

Patient contribution

Nice to see you. How are you?

Tell me more

This neck, shoulder and head pain has been going on for a while?

How long now?

Anything else?

Do you mind telling me a little more?

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?

ICE

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

Are you hoping I would rule anything else out?

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

Do we need to have a look at anaemia? I know you had that problem before.

Do you need any contraception?

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

PSQ

What's going on?

How is he?

Male in your life?

What does your job involve?

Is that okay?

So it's just not happening at the moment?

Is that a problem?

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

Red flags

Are you okay in yourself?

Your weight okay?

Focussed history and examination

Where did you go on holiday?

Has that settled now?

Everyone else okay?

No ongoing problems? Any fever?

Periods okay?

Contraception?

Bowels okay too?

Any thyroid problems in the family?

Condoms?

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

Anywhere else?

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

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?

Identify problem

I don't think it is carpal tunnel or anything like that. The pain seems to be coming from your neck.

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.

Check understanding

Anything else you want me to go over?

Develops management plan/ shares management plan

What have you tried so far?

Interested in trying it (amitriptyline) again?

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

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

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?

(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?)

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.

Safety net and follow up

If you are getting worsening symptoms such a numbness or weakness then I need to know about that.

If you're not happy let me know.