

## **Patient Instructions**

Name of Patient: Gordon Francis

age 51

### Description of the patient & instructions to simulator:

You are in town about to go out. You are unable to come to the surgery for the next few days. Work is very busy. I took over my dad's haulage company when he died suddenly 4 years ago. You don't find the time to look after myself.

### PSO

I don't look after myself. I eat too many take aways, I'm a bit of a slob really. But at least I don't smoke. Nor do I drink too much. (5 units per week, mainly lager.)

Divorced. Girl friend of 3 years has type 1 diabetes. Mum has type 2 diabetes. 2 grown up daughters who live locally.

My dad died 4 years ago. He drank too much. He had a bleeding stomach ulcer.

### First line and history

Oh, hello doctor. Blimey, this must be serious.

Ideas – My mum told me that if I didn't look after myself and lose some weight that I would get type 2 diabetes too.

Concerns – My girlfriend has type 1 diabetes and gets hypos from time to time. It's really scary. You worry that you will be put on insulin and that it might stop you from driving your HGV, even though you rarely drive an HGV these days.

Expectation – You can't come in to see the doctor for a week at the earliest. Work is too busy.

If the doctor negotiates sensitively: you agree to test your urine for ketones with your girlfriend's ketostix. If there are ketones in your urine you will be happy to go to the local accident and emergency department.

