

Patient Instructions

Name of Patient:

Denise Jones age 48

Description of the patient & instructions to simulator:

You've had a cough and sore throat for 3 days. Your voice is hoarse. Your nose is all blocked at the moment. You are flying to Florida on Saturday with your little granddaughter to join your daughter there. Your daughter is in Vegas at the moment, celebrating her 30th birthday. You booked the appointment as a follow up after seeing the same doctor a month ago and you are most keen to get something better to help you sleep and cope with your low back pain. You've had low back pain for more than 10 years. You have tried lots of painkillers over the years but nothing has helped without causing side effects which are worse than the pain. An MRI scan showed osteoarthritis in the facet joints. No other joints are affected. The pain is worse at the the end of the day but gets better when you lie down. But the pain wakes you up at night when you roll over.

At your last appointment this GP tried you on amitriptyline, starting on 10mg and you told you that you can go up-to 30mg at night. But with 10mg you are still not sleeping properly at night

If asked: You had a spirometry reading last year. It was normal.

PSO

You work as a community nurse. You often help out with providing childcare for your young granddaughter, the daughter of your daughter, who lives locally.

Your husband is a soldier, he's been in the army for 22 years. He's in Afghanistan at the moment. Working in the British Embassy. You Skype him every night, but he doesn't tell you much about the goings on. Not until he gets home anyway.

You stopped smoking 8 years ago.

First line and history

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

Ideas – You have osteoarthritis of the facet joints in your low back. That's what the MRI scan showed.

You get winter chestiness with colds that gets better with antibiotics. You reckon that you caught your cold and cough from your granddaughter.

Concerns – You need to drive to see patients and can't be drowsy.

(If specifically asked: You hope that you don't have COPD.)

Expectation – You've tried a few pain killers already but you are hoping for something that will help you to sleep at night as well as to improve the pain during the day.

If the doctor is perceptive you will ask him/her for antibiotics for you chest early in the consultation. Otherwise you will ask for them at the end of the consultation.