

Patient Instructions

Name of Patient: Mabel Wright and Daughter Susan Chapman (56)

age 86

Description of the patient & instructions to simulators:

You came out of hospital 7 months ago. They treated you for heart failure. You came out of hospital on 4 frusemide, but they have since been reduced to 2 frusemide because your blood pressure was quite low and your ramipril was stopped for the same reason. Your spironolactone was stopped in hospital because your potassium was high.

You aren't sleeping well. It started shortly before you went into hospital. You go to sleep at 11 and sleep for an hour. You are usually breathless when you wake. It then takes until 3 am before you can get off to sleep again. This has been going on since before you were in hospital.

You have been breathless with walking just a short distance since last week and your ankles have become swollen. You can just about get from one room to another. You don't get any pain in your chest, nor are you aware of your heart beating.

If asked specifically:

You were diagnosed with type 2 diabetes 10 years ago. You changed your diet and started taking medicine. You also have been using insulin for 8 years. 10 units of glargine in the evening. All your sugars are fine. You check them yourself once a week now. Your blood glucose numbers are between 6 and 10.

You lost 10 pounds and felt much better for it. But you've been tired for the last month.

You use 2 or 3 pillows.

You've been told to wee and weigh every morning. When pressed you admit that you don't do it.

Daughter – When asked about spironolactone: “I think we've had that one, doctor, and you took it off her because the potassium was high. The hospital stopped it.”

Daughter – Mum's ramipril was stopped because of dizziness. She was falling. Dr Halpin took it off. Was it 10mg?

PSO

You live alone but your daughter lives very close to you, just around the corner. You have a stair lift and a toilet downstairs. All of your nursing needs have been taken care of.

You have never smoked. You only ever drink at Christmas.

Your husband died of a heart attack 10 years ago. Although you miss him you have a good family and enjoy getting to church.

First line and history

Yeah, a change of medication from the consultant.

Yes, my ankles are filling back up again.

Ideas – Things were fine when I was sleeping alright. I think that not sleeping well is causing my heart trouble. My daughter Susan thinks that I should not sleep during the day.

Concerns – My ankles are swollen again. We both think that it must be my heart again. Your daughter worries that the bisoprolol might be slowing down your heart and making you breathless.

Expectation – you would like to go on some sleeping tablets but your daughter thinks that you could do with increasing your furosemide again.

