

Patient Instructions

Name of Patient: Astrid Knowles

age 25

Description of the patient & instructions to simulator:

I never change weight, ever, I'm always exactly the same – I never put on, I never lose.

I'm on the injection at the minute and I've got nothing. I got the injection at the walk-in centre, but I got told the last time that I was at the walk-in centre that I couldn't go back because of my age.

Because you are thinking of starting a family soon, you think it would be good to move to the pill instead of the injection. I've had no periods since starting the injection at the walk in centre a year ago.

PSO

Well I'm quite lazy, I don't really do any sports, but I'll take the dog for a walk and I work with kids – I'm a nursery nurse, so I'm running around with them and...

It's a full-time job, working nine to five, thirty-seven hours a week.

I sleep well, nine times out of ten, I do. My partner's in the army, so when he's away I don't sleep.

He's based in Catterick, but he's just been to Kenley for seven weeks. And we've just bought a house, so I don't know whether it's just all of that that's making in worse at the minute.

I have a good open and supportive relationship with my partner.

First line and history

It's only really a quick one; a repeat prescription of the pill that I had, and I'm always dead tired and really cold - it can be the hottest day and I'm quite cold. I don't know if it's because I've got a full-time job, working nine to five, thirty-seven hours a week or... because I have been tested for being anaemic and iron, quite a while ago, but it was fine, there was nothing there, and I've never really changed since then, so I don't know whether it's just...

If questioned further: I've always been this tired thought, because when I used to be at school, I used to come home from school, get into bed and go to sleep for an hour, then wake up have tea and whatever, do homework, then go back to bed.

I'm still capable of doing things.

I worry a lot.

If the doctor is empathetic: Well, I had an abortion May last year, and since then, I haven't really wanted to do anything. Like, I still will go out and do stuff, but my whole... my whole look on life's changed – like, I don't want to go out and spend £50 to go out and drink, I'd rather save that fifty pounds and put it towards something else. So, I don't know whether my whole just—has just changed?

My mood is alright. (But I do get upset if people are nice to me.) 9 out of 10 if asked specifically.

Oh, no, not at all. It's just sometimes when I think about that, I get upset, which is normal. If specifically asked: It was the right decision, and it still is the right decision. Just life changing.

Ideas – I think the tiredness and feeling cold are probably normal for me.

Concerns – Well to be honest, we want to try for a family in the next.... (few months)

Expectation – Just sort of put my mind at rest that I'm alright.

It's just a few people said, 'You're always in bed, you always don't want to do anything', but some people don't know what's happened over the last year, so.

