

## **Patient Instructions**

**Name of Patient: Sonia Stevens**

age 50

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

***If asked if there was anything else you wanted to talk about today: No, I mean, I've done the 'doctor Google' thing and I've still got loads of stress, still, with the blepharospasm – they're under control at the minute, I've had Botox again at the weekend, and that just creates this, like... you're like that all the time.***

Until 7 weeks ago your periods were regular. Bang on every 28 days, and you bled for 5 days. I could set my clock. Getting heavier, but fine, never changed really.

For 7 weeks you have bled very heavily. Very heavy and very unpredictable and it's coming through your pads. So you are wearing double sanitary towels.

You haven't had a cervical smear for at least 2 years. You can't remember when it was. Yeah, we moved house and renovated a house so I don't know if I...

***If specifically asked:***

- ***You are not getting any flushes.***
- ***In the last year I've probably gained about three pounds, I'm about 9 (stone) six at the minute.***
- ***No discharge from down below.***
- ***No problems with intercourse, apart from the fact that he's away every five weeks.***
- ***You've never had any sexually transmittable infections.***

You'd rather have any gynaecological examination done on another day.

You would be reassured if the doctor explains why they think it is not cervical cancer. You are keen for treatment to get your periods back under control and an examination down below to give you confidence that you don't have cervical cancer. And to have another smear done.

### **PSO**

**My mam died when I was 33, I'm an only child.**

**She died of Cardiomyopathy.**

**Yeah, fine. Go to the gym four times a week, swim twice. I eat alright, probably drink too much wine on a weekend but...**

**No, I'm joking, it was a Christmas do on Saturday and it was a two-day hangover, I think if I drank too much I wouldn't have a two-day hangover.**

**Your husband works in Iraq at the moment, but that's never changed; he's been Kenya, Iraq, Algeria, he's worked all over the world.**

**Your relationship with him is good.**

And you're in child protection conferences an awful lot. It's really stressful.

I'm a manager in the Early Help Service. We have to do more with less, same as everybody, really. Just the sad, mad, and bad seem to be getting sadder, madder, and badder – it's just really quite hard sometimes.

*If asked specifically: I reckon I'm coping OK. We've just had a big restructure, but that's about the twentieth restructure I've had during my career with the police and criminal justice and...*

*If asked specifically: My mood is OK and I'm sleeping OK.*

### First line and history

Long time no see. Although I have been here, it's like I hit fifty and I'm at the bloody doctor's all the time, but never mind.

I've had—the last time I was in, I was in about my blepharospasm and I was talking to Dr Devlin, and that was a separate matter, and I happened to mention to him that I've had some really heavy periods. It was just after I'd seen him – he gave me something called tranexamic acid, I haven't taken it yet because it was not last month but the month before. Anyway, in the last seven weeks, I've probably been bleeding every three days, but really heavily – and had pain in between, as well. Now it's getting to the point where I'm thinking I'm a little bit worried about this, because I just thought at first that it was break-through bleeding or—but I'm bleeding again this week and it's like every half an hour I'm at the toilet. And just, in the job I'm doing, sitting in child protection conferences, it's not cool to be going, 'can I just...?', and I'm not having an option about that, you know.

Even double sanitising, you think, this is not good. So, I thought I'd better come and check it.

Ideas – But I know stress—I was thinking, 'is this stress related, is this age related?'. But it's quite sudden and it's just been continuous; and it's the pain in between. I was just thinking that I can understand having cramp while you're bleeding, okay, is this the menopause on it's way? But, I've been 28 days, bang on, never changed and then just this last few weeks...

My husband works in Iraq, and the last time he was home - it happened about 5 years ago, and I was doubled up in pain. The time before, this has only ever happened three times, I ended up in hospital because they thought it was a burst ovarian cyst. The same sort of thing happened about 5 weeks before he went back, so that would be about 10 weeks ago, and it was exactly the same – I had to lie on the floor, in a lot of pain, and I thought, 'is it the same thing again?'. I didn't go to hospital – it went off after a couple of hours. From there, it just hasn't been right.

So, I'm not sure what's going on.

I didn't know if it was perhaps cysts again, or fibroids, or if it is just my age – but it's because it's sudden and it's been relentless. The joys of being a woman.

**Concerns – Well, the worst's always cervical cancer, isn't it, but I can't remember the last time I had a smear, but I'm at the age where you don't get them anymore, isn't it?**

**Expectation – I don't know whether - when I've done the 'doctor Google' thing, I don't know whether, is this hormones? Do I need a hormone check? I don't know whether that indicates when it could be menopausal.**

