

D Come in

P Hey

D Nice to see you. How are you?

P I don't know

D Tell me more

P Basically I am still having bother with my neck and my shoulder. I have been on holiday for a week and I've been in quite a lot of pain from it. I've been getting bad headaches and I don't know if it is coming from my neck. I've also had sickness and diarrhoea but I don't think they are related.

D Where did you go on holiday?

P Greece

D Has that settled now?

P Yeah I think it was a 24 hour thing.

D Everyone else okay?

P Yeah to be honest I think it was something I ate.

D No ongoing problems? Any fever?

P I was very very cold. I took some paracetamol but it just came back.

D How long ago was this?

P That was on Wednesday

D So you're fully fixed from that. This neck, shoulder and head pain has been going on for a while?

P It's been around for ages

D How long now?

P Months. My accident was a year gone February. It's been ever since then really. It is just always there and I ache with it. I feel really lethargic.

D Anything else?

P The headaches too. I don't know if they are related. I am constantly taking paracetamol. I feel like I want to stretch.

D Sure. So you think this is related to the accident?

P I'm not sure. Put it this way, I didn't have any problems before the accident. I don't know if that's the cause or if it's something developing as I am getting older. I am really unsure.

D Are you hoping I would rule anything else out?

P No

D Are you okay in yourself?

P Yeah. Tired.

D What's going on?

P Nothing, just a busy life I suppose.

D Do you mind telling me a little more?

P So I have a little boy and he is six years old

D How is he?

P He's great. He has energy and is very active.

D Male in your life?

P Yeah I have been with Paul for a while now but we aren't married. No problems there at all. I still work full time. I think I do maybe need to drop a day.

D What does your job involve?

P I inspect residential nursing homes.

D Is that okay?

P Yeah it's fine

D So you don't think it is related to stress at work?

P No not at all. Work is hard but I am not stressed with it.

D Periods okay?

P Yeah fine, just had one

D Contraception?

P Oliver sleeps in the middle of us!

D Oh okay! Do we need to have a look at anaemia? I know you had that problem before

P Yeah I think I did.

D Your weight okay?

P Yeah

D Bowels okay too?

P Everything is fine. I am just tired. Maybe it is the Anaemia. I went to bed on Thursday night at 9:15 and I didn't get up until 9:30 the next day.

D Any thyroid problems in the family?

P No, nothing.

D Do you need any contraception?

P No no I'm fine

D Condoms?

P No if I did I would just buy them.

D So it's just not happening at the moment?

P No

D Is that a problem?

P No not really. I know it is natural for everyone but I'm just too busy at the moment.

D If you were you would use condoms wouldn't you?

P Oh yes! I don't want any more little feet!

D Let me know if you need any support with that. So we shall have a look at your head and neck today. Is there anything else you needed help with today?

P No I'm fine thank you

D If you could stand up for me. What have you tried so far?

P I have done little exercises. I went to physio and they recommended some. I get pains straight down here.

D Anywhere else?

P Here. I also get pins and needles in my hands.

D That is since your accident too. I can see it's sore on that side.

P Yeah. It isn't so bad on the other side.

D Okay. Squeeze my fingers as tight as you can. Any problems with you feet at all?

P No

D Can you raise your arms up and keep them there. I don't think it is carpal tunnel or anything like that. The pain seems to be coming from your neck. Is it disturbing your nights sleep?

P Yeah, it does.

D Are you wanting some pain killers? What were you hoping I would do for you today?

P Last time you gave me amitriptyline

D How did you get on with those?

P It was a very low dose and they did help me sleep a little bit.

D Did you get any problems with it?

P No nothing

D Interested in trying it again?

P I think I would like to. I take paracetamol all the time. I take 8 a day.

D This would be a safer and more effective way of dealing with it

P Okay

D The paracetamol is relatively safe but if it isn't helping then it's no use.

P I have been taking ibuprofen as well.

D I don't think it is a wide spread problem. I think it is more a neck injury. It seems to be pressing on a nerve there which can irritate your sleep. If you are getting worsening symptoms such a numbness or weakness then I need to know about that. I will put Amitriptyline on as a regular for you. You can take the dose that suit you. Dryness of the mouth is a side effect. Adjust the dose to what helps give you a good nights sleep. You can expect it to relieve some of the pain during the day as well. You shouldn't need to take so much paracetamol. So shall we put this on as a repeat prescription?

P Yes if you don't mind.

D It used to be used for depression but we use it more for pain now. I gather that your mood isn't an issue for you?

P No no.

D How many shall we give you at a time?

P I don't know. It was such a low dose last time.

D I will add it on and adjust it to suit yourself. Don't change it too quickly. Give it a couple of nights and if you don't find a benefit then you can increase it. If you are drowsy in the morning then reduce it.

P Okay grand.

D If you're not happy let me know.

P I will do.

D Anything else you want me to go over?

P No that is it thank you

D Good luck.

P Thank you very much for your time.

D You're welcome.