

IPCRG - Video Consultation Transcript (Dr Miguel Roman)

Dr Miguel Roman

Before starting a virtual consultation, make sure that you have access to the patient's medical record and that the internet connection is working properly.

Also, check the objectives for today's appointment and see if the patient has sent any records by email or any other means. Now?

Patient

Hello.

Dr Miguel Roman

Hello.

Patient

Hello.

Dr Miguel Roman

Now I can hear you well Laura.

Patient

Hello!

Dr Miguel Roman

Hello, well sorry about the connection, but that's what you get with video consultations.

Patient

Don't worry about it. It's not a big deal.

Dr Miguel Roman

We were connected/discussing... You don't have a very good connection. I don't know if your Wi-Fi is a bit bad but you... it's not a very clear image. But anyway, I think we can do it like this. Okay? Are you comfortable? Are you alone in the house?

Patient

I'm alone in my house, so there's no problem.

Dr Miguel Roman

Okay, because the confidentiality, you had a very low score on the symptom questionnaire you were waking up a lot because of the asthma, you were using a lot of rescue medication. And it seems that you weren't able to play sport, right?

Patient

Yes, what worried me the most was the sport issue because as you know from all these years that you've been working with me, I've always done a lot of sport and during the last few months, I was short of breath and could not endure the miles I used to do as well.

Patient

I was also feeling overwhelmed during the night because I was waking up several times

Dr Miguel Roman

And I see that you remember that we used a rule with colours. And it was apparent in that rule that you were using a lot of rescue medication (salbutamol) and you didn't realise that you were actually using it practically every day.

Patient

I just didn't know that it was wrong to use it every day, I thought that it was part of the treatment.

Dr Miguel Roman

Okay

Patient

But as you already explained how my asthma illness works, well now I am already there, so now I understand.

Dr Miguel Roman

Well, we thought the other time that it was all because you weren't using the maintenance inhaler correctly. That you quite often forgot to use it. How is it going? Has that improved since then? Tell me.

Patient

I will tell you now I, because you really emphasised that to me, now I've set an alarm on my phone every day and I have the inhaler on my bedside table and as soon as I wake up, the first thing I do is use the inhaler. That way I don't forget. I honestly don't think I've forgotten even once this month.

Dr Miguel Roman

Great, because it wasn't really because you didn't think you needed it, but because you forgot.

Patient

Yes, because I'm a bit forgetful and I didn't have it in mind much, but with the help of technology, like how we're having a video call, the mobile phone has helped me too.

Dr Miguel Roman

OK, good, good for you. Okay, and so for the month that you've been taking it, have you noticed any improvement in your in your asthma symptoms?

Patient

Yes, let's see, the truth is that um that I don't wake up in the night anymore, so I think that aspect has improved, okay? The thing is that I, when it comes to the sport issue, no, I still can't.

Dr Miguel Roman

You're still not able to. And you've used a lot of the rescue? The, the salbutamol?

Patient

Let's see, a lot less than I used to! Um, well before I used to use it every day and now on alternate days: one day yes, one day no.

Dr Miguel Roman

OK, on the days that you play sport, do you have to use it or can you not even do sport?

Patient

I try, I start to run and I can't.

Dr Miguel Roman

Let me have a look. You know that for me, for me, that's the most important thing, so let me look at the email you sent me. When did you send it to me, this morning?

Patient

Yes, this morning.

Dr Miguel Roman

Okay, I see right here, I see here in the asthma control questionnaire, that you scored fifteen points a month ago and it has improved. Now you score nineteen points.

It's still below twenty which as you know is the point where we can say if it is under control or not, but well I see that it has really improved and that most of all it continues to be because you can't keep doing the activities that you'd like to do.

You would need to have it more under control so that it can let you play sport and everything, right?

And you're also using the the rescue inhaler.

Patient

Yes, but I think I'm doing it correctly because I'm using the inhaler like I always have since I was a girl and I don't know why, since I'm doing things correctly, but I can't run. It's true that the night issue has improved. Reminding myself every day has worked well for me, it has helped me a lot.

Dr Miguel Roman

Anyway, I also told you, from what I see here in the email you have sent me, I told you to buy the peak flow meter and you've bought it.

Patient

Yes, yes, I bought it on the internet. It cost me less than twenty euros.

Dr Miguel Roman

Yes, very cheap.

Patient

And as you explained to me, you explained to me in the consultation how to use it. The truth is that I have it in the bedroom and it's very easy to use and I've been writing down every day what you told me in the morning and at night.

Dr Miguel Roman

I have it here, yes. And yes if you look, do you have the paper in front of you?

Patient

Yes, I have it on the computer, on the screen.

Dr Miguel Roman

Well if you look, you still have a lot of variability, between the best and the worst score, huh? There is a lot. There's still more than twenty percent. That means that apart from not being able to do sport, apart from having to keep using Salbutamol, the pulmonary function is also affected very slightly and you are, come on, there is still quite a lot of room for improvement.

Patient

Just as well, that's a good sign that I can still improve.

Dr Miguel Roman

Well, it would be better if you were well now but, well, maybe even if you had used the inhaler every day you would still have needed a slightly higher dose. There haven't been any other changes, right?

Patient

No, I haven't done anything else.

Dr Miguel Roman

More or less the same lifestyle. You haven't been undergoing any new treatment for anything else?

Patient

Nothing.

Dr Miguel Roman

You don't have any other symptom of rhinitis or heartburn or anything like that?

Patient

No, nothing. Everything's the same.

Dr Miguel Roman

Good. Well, well I think... Let's see what you think, but what I will do, if you agree, is increase the medication very slightly, to see if we can manage

Patient

But that would mean, that would mean that I would have to take the medication more often? Because I am going to forget it in that case.

Dr Miguel Roman

And I can actually see that, yes, um we can increase it with the same inhaler. Because there's one that is twice the dose. You would only have to take it once a day, but we would have increased the corticosteroid, which is what reduces the bronchial inflammation, we would have doubled it. And it would be no more than once a day (the same) and with the same inhalation system that I know you use correctly, because you've already shown me that you use it correctly, agreed?

Patient

Okay

Dr Miguel Roman

We can't do it today. Have you already taken it this morning?

Patient

Yes, of course, like every morning.

Dr Miguel Roman

Then we can't do it now so that I can see how you do it, but anyway you already showed me at the last appointment that you do it correctly.

It's an inhaler that's very easy to use.

Patient

Okay, and I do the same, right? One in the morning?

Dr Miguel Roman

What else, what else? Well, I think that...do you have any questions, anything you want to ask me about your asthma?

Patient

Can I keep trying to play sport?

Dr Miguel Roman

Yes! Exactly, I think that...give it four or five days for this to start having an effect, ten days. Keep taking the peak flow measurement every day, okay?

Patient

Okay

Dr Miguel Roman

To see if we see any change and whether the variability starts to diminish and I'll call you again. When do you return to Palma?

Patient

I go back next month.

Dr Miguel Roman

Okay, well I'll call you again in a month, whether you're in Barcelona or Palma, I'll call you again to see if the medication has been effective.

Patient

Okay, and I'll go back to doing the same thing then, I'll make a note of it every day.

Dr Miguel Roman

Exactly and you send it to me.

Patient

I'll do the test again as well.

Dr Miguel Roman

Do the test the day before as well, as the test is four weeks, well the day that I am going to call you that I will now give you the date for. I'm going to call you on the twenty-sixth of April.

Patient

Okay, perfect.

Dr Miguel Roman

Okay, and with the sheet prepared and the test done, just like today, we'll do a consultation. If there is any problem, you have your action plan there about what you have to do. I gave it to you at the last appointment as well about what to do when the thing isn't going well and you have to use a lot of Salbutamol, which would be to go right there in Barcelona to a primary care emergency service.

Patient

Yes.

Dr Miguel Roman

I don't think that will happen, let's hope it doesn't happen. So that's it, Laura.

Patient

I trust you, I trust you.

Dr Miguel Roman

Have a good time, I hope you're well there in Barcelona, that everything is going well there.

Patient

Everything's really good here.

Dr Miguel Roman

Work is OK and everything?

Patient

A lot of work and extremely busy, like you. I hope everything is good on the island.

Dr Miguel Roman

Well that's it, a pleasure talking to you.

Patient

Thank you very much! Thank you very much for doing it this way too, it has worked really well for me. Thank you very much.

Dr Miguel Roman

Okay, see you later. Goodbye.

Patient

Goodbye.