

Patient Instructions

Name of Patient: Gary Little

age 20

Description of the patient & instructions to simulator:

Your confidence is affected by your mild acne. Mostly it is your face that bothers you but you do get some spots on your back. You have used a cream called duac several times. It always works. You would like another tube. You've never had a repeat prescription. You usually come to see the doctor to get more. A single tube normally lasts a year or two. You saw a wellbeing practitioner recently. You have learnt some good ways of managing your stress and OCD. You now don't need to wash your hands more than 5 times a day.

I'm okay, yeah, I'm fine.

Yeah, my anxiety symptoms are okay. Just sometimes, obviously, with long hours at work I do get quite stressed, but other than that, it's not too bad. Its...

Your chest has been alright. You used to have asthma but that's fine now with no treatment. "Yeah, my asthma's fine. Touch wood, I've had no more - I've had no trouble, it's been..."

I think I've grown out of that. I've not had to use an inhaler for years.

My general health, I think is fine. Yeah, everything seems to be...

My mood's been okay.

I do get like, sometimes, dry skin, but I use just moisturiser. I was just advised to use, like, E45 moisturiser – usually on my arms, that's it, and sometimes legs. But, I just use that like, once or twice a day and it really helps.

And it just really helps, because sometimes it's like, very dry.

PSO

You are a delivery driver.

Yeah. Other than that, it's okay – it's just sometimes it's long hours, just tiring, but I'm okay usually. Just, I try just to, you know, just cope – but sometimes, I find if I just relax, you know, at night, I'm... Sometimes I can just get a little bit - it's more just like anxiety, like tired, I feel that sometimes it's just like if it's, say, very stressful or a busy day, I'm trying to learn how to cope with it in my own way. If I do, I just try to have five or ten minutes to myself sometimes.

Yeah, fine, everything's fine at home. Sometimes—usually I'm at work, so when I go home, it's usually quite... I go home and funnily enough my mother's out and then I'll leave the house and my mother comes home.

Yeah, it's just mum and me at home. She works too and I'm just usually in and out.

Yeah, mum's fine. She's actually doing, she's doing very well. She's doing really well at the moment, she's just keeping herself active, she's just keeping herself on the go and she's just not letting herself—you know, she's just not letting herself get... You know the problem she's got at the moment?

She's not letting it get to her, she's really, like, keeping active. She's really staying strong – I am actually really proud of her, like, she's really doing very well.

Mum has Parkinson's disease. So, she's doing, she's doing extremely well – I know she's just had, like, a letter off the hospital, I think she went to see a specialist and he said, like, he's very impressed you know, with her improvement. He sees, you know - I mean it seems like a positive outlook, when he says that she's doing extremely well. She's keeping active, she's, I mean she's constantly on the go anyway, but she's just doing very well.

I don't smoke.

I usually just use, like Dove soap, like a moisturising soap. That usually helps, yeah.

You are happy with reasonable suggestions by the doctor.

I'm okay, yeah. I'm learning to deal - sometimes that's usually a factor, if I'm more anxious or stressed, I do wash my hands more often. It's just sometimes I've got—I did once have to go and see a therapist about it, I think it was about four years ago, and I have learned—compared to before, it was a lot worse. I mean, I was washing my hands up to fifty times a day, probably more, but it's not as bad as it used to be.

Yeah, so it's – if I'm anxious or tired it can be up to like ten times a day, but I just learned to control that.

Yeah, I'll definitely - like I say, its compared to what it was, it's a lot better. I mean, I still have those moments where I feel like I need to wash, I just think it's just doubt. I mean, just general anxiety and stress.

Your OCD affects your face, but more like confidence than anything. It just sometimes makes me feel down, just sometimes I feel more anxious. I mean, at the moment, it might be just me, I sometimes always just think the worst. Sometimes you're just looking in the mirror and I just see the worst.

First line and history

I was just wondering if I'd be able to collect - sometimes what happens is I get mild acne, sometimes spots, but lately it's bee going away. But, I get this ointment, it's an antibacterial cream I get off the doctor - I think it's called duac cream, I don't know if that's how you pronounce it. It always works, but I've tried to look for some, but I've had a few little outbreaks the past few weeks and sometimes it does affect the way - me being anxious, I get very self-conscious about it.

But, it hasn't been too bad the last couple of days, so I just wondered if I'd be able to, like...

Yeah, I was just wondering if that would be possible. It's just to be on the safe side that's all. Because if I use it, then my face, my complexion really does clear up. And I do - and it does help; the doctor always, they've always told me if I do need to use it, it's

always there, but I couldn't find it before and I think I must have used it all up. I think it must have gotten to the point where I thought my face was clear, and I didn't need to use it anymore, and I must have lost it somewhere.

Ideas – I think it's just down to - I'm not actually one hundred percent, I think it could be just down to me, like, I sometimes blame it - you know with me having OCD and all; I'm always constantly washing my hands and I'm always constantly washing, so sometimes I think it's just been down to like, it could just be down to that. But I might not be right.

Concerns – Things are fine at the moment. You are happy that your skin is good at the moment and you have good techniques to help manage the OCD. You are happy that your mum's Parkinson's is good at the moment and she is so positive.

Expectation – You just would like some more duac. But you would be happy if the doctor suggests an alternative.

You don't want any support about your anxiety or OCD at the moment. I know what to look out for: "Oh, yeah that would be... Yeah, last time when it got - even I was getting a little bit concerned and was like, 'Oh, it's getting far too much'. It was literally every time I was getting a chance or an opportunity, I was just washing my hands constantly."

