

## **Patient Instructions**

**Name of Patient: Adrian Collins**

age 41

### **Description of the patient & instructions to simulator:**

#### **PSO**

I haven't, I've come up from here - I was away yesterday, and obviously, it was quite the trouble driving.

I'm a - basically I sell service engineers work. So, I'm a salesman for service engineers.

Spending a lot of time in the car and travelling around the country a lot and this is affecting my ability to do my job, because I can't sit on your backside for any prolonged period of time.

In terms of making that all safe for you, you're still trying to be at work at the moment, are you?

I hadn't planned to, have any holidays but...

I live at home with my wife and kids. Twenty-one, fifteen, and eleven.

You're not a smoker? Not a big drinker?

I drink a fair amount, but...

Well, I have a couple of pints - a couple of pints at night.

It's how I class myself as 'finishing work', it's... otherwise I'd work through the night. It's...

*If asked if you are aware of the government's current recommendations in terms of alcohol consumption:* Yes, I am.

You are amenable to the idea of cutting back.

*Regarding activity:* No, I actually played a game of football the other week, and I did quite well.

#### **First line and history**

I've got a problem with my backside, again, and I don't know whether I've prolapsed or not.

Well, I've been struggling with a pile for - well, I think I had a thing in about three or four years ago, where they had a look and I had the anal fissure, and I had a pile come down. I've used anusol for about a week, and then I was away yesterday with work and something happened, but I got a pain - a serious pain in my behind, and from that I think some more's descended. So, might be worst case, but I need somebody to have a look at it, please.

I don't know whether - what I could see, maybe one side of my rectum or my anus has... (swollen)

I've previously had an anal fissure, but that was about three years ago.

I've also had a bit of a pile before, that went away completely.

But it's been agony for a week this time and then yesterday it really hurt and it's difficult for me to sit down.

I know my dad was susceptible to them, but that's about it, and...

My weight's been steady.

My health has been good. We do the health checks at work and things like that, so, and my blood pressure's all been fine.

**Ideas** – Yes, but obviously I can't really see and...probably a pile, come down, or a fissure or something like that?

Oh, what's caused it, for one thing, but I don't know whether - you know, is it to use anusol for seven days only, whether that's softened up, and some more's happened.

No, I guess you just get to that age, don't you?

Yes, maybe, maybe yeah. I mean basically spicy food and things like that, I like curries and chillies, unfortunately, so... Should I change my diet a little bit?

**Concerns** – Well, I looked, you know, when people do, and I've gone 'what the hell is that', you know, because I was at the point of crying, sort of thing.

I looked at the pictures of prolapse, and obviously from what I can see, I don't know if it's just swollen or done something...

No, I think I scared myself with that. I looked at what piles were and everything, but you know, with smartphones, everyone's a doctor. So, but yeah, I don't know, it feels like worse than the pile - I did make an appointment for Monday, but... Yes, I can't sit down properly.

**Expectations** – At least give me a diagnosis and put my mind at rest and look into what we can do to remedy it.

