

Simulated Patient Brief — DEAN (Ankle Sprain) • Week 1**PATIENT DETAILS**

Age	22 years
Name	Fiona / Frankie Dean
Presenting complaint	Ankle sprain
Opening statement	I think I've broken my ankle Doc

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Name: Fiona/Frankie Dean Age: 22 years

OPENING STATEMENT: "I THINK I'VE BROKEN MY ANKLE DOC"

CLINICAL DETAILS

Three days ago, you were playing football when you were tackled heavily and hurt your right ankle. The pain was quite severe for some minutes after the tackle but then settled to a throbbing pain. You needed help from your team mates to get up but could then walk very gingerly off the pitch. You were given a lift home as you couldn't drive your car. When you got home your ankle was very swollen, more so over the outer ankle and a bit tender. It hurts to move your foot more than a twitch. Your Dad who was in the St. John Ambulance for a while bandaged your ankle and made you apply ice packs. This seemed to help the swelling a bit. However yesterday you were still struggling to walk and couldn't drive your car. Consequently, you went to the local A&E department but there was a 12 hour wait for "minors" so you did not wait to be seen and your mum phoned and got you the GP appointment today. Today your ankle is still swollen and tender over the outer aspect. It hurts to move your foot and walking is quite painful but you can manage short distances. You have no other symptoms.

RESPONSE TO OPEN QUESTIONS

You can explain how the injury happened and that the ankle became swollen. Then to further open questions, you can wander off the point and go on about the "thug" in the opposing team and how they are determined to win the league by any means, etc. If open questioning used then you are open about what has happened, you are happy to elaborate.

WHAT TO DIVULGE ONLY TO CLOSED QUESTIONS

If asked directly you can say that you could walk on the affected leg after the injury but only with great difficulty, explain that you went to A&E but didn't wait, state what self management has taken place. If they only ask closed yes and no questions only give short answers that directly answers the question.

IMPORTANT SOCIAL, CULTURAL OR BEHAVIORAL CHARACTERISTICS OF PATIENT

You are single and still living at home with Mum, Dad and your older brother and sister. You are the “baby” and have been spoiled. Mum still looks after you extremely well. You left school at 16 with a few GCSE’s and have been working in a call center for a debt collection agency ever since. You quite enjoy your work and have been promoted since joining the company as although you didn’t do well at school you are quite intelligent and streetwise. You enjoy playing football and play regularly for a team in the local Sunday league, support the local non-league team as well following the Wolves. You have a lot of good mates and most Friday and Saturday nights you are out clubbing with them. You are a cheerful person who lives life to the full. You have had a succession of partners but are not ready to settle down yet. Patient’s perspective (ICE & Feelings): Ideas: You think you might have broken your ankle as surely a sprain would have got better by now. Your best friend, Emma, says the doctors missed her broken ankle. “I think I’ve broken it doc”. Concerns: You are concerned that you have broken your ankle and might not be able to play football for months like Emma even though she didn’t have surgery or a plaster cast. You are worried about how this

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might affect your work. “I won’t be able to play for months doc” and “How am I going to get to work doc, I can’t drive my car”. Expectations: You want the doctor to arrange an x-ray and will be disappointed and upset if s/he doesn’t and doesn’t give a good explanation why not. You are feeling fed up by the restrictions this injury is placing on your life already. If asked how you feel about what has happened you should say that you are angry.

PAST MEDIAL HISTORY: CHICKENPOX AGE 8 YEARS

DRUGS & ALLERGIES: NEXPLANON IMPLANT

FAMILY HISTORY: NONE

SOCIAL HISTORY

You are single but sexually active. You are not in a relationship right at this moment. You work in a call center as a section leader. You stopped smoking 6 months ago, having smoked 10 cigarettes/day for 6 years. You are really pleased that you have given up and have noticed that you can run faster and for longer when playing football. You drink vodka, on a Friday night and Saturday. You don’t really know how much you drink as you are usually pretty drunk by the end of the night.

SIMULATED PATIENT NON-VERBAL BEHAVIOR

You are casually dressed. You should limp and if available use an old walking stick/crutch. You can “ouch” as much as you like while putting weight through your RIGHT ankle.

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INFORMATION TO BE GIVEN TO DOCTOR BEFORE SEEING SIMULATED PATIENT.

Name: Fiona/ Frankie Dean Age: 22 yrs PMH: Chickenpox age 8 yrs Current medication: None on computer – no allergies Other information recorded: single smoker 10 cigarettes/day Alcohol

consumption - 5 units per week.

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PHYSICAL EXAMINATION

The patient can weight bear on the right ankle but has an antalgic gait. The right ankle is swollen below and anterior to the lateral malleolus and slightly over it. There is tenderness which is maximal over the anterior tala-fibular ligament. There is no bony tenderness over the posterior malleolus or base of the fifth metatarsal. The patient is reluctant to invert her right foot and passive movements elicit obvious pain and inversion is reduced.

Primary Care Block · Week 1 · DEAN — Ankle Sprain · Full script (no content omitted from source PDF)