

## **Patient Instructions**

**Name of Patient: Sylvia Bowery**

age 69

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

If asked for any other agenda items: "I don't think so, no. Just basically a pain in the back." But on closer questioning: it is not much of an issue. "They're not too bad at all, and my legs are fine." Really the only issue has been my temple. But it's just odd occasions now.

No swollen joints.

And I'm fine in myself?

When the pain comes, I would give it a score of about 5 of 10.

It doesn't come very often now. I tell you what, I've felt a bit - can it go on both sides?

It's mostly just on the right side. I've felt a bit on the left side – but only a couple of times.

If asked how often the pain affected you before you started taking prednisolone: "More or less every day."

Only for seconds at a time. But it was quite sore.

Your ears and teeth are fine if asked. So is your jaw.

"I've had sinusitis. Oh, all the time. It's just there, it's just - I think that's what causes this cough, but there's no phlegm or anything.

You haven't had any heartburn since the last appointment. And you haven't needed to use those tablets from the doctor (omeprazole).

If asked what you would like to do about your cough and post nasal discharge: "No I don't want to try the steroid drops or spray again. Yes, I'd be happy to try some sort of nasal flush."

### **PSO**

Occasionally you get a sore back after doing the garden, doing cleaning...

You've never smoked and rarely drink alcohol.

And you live with your husband.

Basically, I'm very sedentary.

**Oh, I'm a crafty person. I do a lot of crafts.**

**But then again, I'm sitting down, I'm knitting, so...**

**If asked about exercise: "Very little, because there's pain here. I'm fine walking, but I can't stand for long, and I don't know whether it's this pain down my leg – what do they call it, sciatica?"**

**Just basically dropping to bits."**

**If asked about your mood: "On and off, yeah. I was very disappointed last year – we'd planned to go back to Carlisle - because I'm from Carlisle and all my children live in Carlisle, my grandchildren, great grandchildren.**

**And then my husband was a bit iffy, so I thought that rather than have a row, I'd just stop here, and I was very, very disappointed. Very, very low – I stopped going out, stopped going over the door, stopped going to church, stopped going to my craft classes and everything.**

**Touch wood, I'm starting to get better."**

**But I get on okay with my husband**

**I mean, in all honesty, in a lot of ways he's an ideal bloke, but he's too much like myself; he wants to be top dog and I do.**

**It's as simple as that.**

### **First line and history**

**I'm in. Sorry, I've done my... (homework.) (If asked to clarify: "I've taken those prednisolone tablets."**

**Ideas – Well, it's not even a headache, it's a pain. Touch wood, I don't know whether it's just my imagination, but it seems easier.**

**Regarding the cough: I get some sinus congestion and gunge at the back of my nose and throat. It causes a cough when I lie down at night. Dr Halpin, she thought I had rhinitis, so I've just naturally assumed that's what it was.**

**Concerns – There's no cancer, there's no dementia or anything like that? (You have no particular reason for thinking of either of these problems.)**

**Expectation – I was hoping that I wouldn't need to use any more medication for this head thing.**

