

PATIENT SCENARIO

YEAR 1 CARDIOVASCULAR INFORMATION GATHERING GROUP INTERVIEWS

The scenario will involve you having a problem with your cardiovascular system. You will join a group of students some of whom will take it in turns to ask about your history. The students will receive feedback from everyone – yourself, their peers and the tutor. Thank you for taking part in this session, your contribution is invaluable to the students.

Purpose of the session: for students to gather a cardiovascular history and information on physical activity and your ideas about changing behaviour and levels of activity.

SETTING: You have made an appointment to discuss a new problem with your GP. The students have been asked to take a history from you initially.

When the students conduct the scenario for a second time indicate whilst you were in the waiting room you were asked to complete a Physical Activity Questionnaire.(completed questionnaire included below)

Name Joan/Jim Watson

DOB 12/04/1955

Age 68

TODAY – CURRENT PROBLEM

You have noticed over the last 3 to 4 months that you have felt some pain in your chest when walking. It has been happening more often so you thought you should come and get things “checked out”.

This is particularly noticeable when going up hills or stairs. It has become a bit worse over time but isn't very severe (4 out of 10 at worst). It gets better if you rest for a few minutes. The pain is “tight” (you could hold a fist in front of your chest whilst describing this) and you sometimes feel a bit breathless. It never goes anywhere else.

You used to be able to walk for 5 miles up a hill but now don't manage more than 2 miles on the flat or the pain comes on.

The pain hasn't bothered you whilst relaxing, or when in bed at night and you have never had anything like this before.

BACKGROUND HISTORY

PAST MEDICAL HISTORY

Type 2 Diabetes – Diagnosed 2010 – you went to your doctor feeling very tired and run down. She ran some tests and found your sugar was “sky high”. Have been attending the GP practice's diabetic since then. Get regular check ups but might have missed last one

High blood pressure – Diagnosed 2010 – Found when you were diagnosed with diabetes.

Total knee replacement (right side) in 2009 – The operation has been a success; the knee feels much better. You were told it was arthritis and that your left knee might need done

eventually but are proud that you have kept active and think this is why you have managed to hold off so long.

MEDICATION HISTORY

- Metformin 500mg, 2 tablets, twice daily, orally for diabetes
- Gliclazide 40mg, 1 tablet, once daily, orally for diabetes
- Simvastatin 40mg, 1 tablet, at night, orally for cholesterol
- Ramipril 10mg, 1 tablet, once daily, orally for high blood pressure
- Indapamide 2.5mg, 1 tablet, once daily, orally for high blood pressure (water tablet)

If female, you are not on HRT

Allergies: Not allergic to any medication but allergic to latex

IMMUNISATION HISTORY

Had Covid vaccinations since early in 2021 as invited. Booster given along with flu vaccination late October. Bit of a sore arm but no big side effects.

FAMILY HISTORY

Mother is 89 years old and alive; her health is generally good though she does get someone in to help

with the housework and you have been doing her shopping for her the last few years.

Father died suddenly age 56 of a heart attack. He smoked heavily but you aren't aware of any other

illnesses that he had.

You have 2 younger brothers aged 62 and 64. Both have been diagnosed with Type 2 diabetes and

the youngest had a "big" heart attack last year.

No children

SOCIAL AND LIFESTYLE HISTORY

You live with your partner. You haven't worked since late 2016 when you retired as your partner became unwell with a chronic illness (COPD) and needed your support. You worked in the bank all your life and really enjoyed the work and found it a difficult transition.

You enjoy walking outdoors. With your current symptoms you have had to limit this and starting to get you down. You used to go on a longish walk (5miles) once or twice a week but shorter now (2miles) and sticking to flat routes avoiding going up any hills.

Never been into sports except watching on the TV!

Usually take the car for shopping and park in disabled space (due to partner) even if they are not with you.

Would like to be more active and be able to either;

Have a kick around with nephew now he is getting into football

or to take him swimming and feel confident to do it.

Just do not know how to get more active so not really doing anything about it just now.

You smoke 5 cigarettes a day. When you were first diagnosed with diabetes you smoked 20 a day so you feel you have done really well to cut down to this level, do not have a plan to stop but would like to.

You don't drink alcohol and have never taken illicit drugs.

Diet varied but don't bother much with fruit and veg except as soup.

PATIENT PERSPECTIVE

You think it might be angina.

You miss being able to take longer walks as would normally. It's what gives you some respite from caring responsibilities. Also, the exercise is what keeps your knee in check, you don't want to go through another operation if you can avoid it.

You are worried you will have a heart attack like your brother, he now gets breathless very easily and "he now uses needles for his diabetes" which you don't think you could do.

You worry about being able to support your wife/husband, and they have enough on their plate just now without having to worry about you.

You are hoping that you will be referred to a specialist to find out if it is angina. It has been a "long time" since you had your diabetes checked and so should probably get that done too. You would be grateful for advice about keeping active despite your health problems and a further appointment to discuss this would be good.

General Practice Physical Activity Questionnaire

Date: TODAY'S DATE

Name: Joan/Jim Watson

1. Please tell us the type and amount of physical activity involved in your work.		Please mark one box only		
a. I am not in employment (e.g. retired, retired for health reasons, unemployed, full-time carer etc.)		<input checked="" type="checkbox"/>		
b. I spend most of my time at work sitting (such as in an office)				
c. I spend most of my time at work standing or walking. However, my work does not require much intense physical effort (e.g. shop assistant, hairdresser, security guard, childminder, etc.)				
d. My work involves definite physical effort including handling of heavy objects and use of tools (e.g. plumber, electrician, carpenter, cleaner, hospital nurse, gardener, postal delivery workers etc.)				
e. My work involves vigorous physical activity including handling of very heavy objects (e.g. scaffolder, construction worker, refuse collector, etc.)				
2. During the last week, how many hours did you spend on each of the following activities? <i>Please answer whether you are in employment or not</i>		Please mark one box only on each row		
	None	Some but less than 1 hour	1 hour but less than 3 hours	3 hours or more
a. Physical exercise such as swimming, jogging, aerobics, football, tennis, gym workout etc.	<input checked="" type="checkbox"/>			
b. Cycling, including cycling to work and during leisure time	<input checked="" type="checkbox"/>			
c. Walking, including walking to work, shopping, for pleasure etc.		<input checked="" type="checkbox"/>		
d. Housework/Childcare		<input checked="" type="checkbox"/>		
e. Gardening/DIY	<input checked="" type="checkbox"/>			

3. How would you describe your usual walking pace?

Please mark one box only

Steady average pace	<input checked="" type="checkbox"/>	Slow pace (i.e. less than 3mph)	
Fast pace (i.e. over 4mph)	<input type="checkbox"/>	Brisk pace	