

PATIENT SCENARIO – MALE OR FEMALE BREATHLESSNESS

Integrated CVS/RESP history

You will join a group of about 6 -8 students and a tutor. The students will take it in turns to ask you about the medical history. 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: Acute Medical Initial Assessment Unit (AMIA)

Name: Own choice

DOB: 05.05._ Age 67 years

ID BRACELET REQUIRED

History of health problem

Presenting complaint

He/she was admitted to hospital this morning as an emergency complaining of increasing shortness of breath.. He/she hardly slept last night feeling short of breath most of the time.

History of presenting complaint

He/she first felt a bit short of breath 2 months ago. This seemed to happen when he/she walked up the stairs or the hill near your house. If asked by the student if anything made it better, say that it usually settled when you stopped and rested and last night he/she was breathless at rest too

If the student asks another open question, then be free with the following. Otherwise give it if specifically asked.

Over the last month the breathlessness has been getting slowly worse. He/she started to worry when he/she felt short of breath just sitting doing nothing – he/she didn’t want to mention this to his/her wife/husband but last night had been awful and they insisted on him/her seeing a doctor.

If specifically asked

He/she coughs most mornings –usually nothing comes up- he/she swallows the mucus and doesn’t know what colour it is. If asked by student if he/she has coughed up blood please answer “No’ but he/she thinks that a cough is normal for an ex- smoker. He/she has started getting short of breath lying flat and to – help with this has been sleeping with 3 pillows. He/she has noticed some wheeze (if asked - more of a rumble sometimes in your chest) when watching

TV. If asked, he/she has noticed that both his/her ankles have become more swollen over the last 2 months. This is worse towards the end of the day and his/her shoes feel tighter than usual.

Other symptoms if specifically asked

No chest pains. No pain in his/her calves (lower legs) when you walk. His/her health hasn't been great for a few months. He/she has noticed that he/she has lost some weight (maybe half a stone over 4 months) although his/her diet hasn't changed, and he/she has been very tired. He/she has not been playing golf as much as he/she would like or working in the garden.

Your concerns and expectations (if asked)

He/she wants to be seen quickly by a doctor who can explain what is happening to him/her.

Where appropriate please mention that he/she is 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 -

- The breathlessness is worrying you – especially as an ex smoker who lost a parent to lung cancer.
- You have even checked this on the internet and know that there are many conditions that can cause you to be short of breath – most of them seem serious.

Past medical history:

- Generally healthy until the last few months.
- 2 years ago – you lacked energy, so the GP checked your blood. You were found to have an underactive thyroid and started tablets. Your GP calls you for bloods tests to check this once a year or so. If asked they seem happy with your results.
- If female - In hospital for the births of her two children – no problems with either delivery.
- Admitted to hospital with chest pain 5 years ago. Tests did not confirm a heart attack and he/she has not had chest pain since.

He/she has no other past medical history of note.

Drugs/medicines

Levothyroxine tablets - 100 micrograms and 50 micrograms. If asked he/she takes one of each tablet in the morning. for an underactive thyroid.

Paracetamol caplets over the counter (self prescribed for occasional headaches) He/she takes 2 caplets about twice a month on average for headaches.

Allergies

Amoxicillin. If asked what happens when he/she takes it: gives he/she came out in a nasty, itchy rash. If asked - you Got it for a throat infection age 14

Nurofen tablets ,make him/her feel sick and gives him/her heartburn.

Family history

- Father died aged 73 years – lung cancer. If asked yes he smoked
- Mother died aged 84 years – not sure of cause of death – just “old age.”
- Second of three children.
- Older sister died aged 75 years just over a year ago – Chronic Bronchitis you think. Not a great shock as she was a heavy smoker and had been house bound and using oxygen for the last year or so before she died.
- Younger brother – aged 65years. Generally very fit and very careful about his health.
- ***If asked-*** you have no known illnesses that run in the family.

Social history

Wife/husband at home and she/he is in good health. He/she retired two years ago from a Graphic designer in a local company.

He/she is now a non-smoker. He/she stopped when he/she turned 65 – partly due to the increasing cost when he/she retired He/she smoked 20 a day from the age of 15.

He/she only has a drink on special occasions – about three times a year. He/she likes red or white wine.

He/she lives in his/her own three-bedroom house with a bathroom and bedroom upstairs. His /her wife/husband has had to help him/her more with the heavier housework tasks and shopping though as he/she has not been as able due to his/her shortness of breath. He/she drives.

One son lives in the Houston with his wife and two children; He/she travels to the USA to see them every second year. He/she has one daughter who lives locally with her husband. She often visits.

No pets since his/her dog died a few years ago- a black Labrador.

**THANK YOU FOR YOUR CONTRIBUTION TO CLINICAL
COMMUNICATION TEACHING – IT IS VERY MUCH APPRECIATED**