

Example of GPs script:

Patient contribution

What would you like to talk about today?

Good, okay. All about the legs?

Anything I can help with today?

All right, so mostly about the legs, was there anything else apart from the scalp?

ICE

Okay, and your health visitor, and you from the sound of things, probably think this is growing pains, but you want to rule other things out?

Had there been anything else particularly on your mind?

No, okay. Not read on google, or spoke to anybody about this?

Was there anything in particular that you were hoping that I could do for him apart from just reassure you?

PSO

Okay. He's well in himself, is he?

Yeah, growing well, from the looks of things. Just remind me, who's in the house with the two of you?

And how old is John now?

Dad on the scene?

Kind of?

Yeah, okay, but not living with you?

No, you're still seeing him?

So, can I double check nobody smokes in the household?

Are you pregnant at the moment?

And how many weeks are you at the moment?

Things are going okay?

Red flags

Okay, and obviously growing really well, as well.

Able to run around with all his friends?

Not breathless when he's doing that?

Focussed history

Yeah. How long's all that been happening for?

Okay – happen every night?

All right, okay. Wee-wee okay?

Is he dry at night now?

Fabulous, okay, and pooing okay?

Focussed examination

Right, well why don't we check you over, and make sure that we're not missing anything important – have a good look at your legs as well, all right? Any of the other kids, did John ever have this?

No, okay. We've got a special little thing that tells me how fast your heart is beating, so if you can pop your finger in there, that'll help me out a little bit. That's perfect, great, thank you. And we'll pop this in your ear and check your temperature. So, he's not been hot and sweaty, no lumps?

Fabulous, good. So, your pulse is lovely, your oxygen numbers are good. Really pleased with all of that, and you're not pale, great. (Got a good diet?)

Great, alright. Shall we have a wee look at your legs? (Is there one that's worse than the other, or are they about the same?)

So, we're going to check your circulation and make sure that everything's in working order. Is he active?

So, good pulses, nice circulation. Beautiful legs you've got. Right okay, so normal position. I'm just going to move the knees and the hips, and there's no discomfort when you're doing that – same on the other side. Okay.

Can't find your legs, they're hiding away. Lovely, okay.

So, good pulses, good circulation in your capillaries, legs are good. Ankles move fine, knees move fine, and hips move fine; and you're comfortable with that. Would you do me a favour? Would you run over there to the bin and then move back again?

Run, run, run. And then run back again.

That's great, that's great, lovely. We're going to see how much you weigh.

Identify problem

I agree with you, I agree with your health visitor as well. I don't think we need to worry about this.

He's clearly healthy and well, there's no problems with his joints.

His muscles all work fine, his circulation is all fine, and this is only happening some of the time.

Check understanding

Have you got any questions?

Develops management plan / shares management plan

And a massage is ideal for it.

For this cradle cap, then it's probably worthwhile having another go with the ketoconazole shampoo, using the anti-fungal. It's not a cure, it will come back again, but while it's a bother, then to use this is probably sensible.

So use it quite sparsely. What I would do, is to lather it into his scalp at the beginning of his bath or his shower, and then wash it off at the end.

And do it twice a week.

It says it's not licensed for children, but we use it commonly in children, and it seems to be safe.

Safety net and follow up

If it was progressive, and it was happening during the day too, then I would be much more concerned about it.

But he can walk without a limp or anything like that, so I don't think there's anything that's pointing in any other direction apart from it just being, as you say, growing pains.

If it's not substantially improved within a month, we'll have another little look at it. Is that okay?

Or if you find that he's got pain that's progressively getting worse, then let's check him, but he's got good circulation; joints and bones and everything all seem very healthy and normal, and his muscles seem very healthy and normal, too.