

## **Patient Instructions**

**Name of Patient: Lee Stone**

age 42

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

#### **PSO**

It's just me at home these days with the wife. We have got 2 granddaughters going with us to Centre Parcs this weekend. Well, Jenny's nine and Lucy's ten – one to my son and one to my daughter.

They like the swimming, so they're in the pool all the time.

Well I've retired now, you know (a business man), I retired in May, but I used to be away every three or four weeks and I would be away for about five weeks, travelling all over the place.

Well, I've still got over a million air miles, so my wife's eager to use them all.

#### **First line and history**

For a young lad, but I've been up since - well, I was awake at four o'clock staying up watching tv... I've got, I think I've got a touch of gout in my foot.

Well, yesterday, we had company for lunch, so I made a Thai meal with king prawns and all that and I did a fried rice dish with shrimp in, and then last night *boom boom*, the throbbing came on. I'm used to it, I've had it for years, but I take a tablet for it, but I would say maybe once a year it might flare up a bit.

Yeah, left toe, big toe. And, it's not there all the time, it's just a throb in the background and then every five minutes or so, a stabbing pain.

*If asked what you usually take when the gout comes on:* Ibuprofen, but last night we didn't have any, so I took Paracetamol. I took two first and then another two when I did go to bed, about quarter past four this morning – that's it. I haven't had anything more today.

*If the doctor asks you if the options of treatment for gout have ever been discussed with you:* I don't think so, but I did a job in Africa about - oh God, it must be ten years ago or more, and I ended up in hospital when I came back, with my knee. Just swollen right up and they drew the fluid off that. Well, they put me on a tablet (allopurinol).

If asked about your weight: Well, I went to weight watchers, you know, eighteen months ago. I got down to 110. Today I got weighed this morning and I was 119.

If prompted: I've been to Australia and Singapore with all of my friends. Wining, dining. (

If asked if you think that driving might have brought on the gout: Nah, I don't drink a lot, really. Not this time, I don't think so.

I've not missed any of my allopurinol at all. And my bloods were all fine recently.

*(If the doctor asks you if there was some other issue that you were hoping to raise today:* This shoulder went off in November, on - it was actually November the 5<sup>th</sup>, Bonfire night. I

was putting timber on the bonfire for the kids and then the next day my shoulder was in agony. So, I suffered a bit and took painkillers; it didn't go away, so I came down and I saw one of the doctors, I forget his name now.

Yeah, that was him. And he said it would probably go away within six weeks, and anyhow I've rested up, I've been to Australia for three weeks, just for the sun and that. I was in agony, and I just happened to mention it to this Chinese business man who I deal with out there and he gave me these Chinese herbal tablets, and I'm not kidding, it went – the next day it was gone.

Of course I don't have it anymore and it's come back.

So, maybe, I know it's arthritis—before I couldn't even do that, couldn't get my arm...

So I'm still manoeuvrable and it's still hell.

Still painful at times but it's not stopping me from doing anything.)

**Ideas** – And, you know, I'm used to it off years ago, I know what it is, I think (gout).

**Concerns** – Nothing else. (I just don't want to be in pain in Centre Parts.)

**Expectations** – Now, the thing is tomorrow, I'm off to Centre Parcs with the family, and I don't want to be in agony up there.

I was just wanting a painkiller really. So I wouldn't be in pain out there.

(If asked again about the shoulder: No, no, that was just by-the-by.)

