

Doctor's Instructions

Name & age of patient Tom Long 60

Summary Card

Past Medical History: Osteoarthritis of lumbar spine, GORD, Gastic ulcer 5 years ago

DH: Paracetamol 500mg 2 qds, Lansoprazole 15mg od prn for heartburn or when using ibuprofen,

Allergies: gastric ulcer with ibuprofen

Case Notes - Last few entries in records:

2 weeks ago Back pain 1 week - recurrent problem, known lumbar spondylosis, no weight change no breathlessness, no red flags, no boney tenderness. SLR 90 deg, good range of movement.

4 weeks ago - sent Quinine letter

Letter to patients taking quinine

Herrington Medical Centre

Dear patient

RE: The prescribing of quinine products.

We are reviewing all patients who are prescribed quinine for the treatment of leg cramps.

We are recommending that if you do not currently have regular leg cramps that disturb your sleep, that you stop taking your quinine tablets for at least two weeks. In this time we would recommend following the self-help advice and keeping a "sleep and cramp diary" as detailed in the patient information leaflet for the treatment of leg cramps.

Please let us know the outcome of your 2 week trial without quinine by ticking one option below and returning the reply slip

Full name.....Date of birth.....

I stopped my quinine for 2 weeks and noticed no change. I am happy to remove quinine from my repeat medication list. (If your cramps return at a later date, please book a telephone appointment with our practice Pharmacist.)

My quinine is effective and I need to continue taking them.

Yours sincerely

Dr Birrell and partners

