

Patient Instructions

Name of Patient: Wilma Stone

age 73

Description of the patient & instructions to simulator:

You are a positive, sociable person, who really does not acknowledge the possibility of stress in your life. You have a tendency not to worry unless there is something practical that you might be able to do to help a problem.

If asked about measures that you have taken to improve your sleep (sleep hygiene measures) I have a warm bath before I go to bed.

I don't have a tablet, I don't sit on a phone all day.

I'm not taking any herbal medicines.

I'm not having too much fluid, I mean I don't drink after about five o'clock.

If asked for more reflection on how tough events have affected your emotions: Well, I mean my husband was horrendous and then I had a very good friend who had a stroke, so I mean I'm not, I didn't look after him, he went straight in and he died right after in hospital, but it's just you know, I'm healthy so.

PSO

Well, I'm just tired and sometimes I'll sit and I'll think, well I cannot be bothered doing things that I need to do.

Well, I'm very active I mean I volunteer with the Bishopwearmouth's nursery down Chester Road, I belong to a U3A group, I belong to a rug making group, I go to the knit and natter group at Shiney. I'm out with people all the time.

But it's just this over-riding tired. I mean I could put my head down on that desk now and go to sleep.

I live by myself.

No. Well I mean I'm obviously Canadian, I've lived here for fifty three years now, married a Sunderland lad in Canada, came back here, had a fish and chip shop business for twenty one years down the bottom of Shiney, I've got a son and a daughter, son born in Canada, grew up here, went back to Canada. He works out in Vancouver, he's actually here on business at the minute. My daughter lives at Tynemouth, she has all sorts of problems, she's physically unable to work now but I've given up worrying about her because I know it's not going to make it any better.

I was married, he, all his life had problems with his back. He the developed pancreatic cancer and twenty three years ago now since he died.

Never smoked. Rare alcohol. No substances. No medication over the counter.

First line and history

Right I am having an awful time of sleeping. Now, it's a year since I've had a operation on my bowel and since then, when I first had it done I came and I had sleeping pills for a week and a while later I came back and had another lot. Now I have tried every one of these over the counter remedies, no good, and I can't do without my sleep. The other thing is, when I find I'm not sleeping I'm up every hour to the toilet.

Ideas - I don't have a theory of what is causing it.

I mean I'm active. I go to bed at half past ten, eleven o'clock at night, read for half an hour, go to sleep, wake up an hour later, might not go back to sleep at all and then it's five o'clock in the morning and there's no point in going back to sleep and then I'm tired all day...

...and a bit ratty.

A bear with a sore paw comes to mind.

(If asked a second time why you might be having trouble sleeping: Well I never used to have trouble sleeping.)

(If asked if this could be related to worry: I don't think so, not consciously.)

(I don't think it's stress. But it all started after my cancer surgery.)

Concerns - Just is it ever going to get any better?

Expectation - And I just, you know, I figure well if the sleeping tablets helped before, should I have some again?

