

Your online consultation request for Back problem

SUBMITTED ON:
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eConsult reference number for this request:



The answers to your online GP consultation for back problem are below.

Your practice will respond by phone, text or email **before 6:30PM on Tuesday, 6th of July** with your GP's feedback and treatment details.

Here are two important tips for ensuring you receive a response:

- A call from your practice may sometimes appear on your phone as "Blocked", "No caller ID" or "Private number"
- Check your junk email folder

If your doctor gives you a prescription, they will let you know where and when you can pick it up when they call you.

IMPORTANT: if your condition worsens or if you find the details you submitted are incorrect, please call the practice immediately on 020 7363 1111.

NOW WE JUST NEED TO KNOW WHAT KIND OF HELP YOU WOULD LIKE:

Please tell us in a few words how we can help.	You said: "I have had a decade's long struggle with back-pain. I was prescribed tramadol in 2014 after a diagnosis of fibromyalgia; the medication improved my suffering. I have been off medication for four years. This year I screened positively for ADD (ASRS: 6/6 Part A, 7/12 Part B). I can confidently say the back-pain has and is still severely affecting my concentration and ability to focus, being distracted by the pain. I have even resorted to punching my right oblique out of frustration with pain."
Have you tried anything for this?	Yes
Please tell us what you have tried.	You said: "Tramadol (50gm). I realised I was becoming addicted to tramadol and stopped taking this."
Is there any particular help you would like?	Yes
Please tell us what help you would like.	You said: "Any form of lumbar epidural steroid injection to directly target the pain."
Would you like help from a particular person at the surgery? If the person that you requested is not available, another member of the team at the practice will contact you.	No

WE'LL NOW ASK YOU SOME QUESTIONS ABOUT YOUR SYMPTOMS:

Please describe your symptoms.	You said: "1. Intense burning pain in my lower back when laying on my back (10/10 for pain). 2. Prescribed a dental split due to excessive teeth grinding - this is because I am in such pain sleeping. 3. Inability to sleep properly due to pain, waking up unrested. 4. Inability to sit at my desk and focus on work, losing productivity each week. 5. Feeling of frustration and anger, not able to sit comfortably at my desk. 5."
Is your back painful?	Yes
Does the pain move into your chest?	No
Does the pain move into your abdomen?	No
How bad is your back pain?	10 (most painful)
How does your back pain affect you?	The pain is awful and prevents me from doing daily activities. It's hard to do anything.
Does the back pain wake you up at night?	Yes
Did you injure your back?	No
Do you have pain in your lower back?	Yes

During the last 2 weeks, has your back pain spread down your leg(s)?	No
During the last 2 weeks, have you had pain in your shoulder or neck?	Yes
During the last 2 weeks, have you only been able to walk short distances because of your back pain?	No
During the last 2 weeks, have you dressed more slowly than usual because of your back pain?	No
Do you think it's not really safe for a person with a condition like yours to be physically active?	Yes
During the last 2 weeks, have worrying thoughts gone through your mind a lot?	No
Do you feel that your back pain is terrible and it's never going to get any better?	Yes
During the last 2 weeks, have you been able to enjoy all the things you usually enjoy?	Yes
Overall, how bothersome has your back pain been in the last 2 weeks?	Very much
How long have you had your current symptoms?	Longer than 6 weeks
Do you have any weakness in your leg(s) that was not there before?	No
Do you have any pins and needles or tingling in your leg(s)?	No
Since this back problem started, have you been incontinent of urine (wetting yourself)?	No
Since this back problem started, have you lost control of your bowels (going for a poo)?	No
Have you got any numbness in your bottom area?	No
Do you have blood in your urine (pee)?	No
Have you had a temperature of 38 degrees C (100.4 degrees F) or above during this illness?	No
Have you had any uncontrollable shivering?	No
Have you vomited (been sick) more than once?	No
Have you had a problem with your back before?	Yes
Please tell us what happened when you had a problem with your back before and if you saw a doctor or nurse about it.	You said: "An MRI scan in 2016 showed discogenic back pain at L5 and S1. I have an image of the MRI scan and I can share this."
Have you had any weight loss recently?	No
Have you had any surgery to your back in the past 2 weeks?	No

<p>On the next screen you'll be able to upload photos related to your request. Uploading photos is optional.</p> <p>Please keep in mind that any photos you upload:</p> <ul style="list-style-type: none"> will be added to your clinical record and used for your clinical care, may be seen by male or female practice staff, should not be an intimate area (such as genitalia, anus, bottom or breasts), even if these are the problem area. 	I understand, I want to upload photos
<p>If possible, please upload a photo(s) of your problem. If you do add photos, describe what they're showing and on what part of the body. You can upload up to 4 photos.</p>	Please see the photo(s) attached at the end of this consultation
<p>Is there anything else you would like to tell us that we have not asked?</p>	No

JUST A FEW LAST QUESTIONS ABOUT YOUR GENERAL HEALTH:

Are you taking any drugs or medicines that your practice doesn't know about?	No
How many units of alcohol do you drink each week? (1 pint of beer is approximately two units and one small glass of wine is 1 unit)	1-7 units per week

Do you smoke?	No, I've never smoked
Do you have any allergies?	No
Have you or anyone in your household had COVID in the last 3 months? Or are you self-isolating right now?	No

If possible, please upload a photo(s) of your problem. If you do add photos, describe what they're showing and on what part of the body. You can upload up to 4 photos.

You said:

"MRI Scan, 2016."

