

Patient Instructions

Name of Patient:

Sian McCloud

age

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Description of the patient & instructions to simulator:

I'm pretty stressed with my dog being put down and my face is breaking out with spots. Also this is the first time since I was 14 that I'm not on any contraception. I'm just letting my body take its course before I get the Mirena fitted.

Since stopping the pill my periods have been quite heavy and the pain has been paralysing. Yesterday I was struggling to get out of bed because of the pain. My periods have always been that way. Before I started the pill, when I was 14, I remember them being quite heavy. One actually lasted a whole month. The pill made my periods lighter but the cramps were still sometimes unbearable.

I have an appointment to get a Mirena coil fitted on the 8th of the month to make my periods less painful and lighter.

I either eat too much or eat too little. I never make myself sick. I'm not happy with my weight but who is? (I don't think I have an eating disorder.)

Some days I look at myself and think I look quite nice, other days I just think "oh god you look awful". It's just one of those days.

I have no thoughts of harming myself.

I don't know if I need to change the fluoxetine or not. I'm taking 20mg a day but I've just run out of them. I was going to have CBT. He cancelled one appointment because he wasn't in, and was going to arrange another but he didn't. I was going to cancel my appointment anyway. I didn't feel like it was helping me.

I was also seeing the college counsellor as well.

She is also qualified in CBT as well. She was doing some sessions where I would talk with others about control.

If the doctor suggests CBT from my college counsellor then you agree that that would be a great idea.

I am on propranolol, 40mg. It's helping. Dr Walker said that if my anxiety is really bad I can take two tablets and be on 80 mg. So when I have bad days it makes me feel great.

I feel really anxious and paranoid when I'm not on them, or on less. I used to be on 10mg twice a day. You can really feel the difference between 20mg and 40mg.

PSO

My dog is now 16. I've had him since he was a puppy. I've never not had him around, so it's going to be hard when he gets put down.

I've just started a new work placement in a vets as well. I'm just a volunteer. It's a holiday placement.

I'm on holiday from college at the moment, studying animal science. I'm going back in September.

My dad is back from Afghanistan on the 15th so I won't be long until I see him. He'll be staying for about three weeks many goes back to work (in Afghanistan).

I've been seeing my boyfriend for 2 years now. But we're not having sex at the moment, whilst I wait for the Mirena coil. My relationship is healthy and that's not causing any stress. It wouldn't be a healthy relationship if that caused any problems. I don't live with my boyfriend. I live with my mum and dad. But my dad works away in Afghanistan.

First line and history

I am on antidepressants. I have run out, but I don't think they are strong enough. I still feel depressed and this week is going to be a lot worse because my dog is getting put down and I need them.

Ideas – My dad works away in Afghanistan and that is sort of the root of my problems. My skin breaks out when I'm stressed, but if we manage my stress better I won't need any other treatment for my skin.

Concerns – I'm very stressed that my dog is been put down this week and I'm worried that this will make me depressed again.

Expectation – although initially I'm uncertain when the doctor first suggests something to stop my periods. or something to make them less heavy, I will accept the doctor's recommendation with a little encouragement.

You want to talk through whether increasing the dose of your fluoxetine is worthwhile. But if the doctor suggests taking your propranolol twice a day regularly, for the time being, you would rather do that in the first instance, since propranolol has been really helpful at reducing your anxiety symptoms.

