confident advising modifications to a prayer position or technique and know how to do so in a culturally sensitive manner?

Clinical Scenario 2

Care of a patient for whom English is a second language

A patient comes to see you having recently moved to the UK from abroad, she does not speak English and brings her 14-year-old daughter with her to act as interpreter. During the course of the treatment, the daughter says to you "'I hate interpreting for my mum. I don't always know the right words in English so I just make it up."

Some questions for you to consider:
- How can you ensure you are receiving (and giving) accurate information in this encounter?
- What safeguarding concerns might you have for the daughter in this situation?
- What areas of the GCC Code do you need to consider in this scenario?

Clinical Scenario 3

A 48-year-old cisgender woman attends your clinic and records in her documentation that she has a past medical history of hypertension, depression, and a family history of cervical cancer. She tells you that she is taking antidepressants and enjoys drinking at the local pub with her wife.
- What clinical concerns should you have in relation to her family history of cervical cancer?

- Why should cervical screening be a particular concern for you in relation to the care of lesbian and bisexual women?

Clinical Scenario 4

Assessing skin lesions in black or brown skin

A black male patient presents to you with unexplained fever, headaches and muscle pain. He also reports he is beginning to notice symptoms of tingling and pain in the arms and legs.

- What would you expect a Lyme disease rash to look like on black or brown skin?

Clinical Scenario 5

Three weeks ago, you discharged a patient from care at your clinic after they behaved aggressively towards your receptionist when they were unable to offer the patient an appointment at a quieter time of day. In their complaint, the patient states that their behaviour can be attributed to their medical conditions, having been recently diagnosed with a mental health condition that has become so severe they have had to stop work. They believe that you have discriminated against them.

- What are your legal responsibilities in relation to this patient?
- Think about your understanding of discrimination in relation to mental health. What is your understanding? How could you have handled this situation differently?
- What reasonable adjustments could you/should you make to accommodate this patient's needs in the future?

Clinical Scenario 6

A 75-year-old patient presents to your clinic. He has been profoundly deaf since birth and wears hearing aids bilaterally. He brings several pages of health documentation with him which has branded him a 'poor historian', and most of his medical records include written notes from the patient or his daughter.
- What should you be aware of when caring for a patient with hearing aids?
- What are your responsibilities in regard to an interpreter?
- It is tempting in these scenarios to speak loudly and slowly to convey information via lip reading and volume. What are the potential problems here, and how can these be addressed?