

James - Growing pains (14.9.17)

D - Come in.

Patient's mum - Hi.

D - Good morning, hello James.

Mum - Say hello to the doctor.

James - Hello.

D - Come in, lovely to see you both.

Mum - Give this to the doctor. Good boy.

D - Thank you very much. What would you like to talk about today?

Mum - He's been suffering from pains in his legs, he's waking up during the night and he's screaming. I spoke to my health visitor about it, and she's quite certain it is just growing pains, but she said to come and see you anyways.

D - Okay.

Mum - He just seems like he's in a lot of pain when it is happening, I'm having to massage his legs, or use a hot water bottle wrapped up.

D - Yeah. How long's all that been happening for?

Mum - A couple of months now, but I did just think it was growing pains. But he's just not settling when it is happening.

D - Okay - happen every night?

Mum - No, it's... I'd say about... It's not really regular, it's just once every- once a week or...

D - Good, okay. All about the legs?

Mum - Yep.

D - Anything I can help with today?

Mum - This, it might seem stupid, but the cradle cap.

D - Okay, not fixed yet.

Mum - Can't shift it.

D - What have you used so far, for that?

Mum - He gave me, what was it called?

D - Anti-fungal shampoo, was it?

Mum - It was some kind of shampoo, but that was a while back. But it's just not shifting.

D - That was a couple of years ago.

Mum - Yeah.

D - Have you ran out of that?

Mum - Yeah.

D - Did it help?

Mum - A little bit, yeah.

D - Sure, okay, well we'll come back to that in a second, alright?

Mum - Right.

D - All right, so mostly about the legs, was there anything else apart from the scalp?

Mum - No.

D - Okay, and your health visitor, and you from the sound of things, probably think this is growing pains, but you want to rule other things out?

Mum - Yeah.

D - Had there been anything else particularly on your mind?

Mum - No, not really.

D - No, okay. Not read on google, or spoke to anybody about this?

Mum - No, I don't tend to do that, otherwise I just spook myself out.

D - Okay. He's well in himself, is he?

Mum - Yeah.

D - Yeah, growing well, from the looks of things. Just remind me, who's in the house with the two of you?

Mum - There's me, James and John.

D - And how old is John now?

Mum - Six.

D - Dad on the scene?

Mum - Yeah.

D - Kind of?

Mum - Yeah.

D - Yeah, okay, but not living with you?

Mum - No.

D - No, you're still seeing him?

Mum - Yeah.

D - Yeah, okay. Good, alright, lovely. So, can I double check nobody smokes in the household?

Mum - No.

D - Are you pregnant at the moment?

Mum - Yeah.

D - And how many weeks are you at the moment?

Mum - 33.

D - Things are going okay?

Mum - Yes.

D - So we don't need to talk about you today, it's all about James.

Mum - Yes.

D - All right, okay. Wee-wee okay?

Mum - Yep.

D - Is he dry at night now?

Mum - Yeah.

D - Fabulous, okay, and pooing okay?

Mum - Yep.

D - Okay, and obviously growing really well, as well. Was there anything in particular that you were hoping that I could do for him apart from just reassure you?

Mum - No, it's just if I'm doing the right thing, just by rubbing them and using the hot water bottle.

D - Sure.

Mum - Yeah.

D - So, no cold symptoms, no cough at the moment?

Mum - No.

P - [unclear]

D - Right, well why don't we check you over, and make sure that we're not missing anything important - have a good look at your legs as well, all right? Any of the other kids, did John ever have this?

Mum - Not that I can remember, no,

D - No, okay. We've got a special little thing that tells me how fast your heart is beating, so if you can pop your finger in there, that'll help me out a little bit. That's perfect, great, thank you. And we'll pop this in your ear and check your temperature. So, he's not been hot and sweaty, no lumps?

Mum - No.

D - Fabulous, good. So, your pulse is lovely, your oxygen numbers are good. Really pleased with all of that, and you're not pale, great. Got a good diet?

Mum - Yes, very good.

D - Great, alright. Shall we have a wee look at your legs? Is there one that's worse than the other, or are they about the same.

Mum - No, they're about the same.

D - So, we're going to check your circulation and make sure that everything's in working order. Is he active?

Mum - Yes.

D - Able to run around with all his friends?

Mum - Yep.

D - Not breathless when he's doing that?

Mum - No.

D - So, good pulses, nice circulation. Beautiful legs you've got. Right okay, so normal position. I'm just going to move the knees and the hips, and there's no discomfort when you're doing that - same on the other side. Okay.

Mum - Yeah. Oh, you've lost a sock, don't worry, mam will get your sock in a minute.

D - Can't find your legs, they're hiding away. Lovely, okay.

Mum - There you go.

D - So, good pulses, good circulation in your capillaries, legs are good. Ankles move fine, knees move fine, and hips move fine; and you're comfortable with that. Would you do me a favour? Would you run over there to the bin and then move back again?

Mum - Go and run.

D - Run, run, run.

Mum - Faster!

D - And then run back again.

Mum - Come back to mam!

D - That's great, that's great, lovely. We're going to see how much you weigh, and we're going to see how tall you are as well.

Mum - Stand on there.

P - No

Mum - He wouldn't do this for the health visitor last week.

D - Would you not?

Mum - Wouldn't stand on.

D - Shall we see how tall you are as well, this is really good.

P - No

Mum - Stand at this side as well, mam will do it with you.

D - Mum will do it with you.

P - No, no

Mum - Ready?

D - Perfect, well done, James. 3 feet 3, so that's ninety-nine. Let's try again on here.

Mum - Stand on here. Look, mammy will do it.

P - No.

Mum - Look, there you go.

D - What numbers are we getting? On again, on again.

Mum - On again. Ready, watch the tick-tock go.

D - Ready, on you go, on you go.

P - No.

Mum - Look, look, look at the tick-tock, look. Go on then, mammy will do it. Here I'll help you, I'll help you. Go on, I'll help you.

D - On you go.

Mum - Quick. Ready, watch the tick-tock.

D - Watching the tick-tocks? Perfect, fifteen and a half, fabulous, thank you. Good weight, good height, doing well, isn't he? I agree with you, I agree with your health visitor as well.

Mum - Right.

D - I don't think we need to worry about this.

Mum - Right.

D - He's clearly healthy and well, there's no problems with his joints.

Mum - Yeah.

D - His muscles all work fine, his circulation is all fine, and this is only happening some of the time.

Mum - It is, yeah.

D - If it was progressive, and it was happening during the day too, then I would be much more concerned about it.

Mum - It's not during the day, it's just literally during the night.

D - But he can walk without a limp or anything like that, so I don't think there's anything that's pointing in any other direction apart from it just being, as you say, growing pains.

Mum - Right, good.

D - And a massage is ideal for it.

Mum - Right.

D - For this cradle cap, then it's probably worthwhile having another go with the ketoconazole shampoo, using the anti-fungal. It's not a cure, it will come back again, but while it's a bother, then to use this is probably sensible.

Mum - Right.

D - James - Mam, mam.

Mum - What, babe?

P - [unclear]

D - Have you got any questions?

Mum - No.

D - Okay, so we'll see him if he's got a consistent limp, okay, so a limp that lasts more than a day, let's check him out.

Mum - Right.

D - Or if you find that he's got pain that's progressively getting worse, then let's check him, but he's got good circulation; joints and bones and everything all seem very healthy and normal, and his muscles seem very healthy and normal, too. Good.

Mum - Come on, then.

D - Magic shampoo for you. Nice to catch up with you.

Mum - Come on then, say bye.

P - Bye!

D - See you.

Mum - Thank you very much.

D - You're welcome, anytime.

Mum - Thank you.

D - Bye.