

Example of GP script

Patient contribution

Hello Sian, take a seat. How can I help you today?

Oh no. How old is your dog?

That's really tough isn't it? (Touch and go empathy)

What else is going on?

ICE

Do you need anything at the moment to lighten them until you get the mirena coil fitted?

You could do if you really needed to. You might just want to take something to lighten your period for a little while. Your mood is something we need to tackle as well today. Is there anything else?

PSO

Okay, are you in a regular relationship at the moment?

So not taking any precautions at all?

So you are just saying no at the moment?

Is it causing any bother?

Are you still in college at the moment?

You sound like you have got a supportive relationship. Are you living together?

Who are you living with?

Things okay at the moment?

Anything else going on in your life that I should know about?

Okay, how long is he staying?

Back to Afghanistan, okay. So you feel quite anxious about him being there.

(I know from a recent consultation that Shannon does not smoke drink or take drugs.)

Red flags

Does it irritate your stomach? (the fluoxetine)

You're not using aspirin or ibuprofen with it are you?

That is understandable. Is eating a problem for you?

Do you ever make yourself sick?

Okay, are you happy with your weight at the moment?

You look as if you have a good weight at the moment.

Okay. No plans to harm yourself? And that's not something you have done before? And you're not scratching yourself or anything like that?

Focussed history (and focussed examination)

Okay. So are you getting the mirena coil because of your periods?

So you're on 20mg a month.

Any problems with that?

Like it isn't effective enough? Has it been helpful?

So what other support are you getting for your mood?

Identify problem and explain diagnosis

You mentioned stress earlier, anxiety is clearly prominent for you also.

(I did not state that there is no evidence of a significant eating disorder.)

Great, and with regards to medication for your mood you have a number of options. It sounds like maybe you would prefer to increase the dose of your propranolol and see if the reduces your anxiety symptoms.

(Sian's symptoms are largely anxiety symptoms and low mood was only mentioned at the beginning of the consultation.)

Check understanding

Evident from the chunking and checking throughout the consultation. Sian clearly followed the flow of our conversation.

Was there anything else you wanted my help with before you go?

Develops management plan/ shares management plan

We need to be careful with that (fluoxetine) as it can increase the risk of you bleeding in the stomach. If you ever take naproxen or ibuprofen for your periods then we will need to prescribe something to protect your tummy.

Okay so you had a good relationship with your college counsellor. Could you discuss with her whether CBT will be helpful for you?

Okay so CBT from her will be more helpful. We can look at reviewing your medication and seeing what will work well for you. Is that helping? (Propranolol)

You can take that regularly if you like. Are you getting wheezy taking it?

We can change it for you. It will give you a bit more control over the physical symptoms of anxiety. What is our priority with your periods at the moment? Do you want something to just stop it? With it going on for a long period of time we can give you something to arrest that bleeding.

It doesn't sound like you need to use this regularly. But we give you a good go on this stuff. 10 days worth should be enough.

Great and with regards to medication for your mood you have a number of options. It sounds like maybe you would prefer to increase the dose of your propranolol and see if it reduces your anxiety symptoms.

Shall we increase it to twice a day

I will put that on as a repeat prescription?

Do you want to increase the fluoxetine at the moment? Or you can leave it for another week on the higher dose of propranolol and see how you go.

So to stop your period. Take 3 of these a day. They are unlikely to have significant side effects but they can cause some bloating. Looking at your skin it looks good at the moment so I am not going to change your skin treatment. The spots will probably settle on their own accord.

Safety net and follow up

Give me a call if things aren't settling down. I am here Monday through Thursday and I will give you a call back.

If they get worse let's have another little look at you.

If you need to use the omeprazole again give me a call but you shouldn't need to use them on a regular basis.