

Ross - Hand Injury (22.2.18)

D - Come in.

P - Hiya.

D - Hi, Ross. Okay, take yourself a seat.

P - I was at home yesterday, and I went to go in loft and I—the ladders only came so far up, because they're just little ones and I went to put my hand up and there was metal and wood and nails and that on the floor and I've done that. Obviously, my work, it's production work in a factory and everything is using your hands. They said they had no jobs, basically, for me to do, when I went in, but they can't send me home, so I had to send myself home yesterday, and they advised me to come to the doctors or A&E or something...

D - A&E yeah.

P - Yeah, and it's just sore, it's—it was just a bit yellow on it this morning, down the bottom, I don't know, I've cleaned it and everything, but it's just sore. It's really sore. I know it just looks like a little cut, but I've had cuts like this but it's where it is as well.

D - Okay, okay. It's all about your hand injury and your ability to work.

P - Yeah.

D - Was there some other issue you were planning to raise today, apart from that?

P - Migraines as well, I used to get really, really bad migraines before, and they're starting to come back but it's hurting. Like, I'll start feeling really dizzy and, sometimes when I'm in work it's worse, because obviously I'm doing my jobs and it's really fast-paced and I can just—it's more in the back of my head, now. In the back section there, it's just a really, really bad throbbing in the head and it's the last couple of weeks where it's gotten really bad.

D - Okay, so the headaches too. Okay. What shall we focus on for this consultation?

P - Well, the hand, because I was at work today, but my head as well. They always used to be closer to the front and that, it's just at the back, but it's just a really bad throbbing pain.

D - Different from usual then?

P - Yeah, they come - sometimes it'll be over the space of an hour, every couple of minutes I'll get really bad, a few throbbing pains, but it's just...

D - Can I check, because you mentioned that there has been a bit of yellow discharge from it this morning?

P - Yeah.

D - No signs of a red line tracking up your arm or any swelling or lumps in your armpit or anything like that? No fever at all?

P - I don't know, I'm a bit hot, but...

D - Okay, we can check for that, okay. With coming here today, what were you particularly wanting me to do for you?

P - I don't know, but they advised me to call the doctors or something - or A&E to...

D - So, they were angling that you might be given a fit note or something to that—yeah. So, we could talk about that, okay. Obviously, with having had this cut to your hand, was there anything in particular you were thinking I might do about that?

P - I don't know, I don't know.

D - Was there anything that you were worried about?

P - I don't know, just advice, I've never.

D - You want to make sure that's not getting infected, is that right?

P - Yeah, I've never really had a cut that's sore like that, it's just with it being on my hand and...

D - Yeah.

P - Obviously, my lass has just had the baby, so I'm just trying to help out.

D - Yeah, how are things going with that?

P - Good, good.

D - How old's the baby now?

P - Ten weeks, yesterday.

D - Is she coping?

P - Yeah, she's coping.

D - Just the three of you in the house then, is it?

P - And our other daughter, Sienna.

D - So you've got four in the house in total, then? How's Sienna coping with the new arrival?

P - Oh, she's good, she's dead good with her. She always comes over and says, 'I love her' and that, she gives her kisses and...

D - So, a few changes in your life, at the moment.

P - Yeah.

D - So, the headaches have been going on for a couple of weeks? More so than previously, but you've had a history of headaches, as well?

P - Yeah.

D - Okay, what do you normally do about your headaches?

P - Well, it was years ago. I got treat - I got told to go to the, do you know the children's thingy at Sunderland hospital?

D - Hmm.

P - Because I was obviously, I was that young then.

D - So, you went to see a paediatrician about it, yeah?

P - I was like younger, yeah. They just—I had MRI scans and EEG scans and that; they said there was nothing there, but they were going to put me on some anti-psychiatric ones to, like, counteract the headaches or something, because I was getting them really bad, before, but...

D - So, you had a lot of trouble with this before?

P - Yeah.

D - So, headaches is really a priority for you? Can we focus on that in a separate consultation and we'll arrange that within the next week or so - we may even be able to do that for you today, but let's focus, initially, on what's going on with your hand.

P - Yeah.

D - And what we need to do in that respect, if that's okay?

P - Yeah.

D - So, at the moment, you're a production operative, and it involves using your hands, and you're right handed.

P - Everything's hand - really fast-paced hand work.

D - Yeah, okay.

P - But, if it's not holding a spray gun for hours on end, it's putting wires on and, like, re-working parts and stuff. It's holding - it's loads of chemicals, there's the chemicals that get sprayed, there's the glue, if you're re-working parts, there's just loads of horrible stuff really.

D - So, they need to make sure it's safe - you'd rather make sure it's safe, that it's not going to get...

P - Right. They said themselves, they said there's not really any jobs we can put you on, because you have to use your hands for everything. But their...

D - Couldn't even do the sweeping up or anything like that, no?

P - They said they don't want people to come in to sweep for eight hours, so.

D - Okay, so did they give you an idea of what they were expecting you and me to do, today, with you coming here?

P - Not really, no.

D - Maybe a fit note, okay. Okay, well let me check you over and we'll make a decision about what we need to do about your hand and we'll come back to your head, if that's okay?

P - Yeah, yeah, that's fine.

D - Good, so you're not a big drinker, not a smoker?

P - I smoke, but not very often.

D - Alright. Do you want some support with that?

P - I'm cutting down anyway, but I should be fine. I've been doing alright.

D - Okay. Well we're there for you; you know the harm that smoking potentially does, and it's good to set a good example for the family, now, isn't it?

P - Well, my lass has stopped actually, after she got that champix.

D - And that worked for her?

P - Yeah. It's working for her, the odd time if she's a bit tired and stressed and that, she'll say, 'Can I have one', but if she has one she just coughs and...

D - It doesn't suit her well? Okay.

P - She's not bothered about it anymore.

D - It sounds like you might be doing well on your own, without our support, but if you're needing our support, it's there for you.

P - Oh, yeah.

D - Great, good. Let's pop this in your ear and just take your temperature. Are you up to date with your tetanus jabs?

P - No, I haven't had any jabs in a long while.

D - Let me just double check on your records and just find out a little bit about when you last had a tetanus jab. So, we boosted it less than ten years ago, so you're actually up to date at the moment, and it looks like you've had a total of five in your lifetime so far. So, not worried about that. Five should be enough. So, let's have a closer look at that hand, and I'm going to clean it for you at the moment just to see what's going on.

P - Well, the nurse at work, like, cleaned it and she wrapped it up and that, and she was saying herself that it's not like a proper - basically like a fatal thing but it's just took a few layers of skin off.

D - Yeah, yeah.

P - But, obviously with the job being the job it is, there's not really much that I can do.

D - Yeah. Just to clarify things, this was at home that you managed to..

P - Oh, yeah, yeah.

D - It's going to sting a little bit, I'm afraid.

P - Oh, it's fine, she did it yesterday.

D - Now, let me just double check that we haven't done any damage to any of the hand structures beneath that. If you can feel that, on your finger?

P - Yeah.

D - And can you bend the end of your finger towards your face? So, your tendons are okay, the nerves are okay, but you have cut about a centimetre worth of the skin.

P - That bad?

D - So...

P - That is stinging, like.

D - With you coming to see me quite late, we can't really stitch that back together, but it will heal because it's not very deep into the tissue. I apologise for causing you pain.

P - It's stinging quite a bit.

D - Okay, but it's important that we do clean it on a regular basis.

P - yeah.

D - And you might find that all you're needing to use it a bit of dilute TCP, you're not feeling faint with me doing that for you?

P - I don't know, it's hurting quite a bit, that.

D - Yeah, it stings a bit, doesn't it? So, have you got some TCP or something like that?

P - I don't even know what that is.

D - Okay, I'll write it down for you. You can get it from the chemist. So, basically you want an antiseptic or some sort or another.

P - Oh, right, I know...

D - So, an antiseptic dissolved in water to wash it. I'm going to put a dressing on that today, to protect it, and we'll give you some spare dressings to take away.

P - I don't know what to do with work, they're awkward, I don't know what they want me to do. They advised me to go to the doctors, but they can't send you home themselves, but then I went

in yesterday and they said that there's no jobs you can really do. And they don't want someone coming in, getting paid over £10 an hour to clean up.

D - Okay, but they're going to have to pay you for being off sick for a week, aren't they.

P - I don't know. No, because it - the way it works in there it's like, I had to send myself home, it's not up to them.

D - It seems a bit cunning, doesn't it?

P - I know.

D - Are you on a zero hours contract or something?

P - No, I'm contracted.

D - So, you should be - you'll get sick pay, then.

P - Aye, I think that's why they advised me to get a...

D - A note.

P - Yeah.

D - Well, I wouldn't normally provide you with a note for being off work for less than seven days, but all you need to tell them is that you've been to your doctor, and your doctor's recommended that, under the circumstances that they haven't got a job that you can do without having to grip with that right hand, that we give you a week off. If you're needing longer than a whole seven days - so, they'll provide you with a note from work, but if you need longer than seven days, then I'm happy to give you a note. I need you to watch out for signs of infection, so I'd like you to be keeping that clean if you're going to be using the hand.

P - Yeah.

D - And washing it with an antiseptic on a daily basis and then just protecting it, and then it should heal over the course of the next week or so. I think after a week, you're probably going to be fit to go back to work, okay. And if you're not fit to go back to work, then just give us a call and we'll give you a fit note to extend the period of absence that you've got. Does that make sense?

P - Yeah, yeah, that's fine.

D - Okay, so that's regarding this, and you're up to date with your tetanus. Things to watch out for: you mentioned a little bit of yellow gunge coming out of it, but if you're finding you're getting a larger area of redness and soreness around it, or a red line that's running up your arm or a tender lump in your armpit, or you're unwell with a fever, that could be something that's suggesting infection there.

P - Yeah.

D - So those are the sort of things where we'd need to see you that day. Does that make sense?

P - Yeah.

D - And that almost certainly will heal within a week or two.

P - The nurse there - I was saying, I said, 'I don't know what to do, shall I go to A&E or the doctors' or something and she just kept saying she was in casualty for years and years and that it would heal in about two days. Two or three days it should heal in.

D - Yeah, it'll form a scab and the scab will very slowly heal from the side, but you'll be left with a scar there. I think you'll be absolutely fine to go back to do normal work in a week's time, but if you're not, we can extend the note and you don't need one at the moment. I'll give you some dressings to take away with you for the moment.

P - Oh, thank you.

D - So, that's the end of that particular appointment. Do you want to clarify anything else?

P - No, that's all for that.

D - Okay.