

## **Patient Instructions**

### **Name of Patient:**

Evie Carr  
age 48

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

Your neck is being painful since an accident a year ago. Your car was shunted from behind at a roundabout. Your car was off the road for a month. You felt okay after the accident but your neck started to feel sore within three days. Ever since then you've had some pain which sometimes stopped you from sleeping at night. The pain is worse when you move your neck around only sometimes get pins and needles in your hands. There is no weakness or numbness affecting your arms.

You've just had a period and your periods are fine.

You were taking iron tablets but you haven't used them for the past eight months. You're pretty sure that your anaemia was caused by heavy periods but your periods seem to have been a lot better over the course the last few months.

You take paracetamol regularly for the pain eight tablets per day but they don't really help. From time to time, you take ibuprofen, but it sometimes upsets your stomach.

You have seen a physiotherapist about this pain. The physio gave use some exercises to do I need to type them but when you move your neck you get pains go to go down your arms.

You've previously been given amitriptyline by the doctor and these of helped you sleep and also helped you with the pain. If offered you'd be happy to try these again.

### **PSQ**

"Life is busy.

I have a little boy and he is six years old. David is great. He has energy and is very active.

I have been with my boyfriend Shaun for a while now. We aren't married. No problems there at all. I still work full-time.

I inspect residential nursing homes. Work is hard but I'm not stressed with it.

I am not using contraception at the moment, apart from having my son sitting in the middle between us.

I'm just too busy at the moment. So no I don't need any contraception.

No, definitely I don't want any more little feet."

### **First line and history**

I am still having bother with my neck and my shoulder. I've been on holiday for a week and have been in quite a lot of pain from it. I've been getting bad headaches and I don't know if it is coming for my neck. I've also had sickness and diarrhoea but I don't think they're related.

#### **Ideas –**

My accident was a year gone February. It's been ever since then really. It is just always there and I ache with it. I didn't have any problems before the accident. I don't know if the accident was the cause of it or if it's something developing as I'm getting older.

#### **Concerns –**

You don't really have anything else that you want have ruled out.

You'd be happy to have a blood test to make sure your anaemia hasn't come back.

#### **Expectation –**

For the doctor to tell you what is causing your pain. And to be given something to help with the pain.

You don't really want any advice about contraception but if the doctor insists you tell them you will use condoms.