

Patient Instructions

Name of Patient: Oliver Twelves

age 38

Description of the patient & instructions to simulator:

Apart from the vertigo that started again yesterday you are “mint”. You are just keen to get some tablets again to sort out your vertigo.

Your vertigo seems to happen when you turn your head to the right, it makes you unsteady, but it settles really quickly if you are not moving.

Simulate nystagmus when you lie back with your head to the right. Also say that you feel giddy. This giddiness settles after a few seconds, after each head movement of the Epley manoeuvre.

If the doctor asks if you want to know more about the condition: you say yes. You are happy to read about it, or to use any internet resources.

PSO

I am the main carer for my brother Neil. He uses a wheelchair. I haven't worked for ages, since I started caring for him. We both live with our parents. Everything at home is fine. I smoke. 10 a day. I would be interested in quitting, with support.

You drive but you don't have any concerns about your road safety.

First line and history

It's my vertigo.

When questioned further:

Just a little bit dodgy when I'm walking.

Yesterday, when I got up out of bed. I started to feel proper unsteady on my feet.

When I'm sitting, or I'm still, I'm fine.

When I'm walking, if I'm walking towards you, my body feels like it's walking the other way and I feel off balance.

You had a similar problem a canny few years ago. You saw the doctor and were give some tablets to help the symptoms. You can't remember what they were called.

Again it just came on out of nowhere.

You have no buzzing in your ears, no change in you hearing and no other symptoms.

You have not been travelling.

Ideas –

No, I haven't a clue.

Concerns –

None. No, the last time it happened, someone looked in my ears and said it was the canal inside. They said it's like a whirlpool and something inside isn't releasing something properly. I can't remember it all. Last time I had it, I fell over and hit a cupboard.

Expectations –

Have a look in my ears, and give me something for it.

