Personal Independence Payment



Consultation report form - PA4

Surname	
Other Names	
PIP Reference Number	
Date of consultation	18/08/2017
Place of consultation	Islington AC
Time consultation started	13:34
Name of professional carrying out consultation	Ms
Type of professional	Nurse
List all evidence considere Item PIP questionnaire PIP consultation report (P	Date 15/09/2015 A4) 26/10/2015
-	
Other (please list)	
Award Review - 08/05/2017	•

The purpose and nature of the consultation has been clearly explained to the claimant



The following individual at	ttended the consultation with the claimant:
Name of individual	
Relationship to claimant	Friend
History	
History of conditions	
road traffic accident in 2004, inserted on his left ankle. He operation on his shoulder but that it did not help. He was to with medications. His GP loo when he need to get his presare constant. He struggles to	located Left Hip/Metal Plate on Left Ankle - he was involved in a he was hit by a car. He had an operation where a plate was states that it didn't heal properly. He was offered to have an the declined. He last had physiotherapy 2 years ago. He states old that there is nothing that can be done than to manage his pains eks after his conditions at present. He sees his GP as needed and scriptions. He states that the pains on his left shoulder, hip and leg of lift his left arm up. He cannot stand and walk for too long. He has ends it difficult to bend forward. He is taking pain killer daily. He is him sleepy.
at present. He does not see depression and states that it concentration and self isolati in stabling his mood. He add	agnosed early this year. His GP monitors his mental health condition a mental health specialist. He was given medications for helps him. Symptoms includes stress, low mood, poor ion. He added that he feels low all the time but the medications help led that he feels frustrated of his condition. He has never been in unit. He denies thoughts of self harm.

Current medication and treatment

	Citalopram 10 mg, once a day for depression. Amitriptyline 10 mg, once a day for pains. Tramadol 50 mg, 3 times a day for pains.
	Side effects: sleepiness, drowsiness, constipation
	Efficacy: States that his medications are helping.
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Social and occupational history

Lives with his 6 year old son. His friend helps him take his son to school and take care of him. They live in a 2nd floor flat with one bedroom. There is no lift in the building. They have a shower over the bath. There are no aids and adaptations at home except for his crutch. He does not drive. There are no pets at home. He goes out at least three times a week on his own. He goes to his local shop to top up his electricity. The shop is about 70 metre distance from his building. Sometimes his friend drives him and help him to do shopping. When he is at home, he can usually be seen sitting and watching television. He sometimes read newspaper. He stopped working in 2004 when he had the accident. He used to work with young people. His friend drove him to the centre for his PIP assessment.

Continuation box

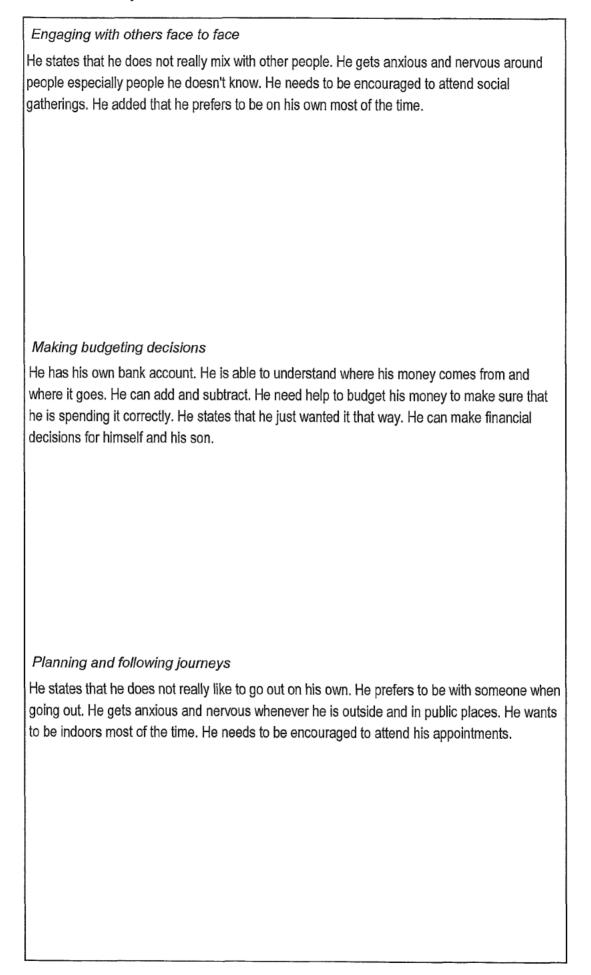
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Variability He states that his pains are there all the time. He does not get any good days at all. Preparing food He does not really prepare or cook food. He mostly prepare microwaveable and ready made meals. His friend also cook food for them which can last for two days. He cannot cook because in the past he burned himself with hot oil. He cannot stand for too long. He does not have aids in the kitchen. He is able to chop and peel vegetables provided that he is seated. He is able to lift pots and pans with his right arm but unable to do it with his left arm. Taking nutrition He eats once or twice a day. He can feed himself. He can hold the spoon and fork and put the food in his mouth. He can also cut the food on his plate. His friend states that he need to be reminded to eat. He does not see a dietitian. He does not take food supplements. He states that he lost weight.

Functional history, including variability, daily living activities and mobility activities

Managing therapy or monitoring a health condition
He states that he needs to be reminded by his friend to take his medications. He tends to forget
to take his medications. He is able to take the tablet out of the boxes and packaging. He knows
what his medications are for.
Washing and bathing
He is having strip wash daily. He does not need to be reminded to have a wash but has to be
reminded to have a bath. He states that he does not like having a bath or shower because of
the pain it can involve. He struggles to get in and out of the bath. He holds on the sink to be
able to get in and out. He needs to sit down on the side of the bath because he cannot stand
for too long. He is able to wash his hair using his right hand. He is able to wash his chest and
private areas. He needs to sit to wash his legs and feet. He does not have a long handled
sponge.
Managing toilet needs or incontinence
He can control his bladder and bowels. He does not use incontinent pads. He states that he
can have accidents from urine because he struggles to get into the bathroom in time. He has to
hold on the sink to be able to sit down and get up due to his back pains and leg pain. He is able
to clean his private areas after using the toilet.
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Dressing and undressing He is able to change his clothes regularly without encouragement. He is able to put his t-shirt on. He puts the left sleeve first then the right. He need to be seated to to be able to put his trousers on. He cannot stand for a long time and he tends to loose his balance. He struggles to put his shoes and socks. He prefers wearing loose clothing and slip on shoes.
Communicating verbally
He is able to understand when people speaks to him. He can verbalise his needs and feelings. He can use his mobile phone to make and receive calls. He does not have hearing problem.
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Reading and understanding signs, symbols and words He can read and understand his posts and medical documents. He can understand and follow signs and directions that he sees.



Moving around				
He states that he struggles when walking. He can generally walk for 2 to 3 minutes but cannot walk more than that due to the pain on his left hip and left leg. He always use his always have his crutch when walking indoors due to unsteady balance. When he is outdoors he doesn't like using it. He prefers to hold on to his friend. He walks on a slow speed all the time. He states that he struggles using the stairs and uneven ground.				
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Other relevant functional history				

Observations

General appearance and Informal Observations

Heard his name when called in the waiting area. He sat on and off with difficulties while holding on the armrests of the chair using both hands. He walks on a slow pace with slightly abnormal gait and slightly unsteady balance using his crutch. He did not appear to be in pain when walking. He managed to hold his belongings with good grip using both hands. He managed to lift his legs on the examination couch with minimal difficulties but managed to do it himself. He managed to lift his shins when seated.

He has adequate attention. No anxiety, distress and breathlessness noted. Normal breathing pattern observed. He managed to answer all questions appropriately and give information about his condition. He wears clean and appropriate clothing. His words and sentences are clean and understandable. He managed to tell what his medications are for and when he need to take it. No signs of confusion observed.

Claimant consent: The claimant consented to a physical examination

Mental state

Look tired.

Average build, does not look undernourished.

Well kempt.

Casually dressed.

Looks slightly unwell.

Did not appear to be trembling.

Increased sweating was not apparent.

Normal complexion. Normal facial expression.

Interaction normal, not restless or withdrawn.

Coped well at interview.

Normal manner, not anxious, agitated or tense.

Adequate rapport. Adequate eye contact.

Normal amount of speech. Speech content was normal.

Behaved normally, not hostile, or withdrawn.

No delusions. Does not report hallucinations.

Orientated in time, place and person.

Did not require prompting.

Adequate general memory.

Adequate concentration.

No cognitive test needed.

Had good insight into their illness.

Normal long term memory. Normal short term memory.

All of the joints in his upper/lower limbs, head, neck and back have normal range of motion and no functional restrictions except for the following:	
Only able to crouch less than half way down to the floor. Spine can bend forward to reach knee level only. Left straight leg raise less than 70 degrees (ability to lift straight left leg when lying down reduced).	
Upwards movement (dorsiflexion) of left ankle slightly reduced. Left ankle plantarflexion less than 50 degrees (downwards movement of left ankle reduced). Left knee flexion reduced to 90 degrees (left knee bending slightly reduced). Left knee extension less than full (unable to fully straighten left knee).	
Power in left leg moderately reduced. Shoulder abduction reduced to 120 degrees - 150 degrees (can raise left arm	
away from side to above shoulder level, but not fully).	
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iot examined.		

Health professional's opinion - Daily Living activities

	Descriptor	
1. Preparing food	a. Can prepare and cook a simple meal unaided.	0
	b. Needs to use an aid or appliance to be able to either prepare or cook a simple meal.	•
c. Cannot cook a simple meal using a conventional cooker but is able to do so using a microwave.		0
	d. Needs prompting to be able to either prepare or cook a simple meal.	0
	e. Needs supervision or assistance to either prepare or cook a simple meal.	0
	f. Cannot prepare and cook food at all.	0
Justification for descr	riptor choice	
The claimant did not report significant functional problems with this activity in their questionnaire or at consultation, and there was no evidence to suggest otherwise. If not ticked, reason given below: States that he struggles in this activity. MSO and IO shows that he has limited movement and moderately reduced power on his back and left lower limb. He has slightly unsteady balance. He appeared tired and slightly unwell. He is taking pain medications regularly. He has normal power on both upper limbs. He managed to hold his belongings with good grip and managed to support himself when standing and sitting using both hands. MSE and IO shows that he does not require prompting. He is orientated and has good insight. He has adequate memory, attention and concentration. No anxiety and distress noted. He states that his 1st line antidepressant is helping and he does not see a mental health specialist at present. Therefore he will need to use an aid or appliance to be able to either prepare or cook a simple meal safely, reliably and on a timely manner. Note: MSO - musculoskeletal observation, MSE - mental state examination, FH - functional		

Activity	Descriptor			
2. Taking nutrition	a. Can take nutrition unaided.	•		
	b. Needs – (i) to use an aid or appliance to be able to take nutrition; or (ii) supervision to be able to take nutrition; or (iii) assistance to be able to cut up food.	0		
	c. Needs a therapeutic source to be able to take nutrition.	0		
	d. Needs prompting to be able to take nutrition.	0		
	e. Needs assistance to be able to manage a therapeutic source to take nutrition.	0		
	f. Cannot convey food and drink to their mouth and needs another person to do so.	0		
Justification for descriptor choice				
The claimant did not report significant functional problems with this activity in their questionnaire or at consultation, and there was no evidence to suggest otherwise.				
If not ticked, reason given below:				
prompting. He does no	be reminded to eat. MSE and IO shows that he does not requit look undernourished. He is orientated and has good insight. Fention and concentration. No anxiety and distress noted. He sta	le has		

FH shows that he does not see a dietitian and does not take food supplements.

He has normal power on both upper limbs. He managed to hold his belongings with good grip and managed to support himself when standing and sitting using both hands.

his 1st line antidepressant is helping and he does not see a mental health specialist at present.

Therefore he can take his nutrition unaided safely, reliably and on a timely manner.

Activity	Descriptor	
3. Managing therapy or monitoring a health condition	a. Either – (i) Does not receive medication or therapy or need to monitor a health condition; or (ii) can manage medication or therapy or monitor a health condition unaided.	•
	b. Needs either — (i) to use an aid or appliance to be able to manage medication; or (ii) supervision, prompting or assistance to be able to manage medication or monitor a health condition.	0
	c. Needs supervision, prompting or assistance to be able to manage therapy that takes no more than 3.5 hours a week.	0
	d. Needs supervision, prompting or assistance to be able to manage therapy that takes more than 3.5 but no more than 7 hours a week.	0
	e. Needs supervision, prompting or assistance to be able to manage therapy that takes more than 7 but no more than 14 hours a week.	0
	f. Needs supervision, prompting or assistance to be able to manage therapy that takes more than 14 hours a week.	0

Justification for descriptor choice

The claimant did not report significant functional problems with this activity in their questionnaire or at consultation, and there was no evidence to suggest otherwise.
If not ticked, reason given below:
States that he needs to be reminded to take his medications. However, his MSE and IO shows that he does not require prompting. He is orientated and has good insight. He has adequate memory, attention and concentration. No anxiety and distress noted. He states that his 1st line antidepressant is helping and he does not see a mental health specialist at present. He managed to tell what his medications are for and when he need to take it.
He has normal power on both upper limbs. He managed to hold his belongings with good grip and managed to support himself when standing and sitting using both hands.
Therefore he can manage his medications unaided safely, reliably and on a timely manner.

Activity	Descriptor	
4. Washing and bathing	a. Can wash and bathe unaided.	0
	b. Needs to use an aid or appliance to be able to wash or bathe.	0
	c. Needs supervision or prompting to be able to wash or bathe.	0
	d. Needs assistance to be able to wash either their hair or their body below the waist.	0
	e. Needs assistance to be able to get in or out of a bath or shower.	0
	f. Needs assistance to be able to wash their body between the shoulders and waist.	0
	g. Cannot wash and bathe at all and needs another person to wash their entire body.	0

	person to wash their entire body.	\bigcirc	
Justification for descriptor choice			
	The claimant did not report significant functional problems with this activity in their questionnaire or at consultation, and there was no evidence to suggest otherwise.		
If not ticked, reason	given below:		
States that he struggles when having wash and shower. MSO and IO shows that he has limited movement and moderately reduced power on his back and left lower limb. He has slightly unsteady balance and slightly abnormal gait. He appeared tired and slightly unwell. He is taking pain medications regularly.			
Even though he has slight restriction on his left upper limb, MSO shows that he managed to fully abduct his right upper limb above his head. He has normal power on both upper limbs. He managed to hold his belongings with good grip and managed to support himself when standing and sitting using both hands. He managed to lift his legs on the examination couch with minimal difficulties but managed to do it himself.		. He standing	
MSE and IO shows that he does not require prompting. He appears well kempt. He is orientated and has good insight. He has adequate memory, attention and concentration. No anxiety and distress noted. He states that his 1st line antidepressant is helping and he does not see a mental health specialist at present.		iety and	
Therefore he will need to use an aid or appliance to be able to complete this activity safely, reliably and on a timely manner.		afely,	

Activity	Descriptor	
5. Managing toilet needs or	a. Can manage toilet needs or incontinence unaided.	0
incontinence	b. Needs to use an aid or appliance to be able to manage toilet needs or incontinence.	•
	c. Needs supervision or prompting to be able to manage toilet needs.	0
	d. Needs assistance to be able to manage toilet needs.	0
	e. Needs assistance to be able to manage incontinence of either bladder or bowel.	0
	f. Needs assistance to be able to manage incontinence of both bladder and bowel.	0
Justification for desc	riptor choice	
The claimant did not report significant functional problems with this activity in their questionnaire or at consultation, and there was no evidence to suggest otherwise.		
If not ticked, reason	n given below:	
States that he struggles when using the toilet. MSO and IO shows that he has limited movement and moderately reduced power on his back and left lower limb. He had difficulties sitting on and off. He has slightly unsteady balance. He appeared tired and slightly unwell. He is taking pain medications regularly.		
FH shows that he can control his bladder and bowels. He states that he can clean his private areas after using the toilet. He also states that he can have urine leakage. However, he also states that this is due to his inability to reach the toilet in time.		
Therefore he will need to use an aid or appliance to be able to manage his toilet needs safely, reliably and on a timely manner.		

Activity	Descriptor	
6. Dressing and undressing	a. Can dress and undress unaided.	0
	b. Needs to use an aid or appliance to be able to dress or undress.	•
	c. Needs either — (i) prompting to be able to dress, undress or determine appropriate circumstances for remaining clothed; or (ii) prompting or assistance to be able to select appropriate clothing.	0
	d. Needs assistance to be able to dress or undress their lower body.	0
	e. Needs assistance to be able to dress or undress their upper body.	0
	f. Cannot dress or undress at all.	0

Justification for descriptor choice

The claimant did not report significant functional problems with this activity in their questionnaire or at consultation, and there was no evidence to suggest otherwise.	
If not tipled recent given helevy	

If not ticked, reason given below:

States that he struggles when changing his clothes. MSO and IO shows that he has limited movement and moderately reduced power on his back and left lower limb. He has slightly unsteady balance. He appeared tired and slightly unwell. He is taking pain medications regularly.

Even though he has slight restriction on his left upper limb, MSO shows that he managed to fully abduct his right upper limb above his head. He has normal power on both upper limbs. He managed to hold his belongings with good grip and managed to support himself when standing and sitting using both hands. He managed to lift his legs on the examination couch with minimal difficulties but managed to do it himself.

MSE and IO shows that he does not require prompting. He appears well kempt. He wears clean and appropriate clothing. He is orientated and has good insight. He has adequate memory, attention and concentration. No anxiety and distress noted. He states that his 1st line antidepressant is helping and he does not see a mental health specialist at present.

Therefore he will need to use an aid or appliance to be able to dress and undress safely, reliably and on a timely manner.

Activity	Descriptor	
7. Communicating verbally	a. Can express and understand verbal information unaided.	•
	b. Needs to use an aid or appliance to be able to speak or hear.	0
	c. Needs communication support to be able to express or understand complex verbal information.	0
	d. Needs communication support to be able to express or understand basic verbal information.	0
,	e. Cannot express or understand verbal information at all even with communication support.	0

Justification for descriptor choice	
The claimant did not report significant functional problems with this activity in their questionnaire or at consultation, and there was no evidence to suggest otherwise.	✓
If not ticked, reason given below:	

Activity	Descriptor	
8. Reading and understanding signs, symbols and words	a. Can read and understand basic and complex written information either unaided or using spectacles or contact lenses.	•
and words	b. Needs to use an aid or appliance, other than spectacles or contact lenses, to be able to read or understand either basic or complex written information.	0
	c. Needs prompting to be able to read or understand complex written information.	0
	d. Needs prompting to be able to read or understand basic written information.	0
	e. Cannot read or understand signs, symbols and words at all.	0

Justification for descriptor choice

The claimant did not report significant functional problems with this activity in their questionnaire or at consultation, and there was no evidence to suggest otherwise. If not ticked, reason given below:	Sustincation for descriptor choice	
If not ticked, reason given below:	in their questionnaire or at consultation, and there was no evidence to	✓
	If not ticked, reason given below:	
	·	

Activity	Descriptor	
9. Engaging with others face to	a. Can engage with other people unaided.	•
face	b. Needs prompting to be able to engage with other people.	0
	c. Needs social support to be able to engage with other people.	0
	d. Cannot engage with other people due to such engagement causing either — (i) overwhelming psychological distress to the claimant; or (ii) the claimant to exhibit behaviour which would result in a substantial risk of harm to the claimant or another person.	0

dustification for descriptor choice
The claimant did not report significant functional problems with this activity in their questionnaire or at consultation, and there was no evidence to suggest otherwise.
If not ticked, reason given below:
States that he struggles when engaging with other people. However, his MSE and informal observation shows that he managed to cope well during the consultation. He has adequate eye contact and managed to build rapport with the HP. He has adequate memory, attention and concentration. He was not withdrawn and he showed normal behaviour throughout the consultation. He did not show signs of anxiety and distress during the assessment. He managed to answer all the questions appropriately and give information about his condition. He does not have cognitive and learning impairment that can suggest otherwise.
He states that his 1st line antidepressant is helping and he does not see a mental health specialist at present.
Therefore he can engage with other people unaided safely, reliably and on a timely manner.

Activity	Descriptor	
10. Making budgeting	a. Can manage complex budgeting decisions unaided.	•
decisions	b. Needs prompting or assistance to be able to make complex budgeting decisions.	0
	c. Needs prompting or assistance to be able to make simple budgeting decisions.	0
	d. Cannot make any budgeting decisions at all.	0
Justification for desc	riptor choice	
	ot report significant functional problems with this activity ire or at consultation, and there was no evidence to	
to answer all the quest cognitive and learning	ted and has good insight. No signs of confusion observed. He rions appropriately and give history of his condition. He does no impairment that can suggest otherwise. ine antidepressant is helping and he does not see a mental hea	t have
Therefore he can man manner.	age complex budgeting decisions unaided safely, reliably and o	n a timely

The functional restriction affecting the daily living activities identified in this report is likely to have been present for:			
At least 3 months	\odot	Not applicable	
Less than 3 months	0	(no functional restriction present)	
The functional restriction affecting the daily living activities identified in this report is likely to remain for:			
At least 9 months	\odot	Not applicable	
Less than 9 months	0	(no functional restriction present)	

Mobility activities

Activity	Descriptor	
11. Planning and following	- .	
journeys	b. Needs prompting to be able to undertake any journey to avoid overwhelming psychological distress to the claimant.	0
	c. Cannot plan the route of a journey.	0
	d. Cannot follow the route of an unfamiliar journey without another person, assistance dog or orientation aid.	0
	e. Cannot undertake any journey because it would cause overwhelming psychological distress to the claimant.	0
	f. Cannot follow the route of a familiar journey without another person, assistance dog or an orientation aid.	0
Justification for desc	riptor choice	
The claimant did not report significant functional problems with this activity in their questionnaire or at consultation, and there was no evidence to suggest otherwise.		
If not ticked, reason given below: States that he needs support with this activity. However, his MSE and informal observation shows that he managed to cope during the consultation. He has adequate memory, attention and concentration. He is orientated and has good insight. He did not show signs of anxiety and distress during the assessment. He managed to answer all the questions appropriately and give history of his condition. He does not have sensory, cognitive and learning impairment that can suggest otherwise. He states that his 1st line antidepressant is helping and he does not see a mental health specialist at present. Therefore, he can plan and follow the route of a journey unaided safely, reliably and on a timely manner.		

Activity	Descriptor	
12. Moving around	a. Can stand and then move more than 200 metres, either aided or unaided.	0
	b. Can stand and then move more than 50 metres but no more than 200 metres, either aided or unaided.	•
	c. Can stand and then move unaided more than 20 metres but no more than 50 metres.	0
	d. Can stand and then move using an aid or appliance more than 20 metres but no more than 50 metres.	0
	e. Can stand and then move more than 1 metre but no more than 20 metres, either aided or unaided.	0
	f. Cannot, either aided or unaided – (i) stand; or (ii) move more than 1 metre.	0
Justification for de	escriptor choice	
	not report significant functional problems with this activity naire or at consultation, and there was no evidence to se.	
If not ticked, reas	son given below:	
	P2 that he cannot walk more than 50 metres. However, he states only walk for 2 to 3 minutes but cannot walk more than that due to the eg.	
IO shows that he walks on a slow pace with slightly abnormal gait and slightly unsteady balance using his crutch. He did not appear to be in pain when walking.		
MSO and IO shows that he has limited movement and moderately reduced power on his back and left lower limb. He appeared tired and slightly unwell. He is taking pain medications regularly.		
Therefore he can stand and then move more than 50 metres but no more than 200 metres aided safely, reliably and on a timely manner.		

The functional restriction to have been present for	-	y activities identified	in this report is likely
At least 3 months	\odot	Not applicable	0
Less than 3 months	0	(no functional restr	iction present)
The functional restriction	n affecting the mobility	activities identified	in this report is likely
to remain for:	_		
At least 9 months	\odot	Not applicable (no functional restri	O ation present)
Less than 9 months	0	(no idirettorial restir	ction present)

Based on the claimar claim in:	nt's likely future circun	nstances, it would be	appropriate to review the
Years	3	Months 0	
OR			
	le evidence, I conside his claim as significan	-	irement to
Justification for review	w period choice		
The claimant's condition at present with regards t		• •	pes not see any specialist
There were no restriction	ns observed with regard	s to his mental state.	
Therefore a long term re	eview of 3 years is recon	nmended.	
It is likely that the fun the recommended po	ctional restriction ide oint of review:	ntified in this report w	rill be present at
Yes	\odot	Not applicable	0
No	0	(no restriction prese	ent)
<u> </u>			
	not claimed under the ninally ill under the pre		sions, in my
Yes	0		
No	ledo		
The claimant has a mental, intellectual or cognitive impairment and may need additional support to comply with future claim processes:			
Yes	0		
No	\odot		

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up time (mins)	
I can confirm that there is	no harmful information in this report.
Name	Ms Ms
Type of professional	Nurse
Date	18/08/2017

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Type of professional

Consideration/writing

Last updated by

Date

For office use only

Musculoskeletal disease (regional) | Injuries/fracture/dislocation | Multiple