



Scenario three

You are the GP. It is mid-morning on a Thursday, which is normally your day off, but you have had to come in because another GP's child is ill. It has been a difficult morning, especially as you do not really know any of the patients.

A 45 year old woman comes in and from the notes you can see that she is a full-time primary school teacher, who has recently been attending and seeing your partner with sleep problems. She is on an anti-depressant and has had a short course of Temazepam, which has now run out. She has come to request some more.

When questioned, she complains of being tired all the time and says that she wakes several times in the night and cannot get back to sleep. She also tells you that her weight has become a problem lately and that she is under a lot of stress because of difficulties with her teenage son.

She tells you that the only thing that has ever really helped is the Temazepam and if you will not repeat this prescription she will come back and see the doctor she normally sees.

- 1. What else would you ask this patient?**
- 2. What examination would you perform?**
- 3. What investigations would you carry out?**
- 4. How would you perform a quick risk assessment of this patient?**
- 5. What options do you have as to how to proceed?**

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10th October 2006