

Trainee & Program Details

Training Program
Addiction Medicine 2026

Training Program Phase *
Specialty foundation

Date of Observation *
29/06/2026

Observation Capture Details

Observation Capture Type *
Interactions with patient.

Summary of Activity *
Aisha conducted an assessment and planning session for a patient presenting with severe benzodiazepine dependence, complicated by uncertain intake due to online sourcing. She completed a comprehensive substance use history and physical assessment, evaluated withdrawal severity, and collaborated with the inpatient team to establish a safe management plan involving inpatient stabilisation and a community-based taper.

Complexity * 3 - High
Primary Learning Goal * 07. Acute withdrawal management

Learning Goal Components

Select the learning goal components observed during the Observation Capture.

Name	Observed	
elicit a comprehensive substance use history	Yes	No
assess general physical and mental state, including ongoing health problems	Yes	No
assess the level of current intoxication and withdrawal	Yes	No
integrate history and physical findings to develop provisional and differential diagnosis	Yes	No
develop a management plan with the patient	Yes	No
communicate with other health professionals	Yes	No

Trainee Reflection

The below section is to be filled in by the **Trainee**

What did you do well?
I systematically gathered a comprehensive substance use history, assessed the patient's physical and cognitive state, and evaluated the level of withdrawal and tolerance. Despite incomplete information, I developed a safe management plan that balanced inpatient and outpatient care. I worked closely with the nursing team and discussed the plan with the patient to ensure understanding and agreement.

What could you improve next time?
The patient was tangential and difficult to assess. In future, I'll use more structured questioning to stay focused and seek corroborative information earlier. I'll also ensure I summarise key points during the assessment to confirm shared understanding and improve clarity.

Assessor Feedback

The below section is to be filled in by the **Assessor**

How much supervision did the trainee require during this activity? *
4 – I needed to be available to contact just in case (supervision at a distance). I directly observed Aisha during the consult, and later when she was sorting out documentation for the other staff, and handover to the NUM.

What did the trainee do well? *
Aisha approached the patient professionally. She systematically assessed the patient and came up with a reasonable plan for both IP and OP management. She negotiated this with the patient well and respectfully.

What could the trainee improve upon to improve their performance? *
Her reliance on open ended questions early on in the assessment, while often a good approach, in this instance where there was some cognitive blunting, resulted in some interesting tangential revelations, but these did not help the clinical assessment much.

These are tricky patients, with quite a few unknowns on presentation which only resolve once they are observed over the initial 24 to 36 hours.

She will need to factor in the unknown variables and ensure there are contingency plans for different trajectories.