**MICROSKILLS TEACHING: CASE 3 – RESIDENT**

You have a 59 y/o M here for a blood pressure follow-up. He is not taking any blood pressure medications at present. You saw him one month ago and asked him to take some home blood pressures, and he is here to follow-up his log.

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| **Microskill** | **Response** |
| Get a commitment |  |
| Probe for supporting evidence |  |
| Reinforce what was right |  |
| Correct errors |  |
| Teach general rules |  |

**Sample Responses utilizing 5 Microskills**

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| **Microskill** | **Sample response** |
| **Get a commitment** | You mentioned a lot of different options for potential treatment for hypertension. If you had to pick one medication to start with, what would you pick? |
| Probe for supporting evidence | Why would you pick X? |
| Reinforce what was right | If a reasonable choice: I think X is definitely one of our first line anti-hypertensives. If not reasonable choice: I agree with your assessment that this patient needs some sort of medication to help lower his blood pressure |
| Correct errors | If not reasonable: X is generally not a first line blood pressure lowering agent based on the most recent guidelines.  |
| Teach general rules | Our first line blood pressure medications include ACE/ARB, calcium channel blocker, or thiazide diuretics. When choosing between them, comorbidities can help us pick one over another.  |

The purpose of this case is to highlight the importance of getting a commitment. This is perhaps the most important part of the one minute preceptor paradigm – it helps you get a baseline assessment of the learner’s knowledge, and can help you focus your teaching later on. Make sure to pause and give your learner enough time to think (at least 3 seconds).

Get a Commitment Student Script:

Student presentation:

59 y/o male presents for follow-up of an elevated blood pressure 1 month ago. The patient was noted to have a blood pressure of 163/90 last month at his yearly check-up. He was told to take his blood pressures at home for one month and follow-up with his log. His log reports blood pressures of 153-165/81-92 daily over the last month. He denies headaches, changes in vision, dizziness, lightheadedness, chest pain, SOB, and abdominal pain.

His vitals are significant for a temp of 37.5 deg C, blood pressure of 163/85, HR of 80, RR of 18, and PO2 of 99% on RA. Exam is within normal limits. No labs or rads.

In summary, a 59 y/o male presents for f/u of elevated blood pressure 1 month ago. Patient meets criteria for hypertension. I think I want to start pharmacologic treatment. I could start with lisinopril or losartan. And I know sometimes people start with calcium-channel blockers so I could do amlodipine. There are also thiazide diuretics like HCTZ but I heard that thiazide-like diuretics are better so I could start chlorthalidone. But, you know, sometimes people can lower their blood pressure with only diet and exercise so I could recommend that too.

*You have a hard time picking one option, but if pressed, you can select one to defend.*

Additional info if asked:

* PMH: none, no T2DM or CKD
* SH: drinks 1 beer per day, smokes ½ pack per day of cigarettes
* FH: father with high blood pressure
* Goal BP <140/90