

# Appointment Notes (24/04/2025)

1/2

**Patient details:**

**Name:** James Saint  
**Address:** 6 Brunswick Place, Emsworth, PO107UB, United Kingdom  
**Date of birth:** 09 Sep 1977 (Age 47)  
**Phone:** +44 (0) 7544405471  
**Email:** james@james saint.com  
**DCA reference no.:** DCA-002001069  
**Insurance member no.:** Not Known

**Appointment details:**

**Ref number:** APP-004122765  
**Date & time:** 24 April 2025, 10:20  
**Clinician:** Dr Claire Stansfield  
**GMC:** 4745204

**Disclaimer:** Please be advised that this document must not be used as a request for investigations. These might be blood tests or imaging tests like x-rays. If these appointment notes are used by you solely as a request for investigation(s), then Doctor Care Anywhere cannot be held responsible or liable for receiving or acting upon any results that come from these tests.

Dear James,

It was a pleasure to consult with you today. Please find your appointment notes below.

**Presenting complaint**

Headache

**History of presenting complaint & examination**

Chose headache as limited options but patient wanted to stress this isn't a headache.

Seeing an osteopath for neck pain.

Getting pain radiating from back of neck over the top of the head to the eye.

When the osteopath presses over C4 gets a visual disturbance, a yellow disc in middle of visual field, this isn't there at other times.

Osteopath has advised needs to see a neurologist.

IN good health otherwise.

Hasn't taken any medication as doesn't want to mask the problem, wants to resolve the issue.

At previous appointment described widespread body pain suggestive of fibromyalgia.

**Past medical history**

?fibromyalgia.

**Medications**

Nil

**Allergies**

Penicillin - Other

**Suspected Diagnosis**

Cervicogenic headache

**Recommended actions**

I am aware you did not like me describing this as a headache but a definition of a cervicogenic headache is as follows:

"Cervicogenic headache is a type of headache characterized by chronic hemicranial pain referred to the head from either the cervical spine or soft tissues within the neck.[1][2] The main symptoms of cervicogenic headaches include pain originating in the neck that can travel to the head or face, headaches that get worse with neck movement, and limited ability to move the neck."

[Continued overleaf]

# Appointment Notes (24/04/2025)

2/2

**Patient details:**

**Name:** James Saint  
**Address:** 6 Brunswick Place, Emsworth, PO107UB, United Kingdom  
**Date of birth:** 09 Sep 1977 (Age 47)  
**Phone:** +44 (0) 7544405471  
**Email:** james@james saint.com  
**DCA reference no.:** DCA-002001069  
**Insurance member no.:** Not Known

**Appointment details:**

**Ref number:** APP-004122765  
**Date & time:** 24 April 2025, 10:20  
**Clinician:** Dr Claire Stansfield  
**GMC:** 4745204

**Disclaimer:** Please be advised that this document must not be used as a request for investigations. These might be blood tests or imaging tests like x-rays. If these appointment notes are used by you solely as a request for investigation(s), then Doctor Care Anywhere cannot be held responsible or liable for receiving or acting upon any results that come from these tests.

**Continued****Recommended actions**

This is how you describe your symptoms.

Cervicogenic visual dysfunction is also a recognised phenomenon and you sounded reluctant to see an optician for an examination as you do not feel you have an eye problem—it would be really useful to know you have a normal eye exam and normal optic nerve.

I feel a general examination would be useful and have advised you see your NHS GP. AXA would expect you to have had an exam prior to an onward referral. If any concerning features are identified it may also suggest the need for an urgent referral.

You did not want to discuss any medication for neuropathic pain such as amitriptyline.

If your symptoms worsen or change I would suggest an urgent in person review.

**Prescription details:**

No prescription issued.

**Notes to GP**

None added

Thank you for using Doctor Care Anywhere.

Yours,

Dr Claire Stansfield