

## **Patient Instructions**

**Name of Patient: Ester Van Dryva**

age 24

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

You have a long history of pain in your back and hip after a car accident 5 years ago. Life has been a struggle ever since.

I've seen Dr Romberg, I've seen a pain specialist at - near Team Valley, I can't remember what they said...

### **PSO**

Yeah, and looking after a four-year-old, as well – it's quite tiring.

It's just the two of us in the house.

My parents live down the road, but it's a ten-minute drive.

Just lost at what else I can do for it, because it is becoming a big problem. I'm struggling getting in and out of bed, I'm struggling getting up and down my stairs even though I've got double railings.

On my really bad days I'm having to use my dad's walking stick, just to kind of...

The adaptations were already in the house when I moved in, but they were helping. I'm trying to get a shower in the house because I can't get in and out of the bath. I'm relying on my parents for, for a shower at the moment.

Because it's so hard to try and... I've asked the council if they can assist me.

So it's a council house.

If specifically asked: I'm having trouble doing lots of activities in daily living.

I can't - I'm scared to go shopping on my own, as around the supermarket my hip could give way, staff have assisted me on days where it has given way, but I'm kind of relying on my parents to come with me.

Yeah, they've kind of helped me back up or helped me round the shops; it's getting really bad at the minute.

Luckily it happened before I had my son, so it was before then, but it's - it kind of does impact, I'm getting emotional now, but it's like... this is why I can't be a parent to my son how I want to be and it's...

Yeah. I can't pick him up, I can't put him in and out of the bath...

I can't, like, lift him when he wants to be, like when he wants a cuddle when he's poorly, I can't do anything.

I've been seen by a physiotherapist.

They said they couldn't help. They've given me everything they can.

Yeah, I've had MRI scans, the lot.

It just seems like it's getting worse. I'm struggling with what to do.

I've lost my job as a civil servant.

Admin work, I had to sit at a computer, I had everything adapted, but I had an accident in work – bent down to my locker and my back completely gave way and I ended up lying on my mam's sitting room floor for five days. I lost my job because of it.

I bent down for a locker, to get into my locker.

And my back just spasmed, completely.

The money is coming from my parents at the moment.

It's very hard, I'm struggling to work out where I'm going to get my next meal from, some days. As long as my son eats, I don't eat.

I just get a bit of tax credits, child benefit for my son. But we've had a bit of a problem with income support, so I'm still waiting, waiting on stuff from them.

If asked what tests you've had: "I've had an MRI and it showed some wear and tear, changes. That was done a couple of... last year, year before.

If specifically asked: "Sleep's a huge problem, I've got broken sleep, I'm not going to sleep until about one o'clock in the morning."

When you get the chance to ask: "Is there anything I can take for the pain, like I say, I used to take tramadol, but..."

Because, I've tried paracetamol, but...they don't touch the sides.

I do try to stop myself, I've got a trolley or my mam.

You are inclined to agree to most reasonable suggestions from the doctor: "Yeah, that sounds reasonable."

You are also happy with reasonable suggestions of how to cope with the tendency that you have to fall: "Yeah. I mean, I try to go for walks with my son, but it's just the thought of if I go down. I try to just make it a short walk, and if I feel good, we walk to the park or we walk to the shops."

If the doctor suggests that this might be a functional problem: "It's not something that's been brought up before, I've just been told this is what you've got, that's what you take. So, it's always been..."

### **First line and history**

I've got degenerative spine and hip damage, and at the minute it's really bad. Sometimes my hip and my legs are just giving way underneath myself, and I'm falling to the floor.

Unfortunately, two days ago I fell to the floor outside of my house and since then, I've been in quite a lot of pain. The gabapentin that I have been prescribed isn't helping with anything at all, and I'm not sleeping, it's getting worse as the colder nights and the damp weather's coming in. So, I'm just...

If specifically asked: "I would never harm - I don't know, I'm a six.

Like I say, it's just frustration. But there's days when I'm a ten, I feel like I want to conquer the world, I want to do all the housework...

I'm struggling to even just do housework at the minute. I've got a wash a dish, wash a couple of dishes and I've got to stop.

**Ideas** – I was in a car crash five years ago. This has resulted....

It was a complete write-off, I got told I had bursitis, but then after a few years the pain was getting no better, and that's when I was referred to a pain specialist and a musculoskeletal specialist.

Nothing was broken, no, I came out unscathed. Just really pain in my right side.

Ever since the accident.

I've gone through quite a bit of depression, I've sought counsellor's help because of it – because it was, at the time it felt really unfair that it happened to me.

**Concerns** – All I know is that it's the degenerative spine damage, and it's just going to keep getting worse, so it's like every day, what's it going to bring? I can't plan anything, I can't make sure of everything, I've just got to make sure I've got someone on standby.

*If the doctor asks about your medication:* "And I've been trying not to take medication where I can because of my son. It's kind of like, I don't want - I call it the zombie effect, so I try not to take, I mean I was on tramadol during the day, but it was kind of like a losing battle.

Because I felt like I needed more, so they let me have a break off it, but at the minute I've got no medication at all because I'm scared to take it, but then I need the medication. But I've got none in, sort of thing."

**Expectation** – Just anything for the pain, or anything that will help to stop falling to the ground, any assistance I can have. I mean, I drive a car and at the minute, I'm only driving short distances; if I'm having to drive any further than ten minutes, it's a big - because my hip can go, my right side can go numb.

*If asked what you wanted sorted more specifically:* "My Back. My back. Sitting down for long periods of time, I'm struggling. Walking is a big issue."

