

Patient Instructions

Name of Patient: Tom Long

age 60

Description of the patient & instructions to simulator:

You saw the doctor a fortnight ago with lower back pain but that is now much better. You only talk about the back pain if specifically asked about it in today's consultation.

PSO

Yeah, there's not a day goes by, I get cramp either in my feet or my legs, here.

Yeah, sometimes, it can come on straight away when I kneel on the floor to do a back boiler. My weights on the back - my legs are back over; sometimes it comes on straight away and I've got to...

Servicing, yeah. I get down on my haunches and keep on working, somehow or other. That back pain I was in about a fortnight ago is not nearly as bad.

At home it's me and the wife. I'm not a smoker, not a big drinker. Drink - I only go out on a Thursday night, and I have one drink at home before I go to bed, just a Jack D and coke.

First line and history

I've still got cramps – I'm getting them in my feet, and I'm getting them in my calves here, and I'm getting them through the day at work now. So, I just wondered if there's anything we can do?

If specifically asked: That back pain I was in about a fortnight ago is not nearly as bad. No, but I, when I get pain like that, I do go on the Nurofens, I've got them pink ones which I take. I got them given.

I didn't have an ulcer, but I think I got a stomach bleed and they told me to stop taking them, and that was years ago. But, mind, I was taking too many.

I must be honest.

I was going to ask you about that, I forgot. They've worked great because I was on a different tablet before, and I was starting to feel sick during the day and then I don't know if was you or Romberg, changed them. Then there was something else wrong and it wasn't working so I came back, and I saw a locum doctor that was in and he put me on these ones, and they've been great and they're only 15mg, and he said take one a night if you need to. Anyhow, I'm not feeling sick until about four or five o'clock, so if I have a meal, that puts it right. If I eat a biscuit or two, a sweet, during the day if I'm sick, I think that's alright.

And he changed them, yeah, because previous to that, yes, I had heartburn and you put me on that and some other - Omeprazole, that stopped that, but I was feeling sick, then.

When asked about what brings on the cramp in the feet: Erm... god, sometimes if I - tie my shoes too tight, which is very rare, but even now that one feels like it's a little bit tighter than it should be, for all it's still slack.

I feel, like, a tightness in my foot, and that's when the cramp comes on.

And I do tend to keep my shoes slacker than I normally do.

Well, last week and the beginning of this week, it could last for fifteen, twenty minutes, you know. It tends to go and then I'll relax and stand up and it'll come back again.

That's the problem; normally it would just go, and when it's gone it's gone but it's been coming back.

Erm... it has come on when I've been out walking around the shops with my wife, once.

I can get it more often if I'm at work, crouching down.

And sometimes, yeah, I can get it at home – it's fifty-fifty, I get it at home.

It either happens on a morning or an afternoon; it's funny, it never seems to happen at dinnertime.

Would you mind slipping your shoes and socks off, and I'm going to just check the circulation in your feet. There's no wasting of your feet? There's no arthritis and there's no swelling or stiffness in your feet or your ankles at all?

It's normally across the...the cramps, across my toes there.

There's one thing that is worthwhile doing – I know you've already been sent this leaflet saying don't use quinine unless you have to because it has risks; the pharmacy advisor has also sent you some exercises to do to help cope with cramp when it comes on and that's a safer treatment than using quinine. We can use quinine if you need to, but it doesn't work for everybody and it can cause tinnitus, and it can sometimes cause other side effects beside that, too.

If the doctor suggests that you might stop the quinine: I've never noticed any side effects, I must be honest. Erm, if I hadn't of gotten the letter, I would take them on a night before bed, but I felt as though... I felt as though I should be taking them on a morning, for when I go to work.

You know? I mean paracetamol or nurofens don't work for the cramp, somehow.

If the doctor suggests that there might be a link with the lansoprazole: So, do I need to change these tablets again, then.

Ideas – Erm, I can't say what the problem is, honestly, I've never thought about it. Well, my wife is saying you're not drinking enough water.

Concerns – Not really, other than I've got a letter to say to stop taking quinine. It seems to help. You're not going to stop it are you doc?

Expectations – To be told that this is cramp and there nothing more that can be done about it.



