

Example of GPs script:

Patient contribution

Hi Astrid.

Nice to see you.

So, a few changes going on then? (Touch and go empathy.)

ICE

Okay, any other theories?

How's the worry at the moment?

What were you hoping I would do for you today? Apart from the pill.

PSO

And where does he work?

Okay, where's your house?

Do you and your partner talk about that?

So, you're able to speak with your partner?

Red flags

How's your mood?

If you were going to give me a mood score at the moment out of ten, on average in the last month, let's say – ten's perfect, nought's so bad you would kill yourself – where would you say you were?

So, happy, no thoughts of self-harm?

Your weight's okay, isn't it?

Okay, and you're not prone to clots in your legs or lungs or anything like that?

Okay, because you've got a history of migraines, we're a bit cautious about using the normal pill.

Focussed history

So you're still able to get out and do things and have enough energy for that, it's just that you're shattered afterwards?

Any, kind of, residual guilt related to the termination?

But it was the right decision at the time?

But, just coming to terms with it is taking a bit of getting used to?

In terms of the hormone in the injection, it suited you okay?

Okay, have you used the mini pill before?

Focussed examination

So, I'll do your weight and your blood pressure today. Yes, your weight and blood pressure were perfect.

Identify problem and explain diagnosis

You get upset, which is normal for you, especially after what you've been through. That's the type of person you are.

And is it worthwhile giving you a leaflet about preparing for pregnancy, at the moment?

Check understanding

Is that all right?

Have I missed anything?

Do you need anything clarifying?

Develops management plan / shares management plan

There's probably not much point in doing additional blood tests, because your periods are fine, aren't they, on the pill that you're on.

So, what method would you prefer?

Okay, have you used the mini pill before?

Cerelle – and that suited you okay when you were using it, didn't have any major issues with it?

..but it's not prone to causing migraines or being a risky thing, so if you're happy—you're quite good at taking pills regularly. Should we do that for the contraception?

I'll offer you something else for your rosacea if you're interested.

Shall I give you six months' worth of the mini pill?

I can give you more, if you need.

Let's overlap, just to get you used to taking it again.

Now, there is a new-ish treatment out for acne rosacea that seems to be quite effective; the rosacea may well be down to a sensitivity to a mite that's in the skin anyway – can't cure it, but oftentimes, there's a new cream that can get rid of this mite temporarily and make you much less prone to getting the pustules. So that might be helpful – still worthwhile avoiding anything that causes you to flush, because that can trigger your rosacea off. So, we'll give you an anti-mite treatment and see how you get on with that, if it's helpful, you can have it again if you need to. (I would not recommend for you to use this in pregnancy or if you are planning to conceive.)

It's not cheap, this stuff, so... I'd recommend that you put it on after your evening meal, just once a day.

Safety net and follow up

Well, if you're getting bad headaches with the Cerelle we should think about it,

So, this is an every-single-day pill, if you've not taken anything in the last twenty-four hours you've got, theoretically, no protection.

Nothing's one hundred percent, but if you're using it regularly, it's pretty reliable. I'll give you a leaflet about preparing for pregnancy.

So, because it's a relatively new treatment, I haven't encountered anybody having any problems with it, let me know if it doesn't suit you.

If you could let me know if you think it's helpful just so that I know for future reference.

It'll take a couple of weeks before you start to see a response to it, potentially might irritate you in the first instance, but if it's majorly irritating, stop using it and let me know – it may take as long as three months before you see a response to it, if there's no response after three months, let me know.

So if the tiredness and coldness are getting on top of you more than usual, by all means come back, but I think they're probably normal-ish for you, aren't they?

If your energy levels are getting in the way of you doing things, let me know, or if you're finding that your churning things over a bit too much, then let me know.