

## **Patient Instructions**

**Name of Patient:** Yvonne Cassidy

age 30

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

You have a piece of paper with: HOCM Hypertrophic Obstructive cardiomyopathy written on it.

#### **PSO**

I normally run.

Just a few miles, I normally just go to Herrington Park and just run around there.

Just to keep fit.

I've been off for two weeks, but I've been alright. I work for Sainsbury's, so.

I'm a team leader on the produce, so it's heavy lifting.

Home life fine. Single mam, two children, but I'm fine. Kids aged ten and seven.

I'm not a smoker?

Probably just my drinking..... I just like a few, but obviously, I do like a few jaegers and things but I'm not going to have them since finding this out; obviously because it's got the energy drink in it and stuff, and my dad got told that he had to stop drinking them as well, so I've...

Well, I only drink tea, I don't really drink coffee, so.

My dad was an athlete, he used to play football, and he used to — he's done the Great North Run and everything a few times, but he hasn't done anything recently.

#### **First line and history**

I've been given a letter because my dad's just recently been diagnosed with a heart condition and I've got to be referred, because I've got to be tested as well, and that's why I'm down here.

It says I can either go to — I can choose Sunderland or I can — I don't mind just staying with the Newcastle one. I can either go to... but I don't mind going to the Freeman.

Not that I know of — I know I've got the proper name, but I can't pronounce it.

Well, we thought it was a suspected heart attack, but he's obviously been having tests, and this has... he's just been told.

**Ideas** — I'm fine, I don't, like — my sister's looked into it and she's been giving me stuff, but I haven't looked into it, because I don't want to scare myself. So, I just want, so — but I'm

alright. I haven't done any exercise since finding out, I've just — because I don't really want to...

**Concerns** – Only if asked for any further concerns: “No, just obviously if there's anything that I shouldn't really be doing because obviously I don't—obviously, my dad was fit and healthy, and then he just went, and he was in hospital for a while, obviously because they thought it was a heart attack. So, I just want to know if I shouldn't be doing anything or if there's anything I should be doing to...”

**Expectation** – and now we've got to get tested, all of us.. I've got to be referred, because I've got to be tested as well, and that's why I'm down here.

