

## **Patient Instructions**

**Name of Patient: Sandra Atkins**

age 57

### **Description of the patient & instructions to simulator:**

You've noticed a swelling or a lump in the front of your neck.

“Well it looks - every time I look in the mirror and look at a certain angle, I can see a slight raise in the skin just here, and then if I sort of go like that, I can feel the lump underneath.”

### **PSO**

Just my husband, but he's at work and I'm supposed to be at work.

No, I have a glass of wine on a weekend but that's it. No I've never smoked.

Work-wise, I work full-time.

I work for AgeUK Sunderland and I manage all of their physical activities and courses.

So, I was a curriculum manager in a college for years. Full-time.

And work's going okay.

### **First line and history**

I've noticed that I have a lump, just back here, and sometimes it looks a little bit visible – but I'm not quite sure if it's anything or just nothing or... so I just thought I'd come and ask you about it today.

It's been there possibly about six months or so, maybe a bit longer than that.

But I just sort of ignored it at first, but I'm not quite sure if it's getting a little bit bigger or it's not, I don't know if it's just my imagination.

You don't have a family history of thyroid problems..

Well, I'm a little bit overweight and I'm trying to lose weight, so—because I do feel heavier than I should be. Well, I know I'm heavier than I should be, and I'm not comfortable with it, because I've always been quite slender for most of my life, 'til probably the last ten--.

You haven't gained weight recently. I've lost weight and then put weight back on.

I've had lumps removed from my breast and they were benign – is that the word? Not cancerous.

**My sisters had lumps removed as well.**

**There's leukaemia; my sister was diagnosed two years ago with lung cancer.**

**She's still going. (She doesn't smoke.)**

**Well, I had a full hysterectomy when I was about 51, that was with the ovaries as well. I was already going - well, I was pre-menopausal anyways, and then that kicked off fully-blown. (For heavy periods.)**

**I still suffer from flushes, but that seems to be easing off, but I'm still waking up on a night. Just recently, I keep getting lots of flus, cold, during the winter, one after another you know. It went on for months and I've just had another one, and last week I was really exhausted, and I still don't feel fully right from it at the moment.**

**You had a mini-stroke back in February of 2016.**

**No changes in your medication recently. Blood pressure has always been fine.**

**Ideas – I just thought 'oh, that's unusual', and I thought I'd best keep an eye on it and see what happens, but...**

**I've no idea. I mean, obviously, hopefully it's not cancer, but hopefully it's nothing—**

**Realistically, well I hope it's not cancer. Other than that, I don't know what it could be.**

**Concerns – I do (want to rule out cancer), yeah. I mean, I don't know if it's maybe because I've put some weight on. Is it weight that could maybe do that or is it not.**

**I did stop taking the statins with all this...**

**I mean, I haven't - they're there, but I'm a bit concerned because I was worried they - the doctor, last time said something about my liver; the results from the blood test were a bit high or something?**

**And she said come back and get them tested after a couple of months, but I never did, obviously.**

**I don't know. I just felt that my urine was becoming quite yellow and I've recently had an eye test and he said my eyes were slightly yellow-ish, so I don't know.**

**You will be reassured if the doctor tells you it is a harmless swelling, but you are happy to follow the doctor's recommendations for investigation.**

**"If you don't think it's necessary, I don't want to waste time or the resources that they have available. So, if you don't think it's necessary, then I won't go for it – because it's time as well, for it, away from work."**

**Expectation – Not really. Just...just give an opinion about it.**

**If asked if you want any written information you reply that you will just look it up online.**

