

Patient Instructions

Name of Patient: Rupert Steele

age 52

Description of the patient & instructions to simulator:

PSO

Work-wise is okay. I quit my job after that bit of depression.

And, so I'm just doing some self-employment as and when. So, that fits in great for me. I'm doing a lot more exercise and sport.

Because I'm finding that I'm not keeping myself busy, so I might start looking for another job again. But I'm okay.

Finances are okay.

I don't have a - I go on holiday, but I stay with friends, so it's flights usually and that's it, so...

Home life for me is quiet and all of that stuff, you know.

So, I don't do a lot.

Just me at home. My social life is quiet.

Not a big boozier. I don't want crowds these days.

A couple of nights ago I took my sister out for dinner and beginning of August I went down to Southampton and had a couple of weeks taking care of my dad's sister - she's just had a hip operation and I was taking care of her. Bit of company for her.

Probably a bit of company for me, too.

My dad died, 93. Years ago.

My dad's brother in Houghton.

But I don't see too much of them at the moment.

I have a few friends. But most of them aren't here, close by - I tend to go and see them.

I used to smoke.

Four years - three years? Four years.

No other bad habits.

I should have some haha, might make my life more interesting.

No, I'm sleeping pretty good. Probably better than I used to. I don't know what that's down to, maybe all the fresh air, exercise, whatever - but no, sleep's a lot better than it used to be. And the pain, it's - I noticed it when I was swimming and I just cut back on the swimming and I kind of like; I haven't swam this year.

And I'd like to get back into it.

I go to a couple of classes at Houghton, sometimes just go along and use the treadmill.

Yeah, I do some circuit training on a Friday.

Well that—I'm always just cautious about it, yeah.

No, it was this lady at the circuit training.

Yeah, she said 'You don't look as if you need to be here', and I said 'Ah, I want to exercise, I want to keep fit'.

No relationship at the moment. I could probably do with a relationship right now, keep my mind out of the...

First line and history

Ah, last year and a bit of the year before— 2016 through seventeen; keep fit campaign, swimming a lot, and I think somebody said it might be the rotator cuff or something, or... I don't know - a lady I bumped into at the gym. So, it's given me a bit of grief and when I do that... so I've stopped swimming.

It sort of clicks when I turn it over and....

That's what you get for no pain no gain, eh?

If asked if there was any other issue that you were planning to raise today:

There's always stuff on my mind, I never stop thinking about stuff, but yeah, no.

For today, no, my shoulder.

My head's always - it's in a mess, and I'm okay.

If the doctor offers another appointment to help with those issues: Sure. That sounds good.

No, no, no. Nothing different from usual.

No, I'm alright.

If offered a rub on pain killer: What's this anti-inflammatory? I'll only get it in case - if I think I need it.

Ideas – I think it's probably linked with swimming?

No, I do, yeah. I don't think I've lifted anything...

And I'm thinking rotator cuff (er yes cuff - if that's it?)

But I don't know, because that's what the lady - I was at a gym on Friday and this lady said she was a swimmer but said 'I stopped because of' - she said exactly the same reason.

Only when pressed for more detail: This is probably it. I alternate every lap, so; front crawl, backstroke, breaststroke, and I just... you know. I don't feel as if I'm strong enough—well, I'm not, I can't front crawl, front crawl, front crawl, just because I'm out of breath, so I tend to alternate the strokes.

Concerns – Nothing, I just - she said maybe you need some physio or something like that, or maybe you could suggest some exercises to do – that’s all it was. Because I would like to get back into swimming, because I managed to lose When I try and relax, putting my arm above my head and my shoulder, I’m...in pain.

If pushed for more detail: So it’s stopping me from doing certain things, leisure wise, and fitness wise, and mental health wise, it affects me.

I was concerned that - I mean I just started doing this circuit training, and I thought because that’s a lot more... you know, I can walk for ten hours, don’t have a problem; when it comes to upper body strength, although I don’t feel as though I’m weak, you know I can’t do more than ten press-ups. And I didn’t want to do press-ups when I was at this class, because in case, you know, I was doing more to aggravate it or anything like that.

So, um, so I did a couple and then - but, just general, and then they do an abs course, and you know it’s just stuff to - I think sometimes just to keep me busy, but I quite enjoy it. And then last night I went for a two-hour walk, but I’ll probably do 30 miles a week of walking.

Expectations – Just to check that I wasn’t doing any more harm to the shoulder by exercising.

Physio: That’s what I was hoping. Four weeks is going to be awkward though, because in the middle of October I’m heading off to see my brother.

But I would also be happy to talk to one of the swimming instructors: What I’ll do - I’ll go along to the pool and ask, you know, just say that – they’re probably aware of these injuries, and just see if they could give some advice, because I’d like to get back into swimming. But I was doing an hour a day so...

If offered a chance to talk about emotional health: You haven’t got enough time in your day.

