

Introduction

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WITAKA WITANAUNGATANGA

- Kia ora
- How would you like me to address you?

- Telehealth consultation
  - x Housekeeping
  - x don't forget Whakawhanauatanga

<u>History</u> 2	<u>SHOPPING LIST</u> - check for + prioritise	<u>RED FLAGS</u>	<u>YELLOW FLAGS</u> (social history)	<u>FUNDAMENTALS</u> (briefly check)
	<u>VANILLA</u> - 3 open ended questions - listen attentively	eg) - chest pain - short of breath - fever - weight loss - mental health always ask mood, anxiety	- Activities/Hobbies  - Addictions x Smoking x Alcohol x Vapes x illicit drugs  - Whanau  - Work  - Waking/Sleep	- PMHx  - Medications x alternative  - Allergies  - FHx
	<u>I deas</u> <u>Concerns</u> (what matters most to patient) <u>Expectations</u>			
	<u>CREAM</u> (pass/fail) - essential case specific information eg) <u>MELHANA MODEL</u> <u>HEEADSSS</u>			

<u>Examination</u> 3	<u>CONSENT</u>	<u>CHAPERONE</u>	<u>CLEARLY EXPLAIN FINDINGS</u>	<u>CLEAN HANDS</u>
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<u>Impression</u> 4	<p>- <u>DIAGNOSIS with reasoning + simple explanation</u></p> <ul style="list-style-type: none"> <li>- pause after explanation</li> <li>- then ask if they would like to ask any questions, before proceeding to management</li> </ul>
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<u>management</u> 5	<u>INVESTIGATIONS</u>	<u>MANAGEMENT</u>	<u>FOLLOW UP</u>	<u>SAFETY NET</u>
	<p>eg) blood/urine test * specifically mention eg. E FBC, TFT</p> <ul style="list-style-type: none"> <li>- ECG</li> <li>- Radiology</li> </ul> <p><u>Screening Tools</u> * mention key words to convey to examiner your knowledge eg. CHADS<sub>2</sub> &amp; HAS<sub>2</sub>BLED CVD RISK Wells score GAD-7 PHQ-9</p>	<p>eg) - <del>area</del> <del>mention</del> <u>key words</u></p> <ul style="list-style-type: none"> <li>- information sheet</li> <li>- lifestyle</li> <li>- medication (say name) AIE</li> <li>- referrals x allied health x public or private specialist.</li> <li>- medical certificate</li> </ul> <p>* if in doubt mention you want to discuss with specialist (NOT UP - as you should know)</p>	<ul style="list-style-type: none"> <li>- always arrange follow up appointment</li> </ul>	<p>eg) - chest pain - short of breath - FAST stroke - mental health crisis number - meningitis - Cauda Equina syndrome - Bleeding symptoms</p> <p>* If have time left over after consultation ends <u>Age specific screening</u> eg. Cervical screening mammogram CVD risk assessment prostate screening</p>