

## **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.