

Transcription

D Come in

P Hi

D Hello Sian (Shannon), take a seat. How can I help you today?

P I am on antidepressants. I have ran 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.

D Oh no. How old is your dog?

P 16. We have had him since he was a puppy as well.

D That's really tough isn't it?

P I've never not had him around, so it is going to be hard.

D What else is going on?

P I have just started a new work placement in a vets as well. I am just a volunteer.

D Okay.

P I am pretty stressed with that and my face is breaking out in spots. Also this is the first time since I was 14 that I am not on any contraception. I am just letting my body take it's course before I get the mirena fitted.

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

P Yeah.

D So, not taking any precautions at all?

P No, I'm not doing anything.

D So, you are just saying no at the moment?

P Yeah.

D Is it causing any bother?

P No. If it was causing bother it wouldn't be a healthy relationship and I wouldn't be in it.

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

P Yeah. It has been quite heavy at the minute. Yesterday I was struggling to get out of bed because the pain was so paralysing. It has always been that way. Before I started the pill when I was 14 I remember them being quite heavy. One actually lasted a month. The pill actually made my periods lighter but the cramps were still unbearable.

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

P No, I am getting the mirena fitted on the 8th so it's not far away. Do you think I could take a pill pack?

D 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?

P I don't know if I need to change the fluoxetine or not.

D So you're on 20mg a month.

P Yeah.

D Any problems with that?

P I feel like it's not working.

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

P It helped at the start. I feel like my body is changing constantly and it isn't really working now.

D Does it irritate your stomach?

P No.

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

P Oh no.

D We need to be careful with that 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. So what other support are you getting for your mood?

P 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 appointments anyway. I didn't feel like it was helping me.

D Okay

P I have had counselling in the past. I was also seeing the college counsellor as well.

D Are you still in college at the moment?

P No I am on my holidays but I am going back in September

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

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

D Okay so CBT from her will be more helpful. We can look at reviewing your medication and seeing what will work well for you. You mentioned stress earlier, anxiety is clearly prominent for you also.

P I am on propranolol 40mg

D Is that helping?

P Yeah it is. Dr Walker said that if it is really bad one day I can take 2 tablets and be on 80mg. So when I have bad days it makes me feel great.

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

P No

D We can change it for you. It will give you a bit more control over the physical symptoms of anxiety.

P 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.

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

P No

D Who are you living with?

P My mam.

D Things okay at the moment?

P Yeah

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

P Not really. My dad works away in Afghanistan and that is sort of the root of my problems. He is coming home on the 15th August so it won't be long until I see him.

D Okay, how long is he staying?

P For about 3 weeks then he goes back to work.

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

P Yeah, especially with everything that is going on right now.

D That is understandable. Is eating a problem for you?

P I either eat too much or eat too little

D Do you ever make yourself sick?

P No

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

P No, but who is?

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

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

D 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?

P No

D Okay. 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.

P Yeah. I just don't have time for random spotting. With my anxiety as well I worry that I am keeping because it is so heavy.

D Okay

P I just can't be having more anxiety in my life

D 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. Which pharmacy do you normally use?

P The one next door.

D Okay they aren't open today.

P I can go to Houghton.

D 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.

P I am on 40mg a day and it is great. On the days I am really anxious I take 80mg.

D Shall we increase it to twice a day

P Yeah.

D I will put that on as a repeat prescription.

P Thank you. So what do I do for the repeat prescription?

D We have 3 ways of doing that. You can either hand in the slip on your prescription a few days before you need it. You can also order it on the phone or on the Internet. Caroline will help you do those on the front desk.

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

P I will leave it

D Shall I give you more fluoxetine today, it looks like have haven't had a prescription for a while.

P Yeah please. Is that going to be a repeat as well?

D Yep both are on as repeat prescriptions. What I will do is print off the other side of the prescription so you can order it by handing it in. Give me a call if things aren't settling down. I am here Monday through Thursday and I will give you a call back.

P Okay

D So that is for ordering prescriptions. Your propranolol is twice and day while your anxiety symptoms are with you. Your fluoxetine is still once a day.

P What about the medication to stop my period?

D 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.

P Yeah

D If they get worse let's have another little look at you. Was there anything else you wanted my help with before you go?

P No but those gastro tablets you gave me before really worked. I don't need to take them a lot do I?

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

P Okay, thank you.

D Nice to catch up with you Sian, good luck!