

PATIENT DETAILS

Age	45 yrs
Name	Charles / Charlotte Churchward
Presenting complaint	Rheumatoid arthritis — wrist and finger-joint pain
Opening statement	I've had constant pain in my wrists for two weeks and now my finger joints are being affected

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Name: Charles/ Charlotte Churchward Age: 45 yrs

IMPORTANT SOCIAL, CULTURAL OR BEHAVIORAL CHARACTERISTICS OF PATIENT

OPENING STATEMENT: "I'VE HAD CONSTANT PAIN IN MY WRISTS FOR TWO WEEKS AND NOW MY FINGER JOINTS ARE

being affected"

RESPONSE TO FURTHER OPEN QUESTIONS

e.g. if asked to say more about the pain or problem. You have developed pain in both your wrists over the last two weeks. It feels like a deep burning pain and has been pretty much constant. You have been taking ibuprofen which helps but only if you take 400mg at least three times a day. Your wrists look swollen and are tender when you feel over them. You have found it difficult to move your wrists when you get up and it's taking you much longer to get ready in the mornings. Yesterday morning you woke to find that the first joint (Proximal interphalangeal joint) of your right middle finger was swollen and painful and this morning the same joint in your left ring finger has done the same. You are now struggling to open bottles and jars and finding typing at work very difficult. No fevers, eating and drinking normally, no weight loss. No gastrointestinal symptoms, no headaches, no ear, nose, throat issues, no urinary system issues.

WHAT TO DIVULGE IF DOCTOR ONLY USING CLOSED QUESTIONS: ONLY DIVULGE INFORMATION ABOUT THE FACT THAT

your joints are difficult to move, if asked directly, say that they are stiff.

PAST MEDIAL HISTORY

YOU HAVE HAD THE FOLLOWING ILLNESSES

Tonsillectomy (aged 11 years) Viral meningitis (aged 13 years) Right ankle lateral malleolus fracture (aged 20 years)

DRUGS & ALLERGIES

You are not taking any prescribed medication. You have taken 400mg of Ibuprofen three times a day to try and help this current pain.

FAMILY HISTORY

Your father has had two heart attacks and gets angina occasionally. He still smokes but you gave up when he had his first heart attack. Your mother has arthritis in her knees. You think it is osteoarthritis.

SOCIAL HISTORY

You are a journalist working for the Manchester Guardian. You have an above average income but do not consider yourself to be "well off". You are single. You are not currently in a relationship.

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You have a 5-year-old daughter who is now at school and lives with her mother/ father. You see her every other weekend. You are an ex-smoker. You started smoking aged 15 years and by 18 were smoking 20 cigarettes a day. You stopped when you were 28 years old. You drink wine on 2 to 3 evenings a week and will consume 1 to 2 bottles per week.

HOW TO RESPOND TO EMOTIONAL SUBJECTS AND QUESTIONS

If asked about how you feel about your symptoms say that you are worried because they are starting to affect your work. Ideas: You think that you may have developed some form of arthritis as a colleague had something similar a few years ago. She was off work for a while and now goes to see a specialist regularly Concerns: You are concerned that you are finding it increasingly difficult to use a keyboard and if things get worse will not be able to work. Expectations : You are expecting that the doctor will refer you to see a specialist and arrange some investigations while you are waiting to be seen.

SIMULATED PATIENT NON-VERBAL BEHAVIOR

You are smartly dressed. You are polite and courteous. You are a little anxious. Your mood is normal. You have no mannerisms. You do not need to demonstrate any symptoms.

BACKGROUND PERSONAL INFORMATION

You are a journalist and were born in London. Your parents were both journalists and your mother still writes novels with some success. You are the eldest of three children and were educated at a local state school where you did well. You went to New College, Oxford where you studied Philosophy, Politics and Economics obtaining a 2.1 degree. You have worked for various newspapers since graduating and now have a good job with the Manchester Guardian reporting on UK and International politics.

ACTOR INFORMATION FOR SECOND CONSULT

You have returned to get your results, you are keen to hear what has been found. You had already some suspicions that it could be a type of arthritis but you don't know much about Rheumatoid

arthritis so you would like to hear more about it. You are mostly concerned about what this means for your function and job. You are worried about how this is going to affect you long term. You would like to know the next steps. If the student advises that you will be referred on to a specialist the you gladly accept this but ask them if there is any medication you can take in the meantime to help with the pain. If the students don't say they will refer you to a specialist challenge them on this and bring up that your friend with arthritis sees a specialist regularly.

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INFORMATION TO BE GIVEN TO STUDENT BEFORE SEEING SIMULATED PATIENT.

Name: Charles/ Charlotte Churchward Age: 45 yrs PMH: Tonsillectomy (aged 11 years) Viral meningitis (aged 13 years) Right ankle lateral malleolus fracture (aged 20 years) Current medication: None on computer – no allergies Other information recorded: Single 1 daughter ex-smoker Alcohol consumption - 5 units per week Consultations in last 12 months: None

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PHYSICAL EXAMINATION

Both wrists look swollen and are warm to the touch. They are tender and have a globally reduced range of movement. The right middle finger and left ring finger's proximal interphalangeal joints are swollen, warm and tender with a reduced range of flexion. The patient is unable to make a full fist with either hand.

Observations- Within normal parameters Otherwise looks well, alert, no confusion, talking in full sentences.

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2nd consultation to explain results and share management plan
Parameter Normal Range Patients Result
Hb g/L Male 130-175 Female 115-150 130
MCV fL 80-96 84.4
WBC x10⁹/L 3.8-10 7.2
Platelets x10⁹/L 150-400 230
ESR mm/hr <20 54
CRP mg/L <5 38
Urate mmol/L Male 0.2-0.42
Female 0.14-0.34 222
•U/E normal •LFTs normal •Rheumatoid factor positive •Anti CCP positive