

Transcript:

Greetings

Dr Anyway Denise nice to see you.

Pt Nice to see you too.

I came regarding pain. Because the amitriptyline just is not...

Dr So you're not here to see about your throat or your cough.

Pt I wasn't.

Dr Well, maybe we can touch on that as well. You're mostly here because of the pain. Tell me a bit more about that.

Pt You prescribed me amitriptyline, to try and help manage it. Starting at 10 mg and I can go up to 30 mg. With 10 mg I'm still not sleeping properly in the night-time. But so tired during the daytime. But I'm a community nurse and I've got to drive so I've stopped them.

Dr So you couldn't tolerate them because of the drowsiness. Did it help you with the pain?

Pt No.

Dr How long did you use them them for?

Pt I used them for over a month.

Dr Just remind me about your chronic pain... This is your low back pain isn't it?

Pt I had an MRI scan and it shows I've got osteoarthritis in the facet joint's.

Dr So we've got to think about your pain but also your sore throat and a cold as well? Which started when?

Pt 3 days ago.

Dr Tell me a bit more about that.

Pt I got it from some little lady, not far away

Dr So it's... spreading rapidly..

Pt and I ended up with conjunctivitis as well. The joys of having grandchildren.

Dr Were you worried about anything?

What were you hoping I would do for you?

Pt Something for this chest

Dr Do you normally need something for your chest?

Pt It usually goes straight to my chest.

Dr Because? You're not asthmatic are you?

Pt I have got an inhaler. Which I use when I'm like this but I don't use any other time.

Dr Did you have asthma as a child?

Pt Never no.

Dr And you don't smoke?

Pt I packed in eight years ago.

Dr Well done. So, do you think you might get COPD?

Pt I've no idea, I hope not.

Dr Have we ever tested you for that?

Pt Yes, I've been on the spirometry thing, that was last year.

Dr And that was okay was it?

Pt Yes.

Dr But it doesn't completely rule it out, unfortunately.

So, what treatment normally works for you when you're like this?

Pt Antibiotics. And we go to Florida on Saturday so I wanted this rid off. And she is coming too and she's on antibiotics.

Dr And antibiotics suit you. You've not had side effects or problems on them? Doxycycline has been okay for you? What colour is your spit?

Pt Green.

Dr Wheezy as well? So this happens when you get a cold, but in between times you're absolutely fine, so you don't think you have asthma. But you think you might get recurrent chest in the winter with colds. Which could turn into COPD?

Pt And prone to it when I've been on a long haul flight as well. I don't know if it's the air-con or not.

Dr So you're prone to it then. Deep joy.

So you're a community nurse. So at home you're looking after..

Pt Her mum is in Vegas. For her 30th birthday.

Dr So a bit of child-care on the side then.

Living with husband..

Pt He's in Afghanistan. He works in the British Embassy.

Dr So you don't see so much of him...

Pt So he's home on Thursday, so that's how we are going to Florida on Saturday.

Dr So we need you fixed. And we need to think about the pain as well.

Pt And I've got a son who still lives at home as well.

Dr Are things okay in Afghanistan?

Pt At the moment. But he doesn't tell me that much anyway. If things go off he doesn't tell me. We Skype every night, but he tells me when he gets home that "that was right next to me."

Dr Stand up and slip your coat off. You cope with all that, do you?

Pt Yes I've had 22 years with him being in the army.

Dr Breathe away. Huff through there if you wouldn't mind. Pretty good, four hundred. I won't get you to do that again because that was a good hard blow.

No pain in your face? Your nose is not normally a problem is it?

Pt No, but it's quite blocked at the minute

Dr There are no polyps there, just blocked and snotty.

Let's treat you as we would do somebody who is prone to getting bronchitis. And COPD possibly in the future.

I'll be worthwhile every year or perhaps every two or three years repeating your spirometry to see if things are moving in that direction.

If you're no better in a weeks time. Of course you'll be in Florida. Probably it would be worthwhile thinking about seeing the doctor where ever you are.

Doxycycline unfortunately increases your chance of getting a sun sensitive rash. Are you OK about me giving you that one, or do you want to swap you to a different one?

Two on the first day after food and then one a day. Don't lie down straight after taking it. And protect yourself against the sun when you're there. And it can cause diarrhoea potentially as well.

So, we'll call it acute bronchitis.

Now, options for you regarding your low back pain.

We could go small with the amitriptyline. So half a tablet or quarter of a tablet might give it a worthwhile contribution with your pain. Or we could use something like gabapentin. Again similarly it can cause drowsiness.

Have You got any thoughts?

Pt I'll try the gabapentin because I really don't think...

Dr Give this a go. Let me know in a months time if this is helpful or not, what are you tolerating or not. Just a telephone consultation for that would be fine.

We tried a whole bunch of other options haven't we?

Start low. If, you're tolerating that okay then we can slowly increase the dose.

I've suggested 1 to 3 tablets on a night. And it can cause the drowsiness and it can cause other side-effects as well. If you're drowsy during the day obviously don't drive.

Anything you want clarifying?

Pt No I think that was it.

Dr So: Chest no better in a week: we'll see you again. More breathless: we'll see you urgently. And I don't normally suggest starting two things at the same time. It can be confusing if there were any side-effects.

Pt What I'll do is start the gabapentin when I'm away. And I haven't got to drive

Dr Good luck and enjoy your trip.