

Patient Instructions

Name of Patient: Lexi

age 32

Description of the patient & instructions to simulator:

You have a new noise in your right ear, it's been going on for about a month.

"I have, since 1991, and it's only been a bit of buzzing, and what I would call is probably tinnitus. But this has just become - just the right ear - very loud and worse in bed, but *really* loud."

(If given a chance to talk about your hand: "It's just this... it's down this morning, but for the last few days it's been up like a pudding and I've had radiating pain there.")

I have eczema and I don't know whether it's to do with that, I don't know, but my right hand tends to get very puffy and yesterday these fingers were quite big. It's down this morning, because it was up from here, but it is a lot down this morning, and I haven't got the aching and pain going on this morning, that I had yesterday.

I don't know whether it's just arthritis or something because I haven't knocked it or anything like that.

If asked about a family history of arthritis or injury: "I have, I know I've got it in those two fingers, because I got told once when I had an x-ray, but it just seems like this pain gets quite intense. I did have toothache the other day and I was already backing it with paracetamol, and it didn't touch that.)

PSO

You are married to Ian. You don't smoke. You drink alcohol occasionally. You don't have any children, you've never wanted children.

No family history of arthritis or clots.

First line and history

I've got a bad hand.

(When asked if the bad hand was what you are here about today.): Well, it was going to be, but I've got a different problem, so...

It's my right ear. I've had tinnitus on and off since 1991 – it'll not be on the records, but I know I have. Occasionally I do have a bit of ringing or a high-pitched noise in both ears but I'm seeing in at least the last month, my right ear has been... I can sometimes hear when I'm watching the telly, it's like the washer's draining, but when I go to bed, the noise - it's like it's right next to me. It's really, really loud; different to the normal tinnitus I've had. I didn't know whether I had- whether I've had wax or what, or whether it's just tinnitus. I don't know.

I feel a bit, a little bit muffled, as if you could do with some Sudafed or something to clear your head. That kind of muffled.

No, not had a cold for a couple of months.

You have no family history of clots.

Your diabetes treatment has just changed. You are now taking pioglitazone tablets. It's making you go to the toilet a little bit more, but nothing else.

During the night and during the day, but fine, no problems.

"I'm seeing the diabetes nurse at 9 o'clock this morning with a urine sample and for bloods."

Your weight has gone up a little: "but only because I've been really naughty. That has gone up a bit, but it's nothing unusual to what I've been eating."

Ideas –

I don't know – I don't know whether I've got wax in, whether it is tinnitus; it's just so loud, to the point you can't sleep for it.

Concerns – (relating to the hand: I don't know really, not... I didn't have a fear. I just thought 'is it a touch of arthritis', or what is it. But I don't have it today.

You haven't read anything on the internet or spoken to anyone about the noise in your ear.

Expectation – Just to have a look, to see, is it wax, or could it be tinnitus – that was all. Just a reason for it, really.



Doctor's Instructions

Name & age of patient Lexi 32

Summary Card

Past Medical History: Type 2 diabetes mellitus Eczema

DH: Metformin 1g ads, pioglitazone 15mg od Nexplanon for contraception. Zeroderm ointment. Zerobase cream.

Allergies: penicillin

Never smoker

Alcohol: 2 units per week

Case Notes - Last few entries in records: Gained weight and hba1c above target. Add pioglitazone.