CONSULTATION ASSESSMENT FORM

Reference number : 11

Presenting complaint(s):

Right Sided Back and Groin Pain

Relevant background information:
(eg previous knowledge of or consultation with this patient)

This man had been laying down paving slabs recently.
He has a history of depression and is on Prozac™ for this (no current symptoms)

Working diagnosis:

Musculoskeletal strain

Outcomes of the consultation:
(eg referral, no action, certificate, review)

Rest & Analgesia
Lifting Advice Supplemented with Leaflets

Prescription:
(provide full details of any prescription given or test ordered, with justification)

Over The Counter Aspirin

Any further points of clarification:

This gentleman's health belief system with regards to his perception of the origin of his back pain was explored. The chronological sequence of events was ascertained.
My initial thoughts centred on excluding the groin pain being secondary to a hernia.
Examination : no hernia, no focal neurological signs, no hernia. He reported no red flag symptoms. This thorough examination was fed back to the patient who subsequently felt reassured.
The advice given regarding the TENS machine this man had recently bought was purely based on simple rationale.
Towards the end of the consultation, a summary of the findings and management plan was reiterated.
The consultation was drawn to a close with an open appointment should further problems re-occur. This was made on the basis of the Croft et al Studies (BMJ 1998) which stated that acute back pain often persists after many months....it is just that patients do not like to bother the Doctor again.
Simple back advice augmented by a leaflet was given in order to promote self help behaviour.

Competences demonstrated (please tick appropriate boxes):

encourage pt's contribution	cues	social/ psych. context	obtain enough info	appro-priate exami-nation	appro-priate diagnosis	diagnosis etc explained	appro-priate language	appropriate mangement plan	options shared	appro-priate pre-scribing	rapport
★	★		★	★	★	★	★	★	★	★	★