

## **Patient contribution**

Come in. Morning James

I am very well, how are you?

Tell me more. When did it start?

Just about your back today?

Anything else we need to cover today?

## **ICE**

What triggered it?

Are you worried it is your discs again?

Anything you would like me to do for you apart from more tramadol?

## **PSO**

Remind me where you work

Do a lot of travelling?

A lot of hotel stays?

A lot of driving?

So a bit of time off will help with that. Right I will examine you in a minute. Anything else we need to cover today?

You don't smoke?

Drinking an issue?

You don't smoke?

Anything in the past happened to make you more prone to back problems?

How's your fitness?

Keeping active?

What sort of things do you do?

Anything else aerobic?

Did physiotherapy teach you anything to help with your back?

## **Red flags**

How is your general health otherwise?

Can I check theres nothing more serious going on?

Waterworks okay?

Have control over your bowels?

Feeling normal around your backside?

## **Focussed history**

What triggered it?

No injury?

Okay. How often does this happen?

Which operation?

Any problems with your discs at the moment? Any pain anywhere else?

Which one?

How far?

There all the time?

Okay are you taking anything for the pain at the moment?

Are they helping?

How many are you taking a day?

### **Focussed examination**

Slip your coat off and stand on the scales. Has your weight changed recently?

Are you happy about that?

Is that something you are working on?

Do you want our support? 114kg. If I touch you there, can you feel that?

Feel the same on both sides?

Lie yourself up on there.

On your back if you don't mind. You have gained a fair bit of weight since we last weighed you.

Bend your knee. Thats lovely. Straighten your knee. Push me away with both feet. Pull up with both feet. Sit forward.

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

So, most of it is spasm in your lower back.

I will put it down as acute back pain.

### **Check understanding**

Historically when you've had back spasm and sciatica Tramadol seems to help?

Any questions?

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

So your diet habits need to be tackled.

So your're time at home can help you on this occasion!

How many Tramadol shall I give you? Will 100 be enough? (A warning of the addiction potential is sensible. On this occasion I don't detail the side effects or risk or sedation or any potential driving issues.)

Do you need to see physio? Or do you know the exercises?

We need to do your sick note. How many weeks would you like off? A couple?

I will put it down as acute back pain. If you need it extending for another week then let me know.

So that is from today, for 2 weeks. Questions?

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

I need to know if you are consistently having symptoms, for example if you are getting pain all the way down your leg. However, if you get numbness or weaknesses in your feet, or lose control of your bladder or you can't feel your backside we need to see you urgently. Usually with a bit of activity and pain relief it will gradually settle. If it is getting worse and disturbing your nights sleep let me know.

Watch out for constipation with it. Do you need anything to keep your bowels going while you're using it?

**If you need any more pain relief give me a telephone call Monday through Thursday. If you feel you aren't getting any better let me know also.**