

Roxanne - Cough

D - Hi Roxanne.

P - Hi, how are you?

D - I'm well thank you.

P - Nice to see you.

D - You too.

P - Erm, I've got a bad chest.

D - Okay. Tell me more?

P - It's been for about—over a week now; quite chesty, tickly cough, and I lay down the other night and felt like I couldn't breathe a little bit.

D - Oh, dear.

P - Because it was just kind of catching my breath to be honest.

D - Okay, any other thoughts? Not really, okay.

P - Not really. Just to come to yourself, really.

D - Sure. Anything that you were worried might be behind it?

P - No, just thought that maybe it was a chest infection, anything like that.

D - Not much fun when you're lying down, for it to catch your breath like that?

P - No, it was just that once, and it kind of caught - I don't know whether I was just coughing that much...

D - Sure, okay. You're not a smoker?

P - No.

D - No. And you've never suffered with asthma at all in the past?

P - I have when I was little, but I haven't had it since I was little.

D - And you've grown out of that, you think?

P - Yeah.

D - Alright, and you've not been particularly wheezy on this occasion, with it?

P - It was, it was quite wheezy last week.

D - Okay.

P -- On my chest, kind of when I was breathing I was, like, wheezing a little bit.

D - And how long did that go on for, at a time?

P - A couple of - well I don't know, really, I didn't - just a couple of days, really.

D - Okay.

P - It was more when I was coughing more. The more I was coughing, the more...

D - Your weight's been okay?

P - Yeah.

D - No changes in that at all? And you're not coughing anything up?

P - No.

D - No. Never vomited with this?

P - No.

D - So, it's all about the cough, is there anything else that you were worried about? Anything else that you want to talk about today?

P - No, I haven't had a bad throat or anything. I came the other week, if you look on the notes, I was here last week, and I had a phone call with one of the doctors. I have stopped bleeding, so it was just to inform them.

D - Great. Just remind me on what that was all about? You had a swab taken, didn't you?

P - Yes. They had the swab taken, yes.

D - And you had some bleeding after intercourse?

P - Yes.

D - Have you had intercourse since then?

P - Yes, and it's been fine.

D - It's been absolutely fine?

P - Yeah.

D - So, hopefully that's it, but if you're still having bleeding after intercourse then do come back to us and let us know.

P - No problem.

D - But I think the examination was quite reassuring, wasn't it?

P - Yeah, definitely, yeah.

D - Fab, okay. For contraception, what are you doing?

P - I'm not on any.

D - So, you're planning to conceive?

P - No, no, I'm gay, so...

D - My apologies.

P - it's alright, no problem.

D - Okay. And you're living with somebody at the moment?

P - I'm living with my parents.

D - But you've got a regular relationship?

P - Yes.

D - And you weren't concerned that this was a sexually transmissible thing at all?

P - No, nothing like that, no.

D - Fine. Bowels have been okay as well?

P - Yeah, fine.

D - So weight's stable, not coughing up any blood, bit of an irritating cough, slight wheeze.

P - Yeah.

D - For a couple of days last week, but otherwise you're not generally thinking that the asthma's come back, but you're thinking that this was probably a cold, I guess?

P - Yeah.

D - Was there anything else on your mind?

P - Nothing.

D - Have you tried anything for it?

P - I've had the tickly cough syrup and stuff like that, but it hasn't...

D - Make any difference?

P - Hasn't done anything.

D - What were you hoping that I would do for you today?

P - Just have a look and see what's going on.

D - Just check? 'I want to get better!'

P - Just don't want to cough anymore, I'm sick of coughing.

D - It's disturbing your night's sleep, isn't it?

P - Mhm. It's like the more that I cough, I get a bad head and stuff.

D - Is it sore when I press on your face there, at all?

P - No.

D - Open your mouth. Breathe in. Close your mouth. So, not particularly breathless, it doesn't hurt when you breathe at all?

P - Not really, no.

D - Stand up for me. So, your oxygen levels are really good, your rate of breathing is normal. You don't look out of breath. Breathe away. And again. And again. Okay, your chest sounds absolutely fine - what I'd like you to do, particularly because you used to be asthmatic, is to see how tight your airways are. If you stand up for me, take a deep breath in through your mouth and breathe through that as hard and fast as you can. Right, blow your socks off this time, hard, fast. Go. Okay, one more effort, see if you can improve on that. Okay, so 380. And you're obviously better than you were last week as well.

P - Mhm.

D - Okay. Your lungs sound absolutely fine, there's no sign of a serious chest infection or anything like that.

P - Yeah. Right.

D - The fact that you're not a smoker is clearly good news as well, and you sound as if you're improving, compared to last week. The chances are from the description that you've given me so far are that this is just a viral cold.

P - Right.

D - But there are a couple of things that are worth thinking about. If you have a cough that causes fits of coughing, and you then retch at the end of it or you have a really nasty spasms with your cough, we think about whooping cough.

P - Right.

D - But your cough does not sound like that. And also, if you're particularly tight and wheezy with a cough, where your airways are tight, and it takes longer to breathe out, so it's a... that's a wheeze.

P - Right.

D - Then that could suggest that maybe your asthma is back.

P - Right.

D - But, you're not out of breath, you've got no signs of a nasty chest infection.

P - Right.

D - So, I'd expect that probably, this will settle over the course of the next couple of weeks, alright?

P - Right, okay.

D - And, probably, there's not much treatment that I can give you that would make any difference to how long this goes on for.

P - Right.

D - But if you're breathless, let's see you urgently.

P - Come back.

D - If you're getting coughing spasms and you think 'Oh, yeah maybe it is whooping cough, after all', let me know.

P - Right, no problem.

D - If you're coughing up blood, or if it hurts when you breathe, then let's see you again.

P - Come in, right, no problem.

D - Otherwise, I think the chances are that this is nothing...

P - Just a virus, right, no problem.

D - Nothing too drastic.

P - No worries. Thank you.

D - Cough medicines might help a little bit, honey may help a little bit.

P - Right.

D - Otherwise it should just settle of its own accord.

P - Settle...

D - It sounds like it's already on its way out.

P - Yeah.

D - That sound okay?

P - No problem, yeah.

D - Good luck, wish you a speedy recovery. I'll see you again if you're still worried.

P - Thank you, thanks.

D - Okay, take care.

P - Bye.