

3 Rheumatology example

Rheumatology Department, St Crispin's Hospital, Donaldstown, DO5 7TP
Dr H.H. Crippen, Consultant Rheumatologist

(01234) 567890
rd@stcrispins.nhs.uk

Outpatient letter to General Practitioner

| Patient demographics | | Attendance details | |
|---------------------------|---------------------------|----------------------------------|--|
| Patient name | Miss Ophelia Gently | Date of appointment/contact | 11/05/2017 |
| Date of birth | 01/04/1984 | Contact type | First attendance |
| Gender | Female | Consultation method | Face-to-face |
| NHS number. | 987654321 | Seen by | Dr. H.H. Crippen, Consultant Rheumatologist (01234) 569879 |
| Hospital ID | TL98764 | Outcome of outpatient attendance | Appointment to be made at a later date |
| Patient address | 22 Acacia Road, BM9 6PL | GP practice | |
| Patient email address | <u>ophelia@gently.net</u> | GP practice identifier | A111111 |
| Patient telephone number. | 077 7777 776 | GP name | Dr. C. O'Reilly |
| | | GP details | Canvas Health Centre, 27 Acacia Road, BM9 6PM (01234) 956412 |

Dear Dr. O'Reilly

Thank you for referring Miss Gently to my rheumatology outpatient clinic.

Diagnoses

1. Multiple joint pain,
2. fatigue,
No evidence of inflammatory arthritis.
3. Type 1 diabetes
4. Hypothyroidism

Clinical summary

Symptoms are unlikely to improve until sleep disturbance is tackled. I suggest Amitriptyline is prescribed.

History

Miss Gently has had left wrist pain since December 2016. Since then she has also had right wrist pain and aching in the shoulders and knees. She describes tingling and burning in the forearms and in the calves and shins. Her symptoms are gradually worsening and they are now constant. She feels tired all the time and has broken unrefreshing sleep. She has been diagnosed with Type 1 diabetes and hypothyroidism.

Allergies and adverse reactions No known allergies or adverse reactions

Participation in research

Name of research study: APIPPRA

<http://www.kcl.ac.uk/lsm/research/divisions/dioid/departments/rheumatology/research/clinical/current/apippra/apip>

Social context

Occupational history Unemployed
Alcohol intake 10-12 units weekly

Smoking

Ex-smoker

Review of systems

Poor sleep.

Examination findings

Musculoskeletal system

Trapezius discomfort on elevation of the shoulders. Discomfort on active neck movements.

Patient and carer concerns, expectations and wishes

I just want to stop hurting all the time and to have some energy back.

Investigation results

Investigation:

Antinuclear antibodies

Complement levels

Immunoglobins

Investigation result:

Normal

Normal

Normal

Medications and medical devices

(only changes to medications and medical devices as a result of the outpatient encounter are included)

Medication name

Amitriptyline

Form

Tablet

Route

Oral

Dose amount

1 x 10mg

Dose timing

Once per day

Additional instructions

To be taken one hour before bed

Status

Added

Start datetime

11/05/17

End datetime

23/05/17

Indication

Sleep disturbance

Link to indication record

Comment / recommendation

Titration upwards according to response and tolerance.

Patient given 2xweek prescription in clinic. GP to please review in 2xweeks and renew or amend prescription as necessary.

Plan and requested actions

Actions for patient or their carer

Should endeavor to take regular, gentle exercise in gradually increasing amounts.

Information and advice given

The patient was advised that previous abnormal blood results are not of any clinical significance other than reflecting known diagnosis of thyroid disease.

Person completing record:

Dr. H.H. Crippen, Consultant Rheumatologist, GMC: 2639598, Hawley.crippen@nhs.net

Date: 11/05/2017: 14:38

Distribution list:

Miss Gently (patient),