

PATIENT SCENARIO FOR SESSION 1 CHEST PAIN – POSSIBLE HEART ATTACK

YEAR 1 CARDIOVASCULAR INFORMATION GATHERING GROUP

INTERVIEWS You will join a group of about 8-10 students and a tutor. The students will take it in turns to ask you about your respiratory history. Different students may take different sections of this history. **This is the first time that the students will practise asking about symptoms related to the cardiovascular system.** After each student you will be asked by the tutor to give the student feedback about his/her interview skills – please make sure that you give balanced feedback by offering the impact of something you liked followed by a description of what you liked and then do the same for something that the student can work on from your perspective as the patient. eg “I felt reassured about what was going to happen because you introduced yourself and explained what you wanted to do”; “I felt as if you were not interested in me when you looked at your watch”. You will repeat this process with the other students - if you have any concerns about a student please note the student’s name and speak to a tutor at the end of the tutorial, out of earshot of any students.

Setting: Emergency Department

Name: Donna/ Donald MacKenzie

DOB: 4.4. _ 69 years old

ID BRACELET REQUIRED

YEAR 1 CARDIOVASCULAR INFORMATION GATHERING GROUP INTERVIEWS You will join a group of about 12-15 students and a tutor. The students will take it in turns to ask you about your history. Different students may take different sections of this history. **This is the first time that the students will practise asking about symptoms related to the cardiovascular system.** After each student you will be asked by the tutor to give the student feedback about his/her interview skills – please make sure that you give balanced feedback by offering the impact of something you liked followed by a description of what you liked and then do the same for something that the student can work on from your perspective as the patient. eg “I felt reassured about what was going to happen because you introduced yourself and explained what you wanted to do”; “I felt as if you were not interested in me when you looked at your watch”. You will repeat this process with the other students - if you have any concerns about a student please note the student’s name and speak to a tutor at the end of the tutorial, out of earshot of any students.

Setting: Emergency Department

Name: Own choice

DOB: 04.04. _ 69 years old

ID BRACELET REQUIRED

Presenting Complaint

Central chest pain

History of Presenting Complaint

You had some chest pain 3 hours ago whilst doing some gardening. You weren’t doing anything too strenuous.- just raking /sweeping the drive. It felt like a weight on your chest – just in the centre. (Please place your right hand on the middle of your chest.) It seemed to come on quite gradually. It was beginning to be quite worrying so after about an hour you called your GP surgery. They insisted on sending an ambulance and the paramedics took you to the Emergency Department at Aberdeen Royal Infirmary.. The pain went away after they gave you an injection of something and hasn’t returned.

If specifically asked: You felt the pain spreading to your left arm and into your jaw on the left side. You began to feel quite sick but didn’t actually vomit. You felt short of breath with

the pain thought maybe you were having a panic attack but this has only happened in busy places before and you were on your own. You were sweating and you think it lasted about 2 hours in total. If asked how sore, it was and given a scale say about 7 out of 10.

If asked if anything made it better or worse: You sat down, which helped a bit, but the pain didn't go away. Can't think of anything that made it worse, but you had to stop gardening.

If asked if you have had anything like this before or something similar: You would regard yourself as healthy, so this came out of the blue. You've had pains in your chest before and thought it was just indigestion you thought this was too at first. But it got much worse and when it didn't go away, you thought it might be something more serious.

Your concerns and expectations

If you are asked about your expectations –

- You would just like the doctors to tell you why this has happened when you are in good health, but you should state that you are aware that the student cannot answer this question

Where appropriate please mention that you are worried but do not elaborate further unless asked.

If asked to elaborate OR if you are asked if you have any concerns/worries - mention 1 of the concerns/worries below. If a student asks if you have any other worries/concerns mention the other worry/concern -

- You are a little worried that this pain might have been from your heart and are concerned about the possible implications for your lifestyle as you like to be outside.
- You are also keen to get the "best treatment available" - even if it means going private but you should state that you are aware that the student cannot answer this question.

Past Medical History

You broke your right leg (the two bones in your lower leg - tibia and fibula) in a car crash about 10 years ago. This did involve some sort of operation where they put metal plates into your leg. **If asked:** This has healed well. You did have quite a nasty reaction to the anaesthetic - vomiting and low blood pressure.

You had asthma as a child which you "grew out of". The only other thing you sometimes get is heartburn.

If asked if there is anything else or specifically about high blood pressure: You had high blood pressure a few years ago when still working but you did not take the tablets that were suggested as you thought it was maybe stress related. You retired on ill health grounds because of stress and thought retiring would settle it down. Not stressed now but do get a bit low being on your own.

If asked -

You have never had any other health problems other than those listed above.

Family History

You think that your mother, who died some years ago may have had high blood pressure and that perhaps your aunt on your mother's side did too. Other than that, you think both parents died of "old age" and you are not aware of any illnesses that run in the family. You have a brother who is in good health. Your sister has coeliac disease and on a gluten free diet but that seems to keep it under control. You do not have any children.

Social History

You were an accountant before you retired 4 years ago, a job which you found stressful but you still enjoyed it. You were married but your partner (same sex) died 6 years ago from a brain tumour. You have no children, but there are some nieces and nephews.

You are very independent, managing all the running of the household and have never had any need for help. You used to walk daily for over an hour with your dog but he can't manage it anymore so just do round the block. You used to play tennis every week with your partner but not done it much now on your own. Hard to find someone to play with and lot of money to spend on club membership now retired. You keep busy in your allotment though.

If asked –

You used to smoke socially (few cigarettes at the weekend) but gave up when your partner died 6 years ago. You only drink alcohol on special occasions when out never at home – one or twice a year maybe.

Drugs/Medicines and Allergies

You are not taking any regular medicines and are not allergic to anything you know about except possibly the anaesthetic you had when you broke your leg. You can't remember what it was called but it made you quite unwell with low blood pressure and vomiting.

You sometimes get Gaviscon and Rennies for heartburn from the chemist.

A friend suggested you might try St John's Wort to settle your nerves and improve your mood so you have been taking that for a couple of years but not sure it does much. Find getting out in the fresh air works better!