

CVS comms patient partner scenario

Palpitations PA ACM year 1 revision session March 25th 2024

History for Patient Partner

Details

Name: Harold or Harriet Walker (prefer to be called Harry)

Age: own age (can feel free to adjust date of birth so that you do not have to use your own)

Presenting Complaint

“My heart is beating too fast”

History of the Presenting Complaint

This has been happening on and off for about 4 months. Over the last month it has been happening more often.

You don't remember exactly how or when it started but it's been about 4 months. At the start it was once or twice a week but now it's every day and sometimes several times (3 or 4 times) per day.

On one occasion it happened at night and woke you up; this really worried you and felt scared in case something would happen to your heart in the night.

When it happens, it lasts for about 5 or 10 minutes and then seems to settle on its own.

When it happens, it feels like your heart is going too fast and you also feel some shortness of breath when it happens.

You do not normally feel short of breath.

If the student asks you to describe what your heartbeat is like during one of these episodes you can say “*it feels all over the place and very fast*”.

Once when it happened you felt a little dizzy and you worried in case you might collapse but you did not collapse.

You have not had any backouts or lost consciousness.

You do not get any chest pain.

You do not have any ankle swelling.

You do not have a cough.

You've been looking on-line and have read a little about palpitations, you wonder if this is what you have but you don't know why this is happening?

Past Medical History

You regard yourself as healthy and well and this is another reason why this fast heartbeat is so concerning.

You did find out that you have high blood pressure about 15 years ago during a routine work medical. You had no symptoms, but the high blood pressure was confirmed after an appointment with your GP. This is now managed with medication, and you see the practice nurse once a year for a check-up. At the last check up the practice nurse said everything was stable.

The only other medical problem you have is irritable bowel syndrome; this only flares up from time to time and you can manage it with over-the-counter medications. It hasn't flared up for several months. You have no gastro-intestinal symptoms.

If asked you have never had any problems that you know of with your thyroid gland.

When you were in your 40's you had a 'keyhole' operation on your Right knee for a cartilage problem. This surgery worked very well, and you have had no problems since. Your Right knee can get a bit sore if you've done a lot of walking but in general it's fine.

You have had no other operations.

Medications / allergies / immunisations

From the GP practice you take the following for high blood pressure:

- Amlodipine 10mg once a day
- Ramipril 10mg once a day

The practice nurse has mentioned in the past about taking a statin but you're not quite sure why and if you need one.

You take the following over the counter medication from the pharmacy only if needed:

- Paracetamol, one or two 500mg tablets if you have some knee pain
- Colofac, one tablet if needed when your irritable bowel syndrome plays up

You do not take any herbal medicines.

You do not take any illicit drugs.

As far as you know you are up to date with all of your immunisations.

You are sure that you have had your winter flu and covid immunisations.

Family History

You have a twin (same sex as you) who has been poorly over recent years due to angina. Your twin, who lives near Perth, is due to have a heart bypass next month in Edinburgh.

Both you and your twin were adopted by the same family, so you have no knowledge of your biological parents and their health.

You are very close you to adoptive parents and they are both well and live independently nearby.

Social History

You live alone but have an active social life; you are a member of a choir and love to sing in community events. Your other passion is gardening, and you are very excited about the coming of Spring so that you can get back into the garden and start planting.

You have support and friendship from choir friends as well as your neighbours.

You live in the West End of Aberdeen and have a terraced house with a good-sized back garden.

You have a car and do drive but only rarely as you find it a big hassle dealing with traffic.

You are an ex-smoker; you stopped 20yrs ago and before this smoked about 10 cigarettes a day for 20years.

You do drink alcohol (wine) but only rarely. Perhaps once a month or so, for example a small glass if having a meal out.

You have a balanced diet and try to get your five a day fruit and vegetables in.

You do like to drink coffee but only have caffeinated coffee in the mornings and then de-caff for the rest of the day.

You do not use energy drinks.

You do not have any pets.

You have not travelled abroad in the last few years but were in London in January to see some friends.

You are retired and during your working life worked for an oil services company as a chartered accountant. You really enjoyed the work but overall are happy in retirement as you can spend time on your other interests (choir and gardening).

Personality and Ideas / Concerns / Expectations

You are in general easy going but admit to being very worried by this fast heartbeat and the fact it has gotten worse.

You are worried about your heart and worry in case you may need heart surgery (like your twin).

You've been looking on-line and have read a little about palpitations, you wonder if this is what you have but you don't know why this is happening?

You would like to get to the bottom of things and wonder if you need any tests "like a heart monitor?"