

Example of GPs script:

Patient contribution

Was there some other issue that you were hoping to raise today or was it just that?

Perhaps I could touch base with you, also, about your contraceptive needs, while you're here. (Doctor's agenda)

So, we're going to concentrate on your priority, which is really regarding these waterworks symptoms. Was there anything else apart from that?

ICE

You think it's probably a water infection?

Okay, and you felt it was a water infection because of previous experience, or...?

Could it be anything else?

So, we're not thinking that this is likely to be a sexually transmitted infection?

Was there anything in particular that you were hoping, or expecting, that I should do for you today?

PSO

So, you're working hard, from the sound of things?

What does that involve?

Business is going okay?

But good busy?

Can I just check, domestic arrangements at the moment? Who's in your house at the moment, these days?

And you've been together with your partner for how long, now?

Do you mind me asking a really personal question, if that's okay?

Are you having sexual contact with anyone else?

Red flags

Can I just ask some personal questions?

When was your last period?

So let me know. Can I double check, in terms of the symptoms that you first presented me with, when you were diagnosed with the non-Hodgkin's lymphoma, you've had none of those recently?

Okay. Weight's been steady, eating okay, no lumps and bumps, and no night sweats or anything like that?

Focussed history

Do you mind me just delving into that a little bit?

You're taking precautions, or you're not having sex?

Mood's okay?

How old was your mum when she went through the change, do you know?

If that's okay for you. Your bowels have been okay?

So, no lumps and bumps that you've noticed?

Focussed examination

We don't need to check your weight today, because we did that relatively recently.

So, if you can take your coat off. So, your temperature's normal. We're going to lie you up on the couch and just have a wee feel of your tummy.

Can I feel your tummy, so if you just loosen those top buttons that would be great.

Identify problem and explain diagnosis

I promised that I would touch upon the contraception side of things. Because you've had some lower tummy pain, what I'm going to do today is we'll treat you for a water infection, but we'll send the urine sample off to make sure that you're on the right treatment, if your symptoms aren't getting any better within two or three days.

Okay, well I haven't found anything that I'm worried about there at all. Nice rate of pulse, and no particular tenderness in your tummy or your kidneys. Because you've had this flank pain before, when you've had a bad water infection then there's no suggestion of that either, which is great.

Check understanding

Have you got any questions or anything that you want to explore further?

Develops management plan / shares management plan

So, what we'll do is we'll get you to produce a larger sample before you leave today – because I'm sure you'll be able to manage that before you go.

And we'll send that off to the lab, to get them to double check for you. But, if your symptoms aren't improving then we can always see you then, and that will guide your future treatments, okay.

Well, we wouldn't usually use that for a water infection. I was going to suggest nitrofurantoin.

We sometimes use that. That's normally a second-line treatment that we use, these days because nitrofurantoin seems to be the first-line choice. Is that acceptable to you?

It's usually a three to five day treatment, okay. So, use it until your symptoms have gone.

I'll also give you a prescription for the nitrofurantoin today. So, you're going to take that twice a day. I usually recommend that when you use antibiotics, you use a probiotic as well.

You could use a probiotic yoghurt, or you could use a probiotic capsule that you can get from a health food shop. Or from the internet. So, there is a preparation called biocult, which seems to be helpful for protecting you against getting diarrhoea caused by using antibiotics, so that might be worthwhile considering as well.

But, if you prefer the probiotic yoghurts, it's a reasonable choice.

Safety net and follow up

So, if the flushes are becoming more of an issue, let us know.

And if your symptoms haven't gone at the end of those five days then let me know.

If you're poorly – you're getting that flank pain coming and you're feeling really unwell with it—

It can do, it can suggest that that's the case, and in which case, we sometimes use a slightly different antibiotic for that.

But if you're poorly, vomiting repeatedly, severe tummy pain, high fevers; that sort of thing then we need to know about that. And obviously, if you're vomiting, then you're not going to be able to keep your antibiotics down anyway, so it's helpful for us to see you under those circumstances urgently, if that's okay.

So, from the other point of view of the other issues, we wanted to touch upon contraception before you left, to make sure that, even though it's not a priority for you, that you've got some thoughts in your mind for next time we talk about it. Now I know that Michelle Rogerson's been talking to you about your contraceptive needs as well – is it helpful for me to go over those with you today?

So, not a priority, but where are you going to go from here, when you need something?

But if your symptoms aren't improving within five days, then get back to us and let us know, okay.