

Transcription:

D: Come in

P: Hello; sorry to bother you on a Saturday morning

D: That's alright, thanks for your patience

P: It's just I flew back from Dubai yesterday, last night I discovered a lump in my neck and obviously panicked thinking "blood clot" but I don't know if this is relevant but on Wednesday night when I was in Dubai I got a lump on the back of my head, I haven't banged it or anything and it is really really sore. It is still sore but this lump I thought oh God... I never spotted it until last night and I only got back from Dubai at 11.20 yesterday morning.

D: Ok so going back to the first lump which is this one behind the

P: It's round about there ... it's not as bad as what it was but it is still sore

D: Is it tender?

P: Yes

D: Examines patient - that's sore isn't it?

P: Yes

D: So you think they are probably linked don't you?

P: I don't know - that seems to have gone down and that seems to have come up

D: So this is a new one (examines patient) and that is also sore?

P: Yes and that came up last night

D: I am going to measure them both if that's alright; so it's all about the lump - is there anything else that I can help you with today?

P: No that's it

D: And you are worried about cancer?

P: Oh God no I am not worried about that

D: So what are you worried about?

P: I thought it was a blood clot

D: So you're a smoker?

P: Yes

P: Normally about 10 - 15 a day - so I have been cutting down

D: Ok so we can help you with that if you are interested

P: No not at the minute I have too much going on... with my dad in the house and

D: What's going on?

P: Well my dad's poorly now; I haven't got him at home he's in full time care; he has deteriorated so much it's unreal; he's nearly on permanent antibiotics for a water infections and his kidneys are just about clapped out; he doesn't know who I am; the house is upside down been getting done for the last 3 months...

D: Your weight has been stable has it?

P: Yes about 45 ish..

D: You're upset about talking about these things aren't you - it's just the stress of it?

P: Yes (upset)

D: How's your breathing?

P: I have been a bit breathless

D: Since when?

P: It's been on and off for the last couple of months; I was breathless this morning when I got up; I don't know if it was to do with the lump or not because when I was away I have not had it

D: So you were fine when you were away?

P: Yes I was fine; no breathlessness at all when I was away

D: Legs?

P: There are fine; no lumps or swellings - I have checked everywhere

D: So no swellings - and nobody in your family has ever had any clots?
P: My grandma had a

D: In the brain?
P: Yes she just died just like that
D: How old was she?
P: Oh God she was 90 something ..
D: So not something that's running in the family
P: No
D: OK
D: It was a pop rather than a clot was it?
P: Yes it was a pop; a big pop
D: Ok - are you working?
P: I have tried to go back but obviously with my dad, the house and the stress and everything I am just doing the odd shifts now and then
D: Just remind me what your job is
P: Nurse
D: What sort of nurse?
P: I do anything they want me to do - I go to nursing homes; I do occupational health; I do A&E. theatre - I do anything
D: Do you need a note today as well?
P: No I am fine for that
D: Right slip your coat off
P: I have a sweat on now - I have been freezing since I got back
D: Have you had a fever at all or been shivery?
P: No
D: So it's just this
P: Well I get the sweats anyway because I am not on the HRT - "I've gone cold turkey" as the HRT wasn't working anyway
D: When did you stop it
P: Oh God when did I see Dr Walker?....
D: So it was weeks ago?
P: Yes it was weeks ago
D: So we can think about that again if you want to
P: No I am going to go "cold turkey"
D: OK
P: I didn't have any when I was on holiday believe it or not..
D: Do you mind if I have a listen to your chest - if you could just stand up and turn around
D: Examines patient's chest
D: Breath away - examines patient's chest
D: Fabulous; ok
D: Let me have a look in your ear as well
P: Will I take my ear out then because otherwise

D: I am just going to check your temperature there
D: Are your teeth ok:
P: Yes they are fine
D: So what takes you to Dubai then?
P: Well I was supposed to go to Egypt and the flight was cancelled

D: So you've got a lymph node, here in your neck, which is tender which has come up which is linked with this thing.
P: You think?

D: Yeah.

P: Wonderful.

D: A centimetre and a half, so it's a significant size but it's tender.

P: Considering that it's just come up over night.

D: And this thing here is...Sorry

P: It's alright

D:this is where it's sore isn't it?

P: It's sore as well. Uh huh.

D: And this one is again about a centimetre and a half. And it's a likely...and it's a lot better already isn't it?

P: It's a lot better than it was but it's still very sore. It's not as swollen. Ahh. It's just bloody painful.

D: Take yourself a seat.

So you're really well in yourself apart from that lump and it's nothing to do....

P: I'm as deaf as a post, man. It's all off a car crash.

D: Sorry.

Well your biggest fear, interestingly, was a clot.

P: Yes, And it's not a clot. It's a lymph..

D: So, things that would make me think about clots would be:

Swollen tender calves or breathlessness and it hurting when you breathe.

P: So I haven't got that. It didn't fit. Divn't say it's cancer..

D: So, it's not cancer..

But it's related to the infection of the skin lump here. Its likely to be what's called a sebaceous cyst. That's infected.

P: That's fine. I'm happy with that.

D: Which is a gland in the skin which is infected. It's getting better of its own accord, but this gland here has come up, linked with it. Which is agony, which is good news, because it means that it's an infectious thing.

If it's not painful and it gets progressively bigger then we worry. I don't think we need to give you any treatment for this. You might want to take pain killers for it...

P: I've got to, 'cos it's giving me headaches.

D: Fine, so use painkillers, what do you use?

P: Brufen. Anti inflammatory.

D: Well you don't need an anti inflammatory. But if you want to use Brufen, that's fine. As long as it doesn't cause indigestion. If you've got a fever or if that tenderness and swelling is getting worse, we might need to pop it. Or we might need to give you some antibiotics sometimes.

P: Right.

D: Depends, but see how things go. A lump that comes and then goes. Not interested. But if it's progressively getting bigger and it's not tender...

P: Well that's put my mind at rest it's not a clot. I know a clots normally back of the leg breathing and all that.

D: Ok.

You're down to have a health check done with my nurse. Have you ever had your cholesterol checked before?

P: No.

D: Would you like to come and see her at some stage and she'll check your cholesterol numbers. She can talk about your smoking too...

P: She's already tried...

D: When you're ready talk about it we'll talk about it with you.

P: I mean I've got a false one. And before I went on holiday I was doing really really well. But of course cigarettes, and you're having a really really good time and you're having a drink and something nice to eat....

D: You know why I worry about smoking...

P: Yes, I know.

D: And you're interested at some stage. But now quite getting there.

What would be the key thing that would make you get there?

P: I haven't got a clue.

D: Has anyone in your family been affected by smoking?

Yes, my uncle has COPD, he's on permanent oxygen. Can't walk can't go out.

D: You don't want to go there...

P: My uncle died of lung cancer..

D: You don't want to go there...

P: I know, I know, I've seen it at work. Hundreds and thousands of times.

D: Give it some serious consideration. And come and get some support about it.

P: As long as I've got nought to worry about.

D: So if that lump gets more tender then come back about it.

If you're unwell with a fever or if the lumps getting very tender come back in urgently.

Or if the lump is getting bigger after 3 weeks we'll have another look at you.

P: Okay dokey.

Brilliant. Cheers flower.