

Transcription

D: Come in.

P: Hello.

D: Good morning.

P: I couldn't find you.

D: Nice to see you. Sorry we need to put our labels up with all the building work.

P: It's all new isn't it.

D: Yeah. We're getting there. Nice to see you again, what would you like to talk about today?

P: This doctor Birrell. That appeared, it's sore like a spot...

D: Yeah.

P: ...but I've used everything you would use for a spot and I've had it for about four weeks.

D: Yeah.

P: And it's, well I changed my face cream and like, a tiny milk spot appeared.

D: Got you.

P: And I just kept sort of bathing it and I don't know if it's a wart or what.

D: Got you.

P: So I thought I best go.

D: So a lesion on your, below your right lip there, been there for four weeks, had a bit of ooze come out?

P: Nothing. Nothing at all has come out of it.

D: Okay. And you wondered if it was a wart?

P: Yep. But I didn't think warts were sore.

D: But it has been a bit sore this week?

P: Yeah, if I knock it or if I'm washing my face it's sore so.

D: Sure, okay. Getting bigger or staying about the same now?

P: I think it's getting bigger.

D: Okay.

P: I mean it's not on my lip it's just down from it.

D: Yeah, so maybe a wart, anything else on your mind?

P: No that's it.

D: Is that the main thing you're here about today?

P: It is.

D: Was there anything else you'd like to raise while you're here?

P: No, no.

D: Nothing?

P: Just that.

D: You got any of there anywhere else?

P: Erm, I had a one here but I got it checked of the nurse and I had an appointment to get it taken

off but I got it off myself. It came off, it's came off twice but it comes back.

D: Got you, that's a frustrating thing.

P: Yeah, keeps coming back.

D: Okay again that looks like a harmless wart that one.

P: Yeah. The doctor checked it out.

D: We could always take it off again for you if you'd like. Okay, fine. Nothing in the family skin wise?

P: No.

D: Nothing worrying? No cancers of the skin or anything like that?

P: No, no.

D: You're not particularly prone to sun damage of your skin or anything like that?

P: Not really, I mean I go abroad every year and I put my sunscreen on and don't burn.

D: Are you a smoker?

P: I am.

D: Because that can influence how healthy your skin is as well. Do you want any help with that?

P: Well I've tried to be honest about three times, and the last attempt I stopped for six months...

D: Brilliant.

P: ...erm, but I went away on holiday and I started again.

D: What triggers you to start again?

P: I think it was just because I was sitting outside on holiday relaxed and...

D: Right, were you drinking at the same time?

P: ...and been having a glass of wine.

D: Is drinking an issue?

P: No, no.

D: No? Alright.

P: But I used to smoke, I used to have to buy twenty cigarettes a day, I don't now. I never used to smoke twenty but it wasn't far off.

D: What made you pack in three times?

P: Erm, I was sick of it.

D: Okay.

P: And the expense.

D: Expense. Health a concern at all?

P: Yeah it was.

D: Yeah.

P: Because I got a grand daughter, you know she's three.

D: So enough reasons to stop.

P: Not because I thought I was going to die, I just wanted to take her for a walk up Penshaw hill without sort of gasping for breath when you got there.

D: Worst case scenario with this little fella on your skin?

P: Well I'm just worried incase it's skin cancer.

D: Oh okay so we need to rule that one out.

P: That's why I came.

D: Fab. Alright. Good.

P: I mean it's not me that, well I did want to come but it was other people sort of saying you want to go and get that checked out.

D: Well let me nudge you in the right direction with your smoking because if you want to protect yourself from cancers of all sorts including skin cancer it's the right time isn't it. And you could vape I guess in the mean time couldn't you?

P: Well you see thats what I am saying I used to buy twenty cigarettes a day, I don't now. I have about four and then I have my vape.

D: Oh brilliant, okay well why don't...

P: I don't smoke on a night.

D: ...get rid of the four then. Challenge you. Do it with someone else.

P: The worst time is first thing on a morning.

D: Come get some support from my nursing team. It looks warty doesn't it. I'm going to have a closer look with my little hand lens.

P: I thought if it was a wart, they spread don't they.

D: They can do. You've given it a bit of a squeeze yourself have you?

P: Yeah.

D: Don't mind if I have a bit of a pick at it?

P: No.

D: It doesn't look sinister and it does look quite warty. There's no ulceration erm, apart from just where you've been picking at it so it doesn't look like a worrying one at all. Erm but it's obviously very apparent with it being on your face.

P: And when you keep knocking it.

D: Yeah. Six millimetres in diameter, nice and round. Okay, doesn't look like a worrying thing. We could safely leave it alone and just watch it and see what happens or we could scrape it off and confirm that it is what you're thinking it is and we could scrape off the other thing at the same time.

P: Right.

D: So I could do that in the surgery for you. I don't think it's an urgent thing to do.

P: Right.

D: If it's getting bigger quickly or becoming ulcerated off its own accord rather than just because you're picking at it then potentially we might need to see you sooner if that's happening.

P: Right.

D: Erm, but sometimes with wart treatments, usually with wart treatments unfortunately they tend to come back in the long term so I don't know how long we are going to keep it away for by treating it to be fair but I guess what we are trying to do is confirm the diagnosis for you more than anything else. So no guarantee is a benefit with this treatment in the long term, and it can scar obviously. Would you be happy for us to do that?

P: Yeah.

D: Now because I don't think it's skin cancer and there's nothing suggesting skin cancer we're not going to do that urgently and because we are adapting the surgery at the moment it's going to be a little bit of a wait before you have that done. So if it's getting bigger quickly get in touch with me on the phone and we will try and reprioritise this.

P: Right.

D: But otherwise I'll put you on for a routine curettage scrape of that wart and we will do that with the other one at the same time.

P: How do you scrape them off then?

D: Use a local anaesthetic and just a sharp blade.

P: Oh right.

D: It'll leave a scab. the scab will usually heal over there's a risk of it becoming infected, risk of bleeding obviously after that and a risk of scarring.

P: Right.

D: That all make sense?

P: Yeah.

D: Straight forward to do. If you've not heard anything within let's say two months of being on the waiting list to have that done, we normally do it at the end of a morning surgery, it's very straight forward to do but if there's changes that make you worried or me worried, so spontaneous ulceration, getting much bigger...

P: Or getting bigger, or if it spreads.

D: ...and if it spreads, exactly yeah. The one on your arm is called a seborrheic wart which is down to ageing of the skin and sun damage often. This one on your face could be caused by something similar potentially or it could be a viral wart. You're right about them potentially spreading as well.

P: Okay. I was on the waiting list for that and i actually nearly got to the top but i was using the ointment to remove them...

D: Yeah.

P: ...and obviously I got rid of it and then it came back so.

D: Okay well we can scrape it off at the same time if you'd like that doing just because we are doing the other thing as well. You're down for an asthma review so if you want to make an appointment to see my asthma nurse that would be great.

P: Right. I haven't had any bother with that actually.

D: Brilliant, okay. Good luck. We will see you shortly.

P: I will try and find my way out.

D: Thats alright, take care. Bye bye.

P: So I'll just get that appointment through the post?

D: Yeah if you've not heard anything with in a couple of months let me know but we will see you urgently if it's changing.

P: Okay thank you.