

Patient Instructions

Name of Patient:

Tessa Hall
age 45

Description of the patient & instructions to simulator:

'Last time my stress problem was really bad it was all about my sister. I got antibiotics (for my skin) and was referred to a counsellor.

I feel silly saying I need time out. I am a 45 year old woman, I shouldn't be like this.

My weight has been a problem for a long time. I feel sick when I go to work. I don't even eat in work. Sometimes I binge eat. I go to bed then get up, pretending to my husband that there is nothing wrong. I feel like I'm spiralling downhill.

Through-out the consultation you are tearful, apologetic and talk with a strained voice.

PSO

"I'm having a lot of problems at work. It's just getting a bit much for me.

It's been going on for quite a while. I've just been brushing it to one side. I can't afford to take time off. I had a few months (off) a year ago when my sister was diagnosed with terminal cancer. I'm getting a lot of anxiety and panic attacks.

My husband is great, But obviously, with the way I am feeling, it is taking it's toll on him.

I'm just a machinist. Just a bog standard job.

I manage find at work. I've been there nine years. I just go in. It's never been great but I need the money.

My work colleagues have been great too. But work is really busy at the moment and that causes problems.

You don't smoke or drink or take any substances.

Your mood is a little low (maybe 4/10 if asked). You have no thoughts of harming yourself.

You've been feeling pretty anxious of late.

There's bullying between the girls at work. I feel victimised when I need to ask for time out.

First line and history

I feel a bit stupid actually. I came to see Dr Romberg last week because I have broken out in a rash on my face which I got a few years ago. They said it was related to stress. When I came in last week Dr Romberg asked if I wanted to try the cream rather than the antibiotics. I said yes. It has dried the bits out on my face but it's just spreading around. I'm sorry for crying.

Ideas – your skin around your chin has been bad because of the stress at work.

Concerns – you are feeling so negative that you are binge eating and not exercising as you should do, and feeling worse about yourself. You think that you're in a negative spiral.

Expectation –

I need time out. A sick note. I just need to get myself sorted and back on track.

You're not keen on work-related stress being put on your sick note on this occasion. However you would be happy to put stress on the sick note.

You would be happy to the doctor to suggest any constructive way out of your negative spiral but would prefer not to use medication.