

## **Patient Instructions**

**Name of Patient: Anthea Taylor**

age 54

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

Your chest has been tight for the last 3 days following from a cold that started 2 weeks ago.

There is no chest pain, it just generally feels a bit tight and you are a little breathless. Wheezy.

*If specifically asked about phlegm: Yes, I've got yellow and green phlegm, but it's not coming up very much, it's just bits.*

*If specifically asked: No blood.*

*If specifically asked: My weight? It's put on about a stone since I had my kidney out. Probably comfort eating.*

*If asked specifically: I've never needed to go into hospital about my asthma it,*

*If asked specifically what treatments have you had in the past, when your chest has been bad?: Antibiotics and steroids a couple of times.*

*If asked about your weight?: I've put on about a stone since I had my kidney out. Probably because of comfort eating.*

*Well, I think partly it's my age, partly it's that I'm not as active as I used to be, and I have been on a diet for quite a bit of the year, but I lose a bit, but I give up and I put it back on. I'm not angling for help about that today. I think that's because I was pretty much incapacitated for a couple of months. I couldn't sort of eat... I could only eat things that I fancied, as opposed to things that were good for me.*

### **PSO**

You have never smoked. You don't drink much alcohol.

You live with your husband and two adult children.

You work from home for your husband. Data input.

You haven't felt up to doing anything, yesterday I hardly got out of bed.

### **First line and history**

I've been fighting off a bug for about a fortnight; the last three days it's settled on my chest.

But it's only this last three or four days that it's just getting worse and worse.

So, I'm getting yellow phlegm and green phlegm and obviously my breathing's a bit... caput.

Ideas – I suspect that it's been a virus that's now turned into an infection.

*If asked if you prone to this sort of thing? Well, I've had it in the past, but I'm normally quite fit.*

**Concerns – Well, it's Christmas in a few days, so that there'll be no doctor and my chest will be worse than it is now.**

**Expectation – See if it is actually an infection and treat it appropriately. If the doctor gives you a decent explanation you would be quite happy to follow their recommendations to use your inhaler correctly and to take a short course of steroids rather than antibiotics. But since it's Christmas you would like to be given some antibiotics (or at least a prescription) to use if you are not getting better with the steroids.**

