

## **Example of GPs script:**

### **Patient contribution**

Hi Erica. Nice to see you. How are you doing?

How long has that been going on?

Okay. All about your neck and your head?

All right. Anything else?

Was there some other issue you were planning to raise, apart from your neck?

### **ICE**

Been doing anything that might have triggered it?

Has anyone else said anything about this? Have you discussed it with anybody?

Any thoughts about what might be causing it?

Any thoughts about what it could be, or what you worried it might be?

No, not read anything, or any alarmist reports, on the Internet, or from friends?

Is it plausible? Do you believe that?

You look a bit anxious. (Picks up on cue.)

Yeah. Do you think there could be a link with the stress and your pain too?

What were you hoping I would do for you today?

### **PSO**

And you're living at home....with your mum and dad? And they know all about this don't they?

Are you managing to keep up?

### **Red flags**

No fever?

Not been travelling recently?

Can I check about your general health? Is your mood okay-ish?

Sleep not great, but eating okay? Weights been fine?

### **Focussed history**

Are the rest of your muscles okay?

Tell me more about those...

Just on one side?

So, head and neck?

All the time, or does it come and go?

Are you sleeping okay?

On a pill?

Which one?

Microgynon?

And happy with that?

Not missed any pills or periods? Or anything like that?

No chance of pregnancy at the moment?

And your general health is okay?

Tell me a bit more about your sleep and how that's been affected

### **Focussed examination**

Let's just take a quick look at your neck if that's okay. No lumps in your neck? Stand up for me and slip your jacket off, if you wouldn't mind. Pop your ear down to one side and then down to the other side. Turn your chin so you're looking that way, then the other way. That's great. Don't put your arms up like that keep them there and don't let me press them down. That's great that's sore isn't it?

### **Identify problem and explain diagnosis**

So it's all muscular. Tension.

It's a muscular tightness, a lot of it is linked to tension.

### **Check understanding**

Any queries?

### **Develops management plan / shares management plan**

So, we have a number of options. So you've got the options and I'll try and put you in the picture so that you can choose the best option for you if that's alright?

And relaxation techniques will often help this. So I can give you some or you can look them up yourself if you prefer? Often massaging will help.

And sometimes massaging in a painkilling cream will help. I quite often prescribe a cream called Algesal. Which is an anti-inflammatory pain killer but is mostly just a massage that helps more than anything. So you could use something like that if you want to.

But there are some other options that could help you sleep a bit better. Particularly because you're going through so much and they can help you with the tension and pain. So one option would be to use a tablet called amitriptyline. Amitriptyline, we used to use a treatment for depression but we now often use it as a painkiller, what sometimes to help people to sleep. It does cause dryness in the mouth though it cannot unwind you. So, if you have persistent problems we could use something like that. If you wanted.

You could use a simple painkiller. But we don't tend to find a simple analgesics help and they are not constructive in the long-term. I wouldn't encourage you to use that regularly because it doesn't really help with tension.

So relaxation techniques, understanding that is a muscular tension rather than anything else and massage are the probably the sensible things for you... But you could explore other options that help you to have a more comfortable night sleep if you wanted to... so rub on creams or maybe even amitriptyline if you wanted to... does anything grab you from all of that?

I think it's probably cheaper for you to buy it over-the-counter, unless you get free prescriptions. Do you want me to write that cream down for you?

And do you want me to give you any relaxation techniques?

I think understanding where it's coming from will help.... There may be an aspect of the heavy schoolbag... because you're quite slight aren't you? And a big school bag with lots of books in it... so, it's muscular tension... I think having a chance to relax and share your troubles is often helpful.

### **Safety net and follow up**

If things are getting worse than by all means give me a telephone call.

But if things are getting worse than please let me know.