

Patient Instructions

Name of Patient: Lily Williams and mum Sophie 26

age 2 years

Description of the patient & instructions to simulator:

You are Sophie, Lily's mum.

Lily has got to the point where I don't think - I had this discussion at the hospital, she's not - her poo's not hard, she's not constipated, she's just frightened to go. The hospital said she's trained her muscles so strong that she needs something, which is what the medicine's doing, to just make her go.

If asked specifically: the hospital gave us a book called 'Talking about Constipation'. The book has some great pictures and explanations.

You don't have a follow up appointment with the paediatricians. They have discharged you.

PSO

Lily eats everything, and she eats so healthy.

Yeah, fruit and veg... for a child of two, her diet is - I wish mine was the same.

Yeah, she is, really active.

She's growing really well.

And she's doing really well on her growth lines for height and weight, she's not overweight.

Good, and she looks healthy, doesn't she? Can I just double check, because I've not seen you for a wee while, who's at home these days?

Lily lives with me and her dad.

Neither of us are smokers. We're both in employment, finance is okay and everything.

You've got plenty of support from both sets of parents.

First line and history

I've gotten some medication from the hospital for her constipation, and they said they would send notes over to the doctors, so I could get more here when she runs out.

And I've got a picture of the bottle, as well.

Ideas – I think it started when she stopped having milk. And then, I don't know, I think it's got to the stage where she's had really traumatising times when she's had

a poo, when she's bled after it, and she's just frightened to go. I think that's the point she's at now, I think if she thought it wasn't going to hurt, she would just go.

Concerns – Lily is frightened to go to the toilet. Just in case it's going to be painful again.

Expectation – Just more of the medication really. No, I was really pleased with the outcome of the hospital appointment, so we seem to have gotten on track now.

