

Patient & GP Information

UHPI Number	600065926A
CHI Number	0307651525
Episode Number	O0018902621
Surname/Forename	Berry, Deborah
Date of Birth	7/3/65
Sex	Female
Patient Address.	33 MACGINLAY TERRACE Edinburgh EH12 0BG
Registered GP	DW Binnie
GP Address.	Barday Medical Practice East Craig,10 Bughtlin Market,East Craigs,Edinburgh EH12 8XP

Report Contents

The report bundle provides information on the following:

* IP/OP Clinical Notes

Surname/Forename	Berry, Deborah
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Inpatient/Outpatient Clinical Notes

Note Details	Clinical Notes
Progress Notes Episode/Ref: O0018902621 Claire Louise Findlay 11/26/21 14:44 Claire Louise Findlay	Patient attended 1-1 appointment in the 24/11/21. Deborah updated me on her pain from assessment. She reported that there has been little change with her health and that she is still finding it difficult to cope. Deborah stated that she had not received information for pain management webinars as discussed at our last appointment. I updated Deborah on service changes since we last spoke and she is happy to attend group introduction session with the view to progress to therapeutic group programme. Claire Findlay Health Psychologist

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Note Details	Clinical Notes
Progress Notes Episode/Ref: O0018902621 Claire Louise Findlay 11/26/21 14:45 Claire Louise Findlay	Deborah has given permission to be contacted via email with pain management information on [REDACTED] Claire Findlay Health Psychologist

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Note Details	Clinical Notes
Progress Notes Episode/Ref: O0018902621 Claire Louise Findlay 2/16/21 16:54 Claire Louise Findlay	Deborah attended for assessment on the 10/02/2021. We discussed the onset of her pain and its progression. She reflected on how pain has impacted on her life including work, relationships and social interaction. Deborah stated that pain can impact on her mood however denied any thoughts of suicide or self-harm. We discussed the pain management programme and she has agreed to attend pain management webinar series. Claire Findlay Health Psychologist

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Note Details	Clinical Notes
Progress Notes Episode/Ref: O0018902621 Claire Louise Findlay 2/16/21 16:56 Claire Louise Findlay	Deborah has given permission to be contacted via email with pain management information on [REDACTED] Claire Findlay Health Psychologist

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Outpatient Clinic Letter Episode/Ref: O0018902621 Linsay Brassington (CF) 2/24/21 11:16 Claire Stewart	Thank you for referring Deborah Berry to the Pain Management service. I had the opportunity to conduct a telephone assessment with Deborah for an initial assessment of her difficulties with pain. Below is a summary of what was discussed and an outline of further therapeutic involvement. Deborah stated that she had hoped that today's appointment would be for a medical review of her medication and to explore further causes of her condition. She has requested a referral to the pain clinic which has been made. She stated that she lives with her [REDACTED] Deborah reported that she has [REDACTED] one who lives alone and the other who lives with her [REDACTED] Deborah reported that she has experienced pain from 2015. She described pain at the bottom of her back and through her joints. She stated that pain has spread to her elbows, hands and knees. She reported that her pain is constant and that she has no pain free periods. She described also experiencing flare-ups. She reported that she also experiences fatigue and has difficulties sleeping. She described having difficulties with her memory and feeling 'foggy' due to pain and medication. She stated that that she finds that her pain medication only helps to a limited extent. She reported that she has also engaged with physiotherapy in the past but did not find this to be beneficial. Deborah described her pain as having a great impact on her life. She reported that she requires support from her [REDACTED] with daily tasks. She reported that her pain means that she is unable to socialise. She stated that her pain also impacts on her mood. She reported that she has gained weight due to being unable to exercise and that this has affected her self esteem. She reflected that she can feel angry and frustrated and her pain can lower her mood. She reported that she is prescribed antidepressants, she stated that she has felt suicidal in the past however denied any current thoughts or intentions of suicide or self-harm. She reported that her [REDACTED] is her protective factor. She described experiencing anxiety and feels that this is a mixture of her health issues and is also a symptom of PTSD. Deborah stated that she feels that distraction is a helpful coping mechanism and would like to continue to develop coping mechanisms. We spent some time formulating Deborah's difficulties with complex chronic pain and low mood. We acknowledged that Deborah's low mood is heavily influenced by pain and loss of meaningful activities. These factors are likely to be triggering a range of difficult emotions for Deborah including frustration, feelings of guilt and hopelessness and anxiety. We made links between these emotions, increased tension, and how this could be impacting her pain We discussed the pain management programme and she has agreed to attend pain management webinar series. I will of course keep you informed of her progress. Should you have any questions or concerns regarding any of the above information, please do not hesitate to contact me. Yours sincerely, Electronically signed Claire Findlay Health Psychologist Pain Management Service

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Outpatient Clinic Letter Episode/Ref: O0018902621 AAH Pain Management Webinar 3/23/21 15:32 Neil Chalkley	This patient was recently referred to the Pain Management Service and offered the opportunity to participate in a series of 5 facilitated online Pain Management webinars. Unfortunately, they failed to attend Week 1 of this. Therefore, in line with NHS Lothian policy, we have now written to them to advise that they have been discharged from our service and that they should get back in touch with us within the next 4 weeks if they still wish to engage with our service. We shall of course keep you informed if we do have any further contact with this patient. Kind regards Pain Management service Astley Ainslie Hospital

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Outpatient Clinic Letter Episode/Ref: O0019183784 Dr IL Marples (Telephone) 3/23/21 08:34 Julie Tsui	Today I spoke to Deborah on the phone. She has a lot of joint pain at the moment. Her right knee is particularly bothering her. It had been a problem back in 2009 when she underwent MRI of the right knee which was normal but there has been a lot of water under the bridge since then. You have ordered x-rays for hands but they are normal for her age. Rheumatoid type inflammatory markers are normal last time you measured them. Deborah is currently taking Di-Hydrocodeine and Tramadol. She says that she is intolerant or allergic to Morphine, Oxycodone, Co-codamol and Fentanyl. She had those drugs when she was living in Australia for a decade starting in 2010. She said that she had a Neuromodulation device implanted in her back for back pain following a horse riding accident also in Australia. Deborah is also taking Mirtazapine which she has been on for years and that seems to help her mood. She has Atenolol, Duloxetine, a statin, Amlodipine and Perindopril. Her sleep pattern is interrupted by pain. She is intolerant of Tricyclics. I asked Deborah about her weight. She says that she has put on weight due to inactivity, overeating and pain. Mirtazapine won't be helping her weight either. I explained that knee pain is mechanically affected by being overweight. Physiotherapy is a good option but I did wonder whether you might wish to further investigate Deborah's right knee? I don't think there is a drug which is going to make a difference to Deborah's pain and disability. Yours sincerely Electronically signed Dr Ivan Marples Consultant in Anaesthesia and Pain Medicine Dictated: 11/03/2021 Typed: 23/03/2021 (IM/JT)