

DVD Script 5: Planning treatment [6.58]

- Doctor: Ok so that looks like your blood pressure's all fine and I can't hear anything wrong with your heart which is good news.
- Patient: Oh.
- Doctor: Still looking a bit worried about that.
- Patient: Ah. Well it's this breathlessness I've I've not had it before and I just, I mean what else can it be?
- Doctor: It's not your heart and I don't think it's your blood pressure. But I think the main reason for the fact that you're a bit breathless is that you are quite overweight and um you do smoke pretty heavily.
- Patient: Mhh...
- Doctor: Have you had any thoughts about giving up at all?
- Patient: Um I don't think I could really.
- Doctor: Right why's that?
- Patient: Um well I enjoy a smoke with my friends you know. And I've been smoking for thirty years I've been smoking since I was 15.
- Doctor: Right.
- Patient: You just sort of get used to it don't you it's something you do as a...
- Doctor: As a long habit.
- Patient: Yeah yeah and it helps with my stress as well cause you know when you're in a stressful situation go outside or you go outside nowadays and you have a cigarette don't you.
- Doctor: Yeah.
- Patient: Well you know I think about my gran- my dear old granddad he's dead now and god bless his soul but he died he died at 90.
- Doctor: Right.

Patient: But he'd been smoking all his life.

Doctor: Smoked all his life?

Patient: Heavily really heavily.

Doctor: There's always a few like that. [laugh]

Patient: You don't think it's going to effect you it's not in the family or anything.

Doctor: Yeah I mean you've obviously heard about all the, the problems with smoking and the effect that it does have on your health and causes long-term lung damage you know that the you may be at the beginning of if if the if the cause for the breathlessness is is smoking um causes heart disease causes all all sorts of health problems and ah you know I I think it would benefit you a lot to give up.

Patient: Mhh...

Doctor: Is there anything you think could help you giving up?

Patient: Ahh well I tried that gum.

Doctor: Right.

Patient: Stuff.

Doctor: Right.

Patient: But I didn't get on with it.

Doctor: Why was that?

Patient: I'm just I just don't use chewing gum it always looked a bit daft with mates lighting up and I was sitting there with a bit of chewing gum.

Doctor: Sitting in the pub with a bit of chewing gum. Right ok anything else or was it just the gum that you've tried?

Patient: Yeah just the gum I tried yeah.

Doctor: Would you like me to go through some of the other options for nicotine replacements?

Patient: Yeah yeah it'd be interesting.

Doctor: Ok so you've got something called an inhalator which is a bit like a cigarette but plastic tube that you can sort of suck on when you feel craving for a cigarette. There's also patches, erm the advantage of the patch is that it's sort of continuous release of nicotine. Um and ah a nasal spray is another short acting option that we can give you sort of just give a squirt up the nose when you need to. The advantage of all them is they they um put nicotine into your system so it cuts down the craving for the cigarette and and do help you.

Patient: Yeah

Patient: Help you stop.

Patient: They must have side-effects or...

Patient: Yes some of them do but ah I guess it depends which way you're taking them so the patches can have side effects of irritating the skin a bit. The nasal spray can irritate the nose and the throat a bit particularly when you first start it does it does tend to settle down. So yeah there are a few side effects but I think in the in the long run the benefits pretty much outweigh the the side effects, and you are twice as likely to stop smoking using nicotine replacement as apposed to just using willpower on its own.

Patient: Right um I mean there's lots of things I mean what would you suggest?

Doctor: Well I would suggest that you give it another try and maybe something like using the nasal spray.

Patient: Right so this nasal spray so when when would I use that?

Doctor: Well you use it whenever you get the craving for a cigarette.

Patient: Yeah.

Doctor: So you you squirt it into your nose. So look at the instructions on the pack and they'll tell you exactly what to do. And then gradually over the course of weeks we'll cut down on how much you're using until you get

to the point where you hardly need it and then you can just stop, and by that time hopefully all the cravings and things should have gone.

Patient: Oh right ok. Well I'm willing to give anything anything a go really so yeah I'll try that.

Doctor: That's great well should we set a date to stop now then.

Patient: Set a date?

Doctor: Mmh.

Patient: Why would we need to do that?

Doctor: Well I think it just helps if you can say right from this day on I'm going to stop from then on and you can get your friends and your family on board to bully you a bit and...

Patient: Right ok um. Right so I'll set a date. Well I'm going on holiday.

Doctor: Ok.

Patient: That and I'll be away from my mates for a couple of weeks then.

Doctor: So that might help. What about your family will they be supportive of you?

Patient: Oh yeah they're always going on about me giving up smoking my wife, my daughter always going on about it so they'll be very pleased.

Doctor: So they'll be right behind you.

Patient: Oh yeah yeah.

Doctor: Yeah

Patient: Yeah yeah they'll help. Um so well if sort of started, you know when I go go on holiday yeah.

Doctor: Ok.

Patient: When I'm going away for 2 weeks.

Doctor: Well that's a good idea so how about I give you a prescription you can get the stuff and I'll give you enough for 2 weeks and then you can come back to us after a couple of weeks and we can see how you're getting on um and reduce the dose if necessary or just continue the same dose if you feel that's what you need. Shall I give you a leaflet just to help?

Patient: Ah yeah ah yeah.

Doctor: Yeah it just tells you a little bit more about it.

Patient: I'll read that.

Doctor: Um there you go. You mentioned the fact that well I mentioned that you're a bit overweight as well.

Patient: Yeah.

Doctor: How much exercise do do you manage to do?

Patient: Not very much at all. I mean I like walking but I don't really get the time to do it.

Doctor: Ok that would also help the breathing as well losing a bit of weight. Um I mean upping the amount you walk would be important but also you know we try and advise people to get their heart rates up as much as possible on on at least 3 occasions in a week so for 10–20 minutes. Really so a really brisk walk with the dog.

Patient: Yeah.

Doctor: Would be good or taking up something like swimming or...

Patient: Yeah I think I'll stick to walking.

Doctor: Ok stick to walking but do do fast walking cause it doesn't really you know just pootling slowly along with the dog doesn't really count as exercise so you know you have to get on your trainers and really start start to move.

Patient: Oh yeah. Ok I'll try that as well yeah.

Doctor: Try that too and see how you go. We also run a stop smoking clinic here at the surgery. Is that something that you would consider coming to?

Patient: What's that about? What's this?

Doctor: Well our health care assistant runs a clinic in which she sort of brings you back and she can give you some counselling, some other strategies and you can also meet with other people who are trying to stop at the same time.

Patient: Oh right um. Now no that's not really me that you know I'm not a a stand stand up kind of 'I'm Colin I'm a smoker' type I'm not into that, so no.

Doctor: So you'd rather just do it with the support of your family?

Patient: Yeah yeah I think so.

Doctor: Ok and what about your friends?

Patient: Well we'll see how it goes I mean they'll have a laugh I suppose but.

Doctor: Do they all smoke themselves?

Patient: Oh yeah yeah they're big smokers. All my mates smoke.

Doctor: Ok so they so maybe you could persuade them to give up with you.

Patient: Err yeah I'll try.

[laugh]

Doctor: Ok alright so we'll give you that prescription then and we'll see you in a couple weeks well in fact a month's time so when you get back from your holiday.

Patient: Yeah ok then thanks Doctor.

Doctor: Ok.