

## **Patient Instructions**

**Name of Patient: Belinda French**

age 28

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

#### **PSO**

Work wise, I work at an well, I'm an architect, so I'm just in an office really, but it doesn't affect me there.

Well, I haven't been on any site visits yet, so that...

It's just, I can't wear high heels, which is a nightmare haha.

It's just, I can't do much exercise, I can't go to the gym, I can't do any cardio exercise because, you know, for example if I tried to run – just as soon as I went off like that, I just get a bad pain in it, so... it's just stopped me.

I live with my boyfriend. He was the one who was telling me to come here, he's been telling me to come here for ages because I keep complaining about it and he's like 'stop complaining about it and go to the doctors.'

#### **First line and history**

Erm, over two months ago I went over on my ankle and really badly damaged it – I've got some photos of it. Went to the hospital straight away, had an x-ray. I got the impression that the doctor didn't think it was as bad as it ended up being, because he said, 'Oh, you'll be back on your feet again in a few days'. And then he booked me a physio appointment two weeks after that and then I went to that physio and he was like, this is really bad, it should have been put in a boot and stuff like that.

So it was like that when I first did it, and then the bruising ended up – it was bruised on both sides, it ended up that all my toes and everything were black. But the bruising ended up right up here and everything.

I've been to physio three times now, and it's just getting no better. I can't, like, keep having - well if I'm on it a lot, it gets really swollen and red, and I get, it just aches all the time. I just don't know – it's been over two months now, and its just sort of hit a point where it feels like it's not getting any better. I keep, if I do anything to it – like for example, I was walking down the stairs the other day and I just- you know when you just miss your step? And like, I hit my heel, and it's just, the pain's just ridiculous.

I've done it a few times when I was younger, on this same ankle, so I think it was just weak, and then this time it's just – it was awful. I can't do any exercise or anything, it's just - stopping me doing stuff now, so I'm just wondering if there's anything else that can be done. The right ankle.

Any uneven ground, it just - because it just doesn't feel right, still, it feels like its not strong enough to...

And any, like, even slight - because during the night, I keep getting these spasms where, like, it almost jolts.

And then its just this severe pain, and then in the morning its always, when I get up in the morning it's always really achy and really stiff when I'm walking on it.

Well I've done it a few times when I was younger, but nowhere near as bad as this.

Well I thought it was bad then, but... It's always the same ankle.

*If asked for more detail about previous problems:* Yeah. I mean I did it when I was about 15, playing football, and then I did it again playing football, and then this time I was playing football, but just in the - just messing around in the garden, and I sort of - there's a lip, like a little paved, like little curb stone thing.

That sort of sticks up a little bit more and I just stood on that and just, all my weight went over on it and I heard a pop and everything...

Day to day, walking and everything, yeah, it's fine, it's just when, for example, them spasms in the night.

Just the ache and this is just aching constantly.

I take painkillers when the aching comes on, so just paracetamol or ibuprofen.

*You are happy to go with any recommendations made by the doctor:* I've got a physio appointment next Friday, so I'll see how that one goes. But, I mean like I say, he said at the last one, he thought - he was going to sign me off, but then he said I need to come back so, I'm sure...

### **Ideas –**

He's just given me exercises to do, but last time I went, her was surprised that it hadn't got any better, so he's booked me in again for next Friday. But all he's doing it giving me exercises to do and it doesn't seem like they're going to suggest anything else.

**Concerns –** But the physio does seem to be quite shocked that it's not any better.

I just don't know, I don't know whether it's just the ligaments have healed badly. I mean, when I did it, I heard the pop, and when I first—like I say, I went straight to A&E, had an x-ray to check whether it was broken or not, and it wasn't broken. But the doctor was like, you know, keep off it for a few days and it ended up that I couldn't put any weight on it for two and a half weeks, and then even after that I was... you know, I couldn't drive and it just, then it sort of healed to a point and then it's been for about a month and a half now that it's just exactly the same.

And if I do anything, it just comes back again and then it swells up and gets all red and...

It's just stopping me from, like, doing any exercise or anything and its just – at what point does it, is this just going to be like this forever, or... that's what I'm just wondering if there's any...

**Expectations –**

I've got no idea. I was just wondering whether this is normal or not.

The only person I've spoken to about a similar thing is a girl at work that had a similar thing, and she said she just kept - it just didn't get any better and, in the end, she ended up having surgery, but I don't know whether that's a similar thing or whether that's just...

