

Erica Stress/ Neck pain Transcription 4.2.17

Dr [Hi Erica nice to see you. How are you doing?]

Dr Hmm.

Dr [How long has that been going on?]

Dr [Okay. All about your neck and your head.]

Dr [Alright. Anything else?]

Dr [Was there some other issue you were planning to raise apart from your neck?]

Dr [Any thoughts about what might be causing it?]

Dr Never happened before?

Dr [Been doing anything that might have triggered it?]

Doctor [Has anyone else said anything about this? Have you discussed it with anybody?]

Dr How heavy is it?

Doctor [Is it plausible? Do you believe that?]

Dr [Are the rest of your muscles okay?]

Doctor [Tell me more about those....]

Doctor [Just on one side?]

Doctor [So, head and neck?]

Dr [All the time or does it come and go?]

Doctor What makes it worse?

Doctor So activity?

Doctor Including carrying?

Doctor So, when you doing things it hurts more? So, when you coming back to uni and your dad thinks it's caused by carrying your bag. **[Any thoughts about what it could be, or what you were worried it might be?]**

Doctor [No, not read anything, or any alarmist reports, on the Internet, or from friends?]
You're well in yourself?

Dr [No fever?]

Doctor [Not been travelling recently?]

Dr [You look a bit anxious. (Picks up on cue)]

Dr Can you tell me a bit more about that?

Dr Oh crikey. When was that diagnosed?

Dr And how's he getting on?

Dr What sort of cancer is it?

Doctor Okay. So he's really going through it, isn't he? And so are you consequently.

Doctor [Yeah. Do you think there could be a link with the stress and your pain too?]

Dr [Are you managing to keep up?]

Doctor [Are you sleeping okay?]

Dr So that's affecting your sleep? So your sleep is affected and you're tense and your muscles are sore. So they are all feeding off each other aren't they?

Dr No no no, it's helpful to know what's going on. [Can I check about your general health? Your mood is okay-ish?]

Dr [Sleep not great, but eating okay? Weight's been fine?]

Doctor And you just about managing to cope with university, but you've told your supervisors about that, and you don't need a note from me to take account of everything?

Doctor [And you're living at home..... with your mum and dad? And they know all about this don't they?]

Dr Alright. **[What were you hoping I would do for you today?]**

Doctor Can I just check there's nothing else going on then? So, no numbness in your arms or legs?

Doctor [On a pill?]

Dr [Which one?]

Dr [Microgynon?]

Doctor [And happy with that?]

Doctor [Not missed any pills or periods? Or anything like that?]

Dr [No chance of pregnancy at the moment?]

Doctor [And your general health is okay?]

Dr [Let's just have a quick look at your neck if that's okay. No lumps in your neck? Stand up for me and slip your jacket off, if you wouldn't mind. Pop your ear down to one side then down to the other side. Turn your chin so you are looking that way, then the other way. That's great. Then put your arms up like that keep in there and don't let me pressing down. That's great. That's sore isn't it?] [So it's all muscular. Tension.] [Tell me bit more about your sleep and how that's been affected.]

Dr [So, we have a number of options. So you've got the options and I'll try and put you in the picture so that you can choose the best option for you if that's alright?]

Dr [It's a muscular tightness, a lot of it is linked to tension.] [And relaxation techniques will often help this. So I can give you some, or you can look them up yourself if you prefer? Often massaging will help.]

Dr [And sometimes massaging a painkilling cream will help.]

Doctor Did that help?

Dr [I quite often prescribe a cream called Algesal. Which is an anti-inflammatory painkiller but it's mostly just a massage that helps more than anything. So you could use something like that if you want to] [but there are some other options that could help you sleep a bit better. Particularly because you're going through so much and they could help you with the tension and the pain. So one option would be to use a tablet called amitriptyline. Amitriptyline, we used to use as a treatment for depression but we now often use it as a painkiller, or sometimes to help people to sleep. They do cause dryness in the mouth though and it can unwind you. So, if you have persistent problems we could use something like that. If you wanted.] [You could use a simple painkiller. But we don't tend to find that simple painkillers help much and aren't very constructive in the long-term.]

Dr [I wouldn't encourage you to use that regularly because it doesn't really help with tension.] [So relaxation techniques, understanding that it's a muscular tension rather than anything else and massage are probably the sensible things for you..... But you could explore other options that help you to have a more comfortable night sleep if you wanted to..... So rub on creams or maybe even amitriptyline if you wanted to..... Does anything grab you from all of that?]

Dr [I think it's probably cheaper for you to buy it over-the-counter unless you get free prescriptions?

Do you want me to write that cream down for you?]

Doctor [And do you want me to give you any relaxation techniques?]

Doctor [If things are getting worse then by all means give me a telephone call.]

Dr [I think understanding where it's coming from will help. There may be an aspect of the heavy school bag...because you're quite slight aren't you? And a big school bag with lots of books in it.. So, it's muscular tension....I think having the chance to relax and share your troubles is often helpful.] [But if things are getting worse then please let me know.] [Any queries?]

Dr My thoughts are with you.

Dr You're welcome. Anytime.