

Sophie Scandrett  
2<sup>nd</sup> year  
St George's

**Instructions for student**

Miss Jane Giggs presents to outpatients clinic. Take a history (10 mins).

Briefly present to the examiner and discuss how you would like to proceed (5 mins).

### **Instructions to patient**

You are worried and embarrassed about the situation.

**P/C:** I have been referred by my GP as I haven't had a period in 7 months.

### **Menstrual Hx:**

LMP? *7 months ago – March*

Age period started? *13*

How regular were they? *Regular*

How heavy/light? *Heavy when I was 13 but since I started on the pill a few years ago they've been regular until 7 months ago.*

Any pain / problems? *They started becoming irregular about a year ago – I missed one at Christmas and then had a couple, and then haven't had one for 7 months. No pain.*

### **Gynae Hx:**

Any STD's? *No*

### **Obs Hx:**

Have you ever been pregnant? *Yes*

Did it go to term? *No, had an abortion*

When was this? How many weeks had you been pregnant? *When I was 16. 10 weeks pregnant.*

Did you have a D&C? *No*

### **PMH:**

Have you noticed any tremors? Increased sweating? Feeling too hot? Racing heart beat? *No*

Noticed any changes in terms of facial hair / acne / deepening of voice? *No*

Stomach increasing in size or feeling bloated or any swelling? *No*

How are you in yourself? Do you feel tired or unwell? *No not really, although I've been having headaches more often than normal*

When did the headaches start? *Three or four months ago, an aching at the front of my head*

Any changes in your vision? *I have to wear glasses when I go to the cinema so my eyes haven't been good but they are getting much blurrier. I'm studying a lot though.*

Have you noticed any milk from your breasts? *Yes (be embarrassed!) for last 3 months, its been oozing out.*

Are you eating and drinking well? *Yes – way too much*

Have you lost weight recently? *No*

Do you exercise a lot? *I walk to and from Uni but that's it*

### **DHx:**

Are you taking any over the counter medicine? Prescribed? *No*

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What pill are you on? *Microgynon*

**FHx:**

When did your mother, sisters reach menopause? *No sisters – mother is just going through it now. She is 55.*

**SHx:**

How are you getting on at Uni? *Fine, studying hard but I enjoy it*

Home life? Boyfriend? *Live with boyfriend. (Be embarrassed)*

Relationship with boyfriend? *Sex life isn't good anymore – just don't feel like it*

Could you be pregnant? *Don't think I'm pregnant – on the pill and have only forgotten a couple of times*

Drink? Smoke? Any recreational drugs? *5 cigarettes a day since 16 y.o.*

No idea what is causing it.

**Instructions for examiner:**

- Open questions, empathy and confidentiality to gain patient's trust. Discuss ICE with patient
- Define P/C
- Takes detailed menstrual cycle history
- PMH: checks for thyroid, hair growth/acne, exercise/weight loss, stress, headache/vision
- Asks Obs hx
- Asks Dhx: contraception – pill
- Asks patient about relationship with partner and sex

**Questions for student:**

- Summary: concise and accurate
- DDX: Pituitary prolactinoma – macro / micro adenoma, pregnant,
- Ask the student to explain to the patient how they would like to proceed:  
Reassure the patient  
Pregnancy test  
Hormonal profile for: FSH, LH, prolactin, testosterone, TFT  
MRI scan if prolactin elevated USS is routine to r/o PCOS
- First line of treatment for hyperprolactinaemia?  
Bromocriptine

Consider other differential diagnoses (or be able to list at least more than one):

- Premature ovarian failure
- Polycystic ovarian syndrome
- Extremes of weight – anorexia or morbid obesity