

## **Scott - Falls**

**Dr** Hi guys thanks for your patience. Hello Scott. How are you?

**Patient's mum** I'm alright thanks.

**Dr** Hello, what would you like to talk about today?

**Mum** A while ago I was talking to my health visitor because he's constantly falling over. So we got referred to the Niall Quinn Centre. And they said he's got an instep thing. And that's what might be causing him to fall over. There's like literally nothing on the floor and he's still constantly falling over. He's just fallen out there and brayed his head. And I just wanted to get his eyes and his ears checked.

**Dr** OK. Tell me a bit more. Eyes and ears?

**Mum** Sometimes this eye, he's got a bit of a lazy eye. But when he's falling there's literally nothing. And he just topples straight over.

**Dr** And what tends to happen when he topples? Does he trip over himself?

**Mum** Ah ha. But with him going to nursery and things.

**Dr** So he's just started at nursery now? Has he had any serious injuries with this at all?

**Mum** No

**Doctor** So, often falls and is tripping over himself, was there anything else? You mentioned his ears...

**Mum** I just want his ears checked.

**Dr** Is he hearing alright?

**Mum** I suppose so, yes.

**Dr** No discharge from his ears?

**Mum** No not really, but his ears are always really dirty.

**Doctor** How do you clean them?

**Mum** With a cotton bud.

**Doctor** Okay, be cautious with a cotton bud. I wouldn't tend to stick them in the ear canal. You can do it around this bit, but not in the ear hole itself. It tends to push the wax further in. So if you use anything a normal piece of soft toilet tissue and you can put it in there. Or if he is prone to getting wax we could think about giving him some ear-drops. But I'll have look in his ears now. Was there anything else that you are concerned about?

**Mum** Just his falling over. And to see if I can get his eyes checked.

**Dr** So you were thinking it could maybe be down to his eyesight? Or it could be due to his ears? Anything else on your mind?

**Mum** No

**Dr** Anything in particular that you wanted me to do apart from look at his eyes and his ears?  
**Mum** I don't know.

**Dr** And when he was assessed in the Niall Quinn Centre was he seen by a physiotherapist... what sort of specialist was it? You're not sure.

**Mum** I don't know.

**Doctor** Maybe when we look at the letters together we can decide. It would be helpful for me to see him walking as well. Anything else wrong with him? Growing okay? Fit and healthy yes? Who is in the home?

**Mum** Just me and Scott.

**Dr** Nobody smokes?

**Mum** I smoke, but it's outside.

**Dr** Okay that's a start. Are you thinking about vaping or stopping completely? Fab, if you need our help just let us know. But his general health is fine? Is dad on the scene?

**Mum** No

**Dr** You say that with a bit of malice in your voice... (doctor picks up on a cue).

**Mum** Ah no, we don't get on.

**Dr** Does dad have any contact at all?

**Mum** He doesn't bother at all.

**Dr** Is that distressing for either of you?

**Mum** No we just get on with it.

**Dr** Do you have plenty of support around, do you have family around?

**Mum** Yes

**Dr** Okay. Were there any issues with dad?

**Mum** No, he just went his own way. We've asked him, but he's not really interested.

**Dr** Alright. Okay, shall we start with your ears my friend? Would that be alright? Beautiful ear on that side let's have look at the other one. That one looks good as well. Do you mind if I just whisper to you? You tell me what I'm saying. Elephant. What was that? What did I say?

**Mum** You don't know?

**Doctor** Does he seem to hear alright?

**Mum** Well I've got to tell him two or three times when I'm talking to him. But I think he's just at that age when he's not listening to us.

**Doctor** Tell me what I'm saying, listen carefully. Ice cream. He smiled.

**Mum** What did he say?

**Patient** Ice cream.

**Dr** Let's try the other one. Chocolate.

**Mum** What did he say?

**Patient** Chocolate.

**Dr** Okay, so his hearing is fine isn't it? Let me have a look at your eyes. So if I can hold up something that you can look at. This is what every little boy likes looking at. Can you see? Does it look the same with both eyes, can you see it now? Yes, okay. So he's got no lazy eye at the moment and he's seeing clearly with both eyes. Which is good news. So it's quite common for children, and some adults too, to get lazy eyes when they're tired. And their eye just squints in the way. That's not a worry but if he's got a persistent squint it might be worthwhile getting an optician to assess him. I'm not worried about that. Let's just see how it affects him at the moment. It would be helpful to watch him walk. Can you walk towards me? I tell you what mum you come to me. Okay that's lovely. And if you can both walk to the door outside and then walk back again. Now I want you to race your mum, so you need to run. Run to the door. Go go go, fast fast fast. And then run back again. Run back. Well done, brilliant. Let's have a look at your feet as well. Do you want to sit up on mum's knee. I assume all this has already been done hasn't it?

**Mum** His joints all click.

**Dr** Don't worry about the clicking. They straighten that's absolutely fine.

**Mum** He just said it was more bendy than other kids when he was checking him out.

**Dr** I'm not worried about that. Can I just borrow your hand to check for bendiness? You're not particular bendy so I'm not worried about that. This is a normal stage of development. For him to be just in-toeing little bit. The foot veers in the way and he tends to trip over his foot and and it's a normal stage of development. So long as he doesn't injure himself badly. He will grow out of it quickly but it may take a year or two.

**Mum** He's had it since he started walking.

**Dr** So his feet straighten quite nicely. He doesn't need any special treatment for that. He will grow out of it but it may take a year or two. If it's getting worse and he is falling more often and you are worried about it, we'll see him again.

**Mum** Right.

**Dr** But I can be quite reassuring about his hearing and his eyesight, and also about his bones and joints, they're fine. So long as it doesn't cause him to have a major injury I'm not too worried. Or if it does, or if it's getting worse, I'll have another look at him. But his coordination is really good is able to walk, he's able to run. But he occasionally trips over himself when he gets a bit lazy. His feet just cross over each other and bang. And he's over.

**Mum** When is falling he doesn't put his hands out to saving himself.

**Dr** Well you're going to need to learn to do that my friend. So you need to protect yourself. Otherwise you'll hit your head. He'll learn. If he's not learning let me know.

**Mum** Alright, I will do.

**Doctor** Any questions?

**Mum** No that's great thanks.

**Dr** Good to see you both.

**Mum** Thank you very much.

**Dr** Any time. Bye Scott.