

NHS Lothian - Referral Letter

Referral To	Lauriston Buildings Orthopaedics - Foot and Ankle L Basic SIGN Referral
Urgency of referral	Routine
Date of referral	10/04/2020
Date submitted	10/04/2020
UCPN	1010209830210

PATIENT DETAILS		Contact Details	
CHI number:	2704610150	41-1 Buchanan Street	Voice (Home) : 07873109805
Name:	Mr Colin Day	Edinburgh	
Date of birth:	27/04/1961	EH6 8RB	
Sex:	Male		

REFERRING PRACTITIONER DETAILS		Practice address
Name:	Dr. Samuel Watt (GMC: 6122674)	9 Brunton Place
Practice:	Brunton Place Surgery (70268)	Edinburgh
Phone:	Voice : 0131 557 5545	EH7 5EG

CLINICAL INFORMATION

Reason for Referral: Foot and Toe Pain

Main Referral Text: We would be very grateful if you can provide advice for and if indicated assessment for the above patient who has previous reported a history of significant right foot pain. His x-ray reports flattening and sclerosis of the articular surface of the 3rd metatarsal, in keeping with previous Freiberg's disease and he wishes specialist advice as to his further management.

Yours faithfully

Dr Samuel Watt

Pre-existing conditions (High & Medium Priority)

Description	Modifier	Extension	Start Date	Date Recorded
Gout			25/02/2020	25/02/2020
Paronychia			05/11/2018	05/11/2018
[X]Depression NOS			14/05/2015	14/05/2015
Obesity			19/01/2015	19/01/2015
Ischaemic heart disease			16/06/2014	16/06/2014
Pain in lumbar spine			01/01/1998	01/01/1998

Past procedures (High and Medium Priority)

Procedure	Comment	Modifier	Date Performed	Date Recorded
[SO]Toe NEC			17/03/2020	17/03/2020
Septorhinoplasty NEC			01/11/2003	01/11/2003
Nose operations NOS	reconstruction using Rif graft following RTA		01/01/1999	01/01/1999

Current medication (Active Repeat medication issued within the last 12 months)

Drug name	Formulation	Dosage	Frequency	Course started	Duration	Last Prescribed Date
Quinine Sulfate Tablets 200 mg	56 tablet	ONE TO BE TAKEN AT NIGHT		05/12/2018		03/03/2020
Co-Codamol 30/500 Tablets	224 tablet	TWO TO BE TAKEN EVERY FOUR TO SIX HOURS WHEN		01/12/2017		03/03/2020

		REQUIRED (MAXIMUM OF 8 IN 24 HOURS)		
Amitriptyline Hydrochloride Tablets 10 mg	56 tablet	ONE AT NIGHT	07/09/2017	03/03/2020
Amitriptyline Hydrochloride Tablets 25 mg	56 TABLET	ONE TO BE TAKEN IN THE EVENING	14/07/2017	03/03/2020
Fluoxetine Hydrochloride Capsules 20 mg	60 CAPSULE	ONE DAILY	03/09/2015	03/03/2020
Bisoprolol Fumarate Tablets 3.75 mg	56 tablet	ONE DAILY	25/07/2014	03/03/2020
Aspirin Dispersible tablets 75 mg	56 TABLET	ONE DAILY	16/06/2014	03/03/2020
Simvastatin Tablets 40 mg	56 TABLET	ONE DAILY	16/06/2014	03/03/2020
Isosorbide Mononitrate Tablets 20 mg	112 TABLET	1 AT 8AM AND 2PM	27/05/2014	03/03/2020

Additional information

Smoking history (Encounters):Ex smoker Date recorded:25-Feb-2020
 Alcohol history (Encounters):Trivial drinker - <1u/day Date recorded:04-Feb-2020
 Exercise history (Encounters):Aerobic exercise 0 times/week Date recorded:09-May-2014
 Patient Weight in Kilograms:96
 Patient Height in Metres:169
 Patient BMI:32.91
 Patient Blood Pressure (Systolic):146
 Patient Blood Pressure (Diastolic):94

NHS Lothian - Referral Letter

Referral To	Royal Infirmary of Edinburgh at Little France Cardiology LI Arrythmia Referral
Urgency of referral	Routine
Date of referral	22/01/2021
Date submitted	22/01/2021
UCPN	101022496516D

PATIENT DETAILS		Contact Details	
CHI number:	2704610150	27S FINDHORN PLACE	Voice (Mobile) : 07873 109 805
Name:	MR COLIN DAY	EDINBURGH	E-mail : cday27461@gmail.com
Date of birth:	27/04/1961	EH9 2NY	
Sex:	Male		

REFERRING PRACTITIONER DETAILS		Practice address
Name:	Dr. Julie Craig (GMC: 7134096)	145 Dalkeith Road
Practice:	Dalkeith Road Medical Practice (70470)	Edinburgh
Phone:	Voice : 0131 667 1289	EH16 5HQ

CLINICAL INFORMATION

Reason for Referral: recent lacunar stroke, in-patient outwith lothian, advised 72hr ECG

Main Referral Text: Many thanks for considering this 59 year old man for 72 hr ECG to assess for any evidence of paroxysmal AF after he was an in-patient in Wishaw hospital following right ischaemic lacunar stroke. He is usually resident in Edinburgh.

Please find attached discharge letter requesting 72 hour ECG.

Many thanks
Dr JCraig

Investigations

Description	Result	Date
Regular Pulse :	true	
Frequency of Palpitations :	At least 2-3 times weekly	

Pre-existing conditions (High & Medium Priority)

Description	Modifier	Extension	Start Date	Date Recorded
Stroke and cerebrovascular accident unspecified		R lacunar	15/01/2021	15/01/2021
Gout			25/02/2020	25/02/2020
Other malignant neoplasm of skin		scalp	15/10/2019	15/10/2019
Cellulitis and abscess of digit NOS			05/11/2018	05/11/2018
Leg cramps			04/10/2018	04/10/2018
Upper respiratory infection NOS			16/11/2017	16/11/2017
[X]Depressive episode, unspecified			14/05/2015	14/05/2015
Stress at home			20/04/2015	20/04/2015
Alcohol dependence syndrome			23/02/2015	23/02/2015
Pain in lumbar spine			19/01/2015	19/01/2015
Obesity			19/01/2015	19/01/2015
Neck sprain, unspecified			07/11/2014	07/11/2014
Ischaemic heart disease			16/06/2014	16/06/2014
Pain in lumbar spine			01/01/1998	01/01/1998

Past procedures (High and Medium Priority)

Procedure	Comment	Modifier	Date Performed	Date Recorded
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[SO]Toe NEC	17/03/2020	17/03/2020
Septorhinoplasty NEC	01/11/2003	01/11/2003
Nose operations NOS	01/01/1999	01/01/1999

Current medication (Active Repeat medication issued within the last 12 months)

<u>Drug name</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Course started</u>	<u>Duration</u>	<u>Last Prescribed Date</u>
Clopidogrel 75mg tablets	tablet	1 TABLET ONCE A DAY		15/01/2021		15/01/2021
Atorvastatin 40mg tablets	tablet	1 TABLET ONCE A DAY		15/01/2021		15/01/2021
Fluoxetine 20mg capsules	capsule	1 EVERY DAY		12/08/2020		08/12/2020
Allopurinol 300mg tablets	tablet	1 TABLET ONCE A DAY		12/08/2020		08/12/2020
Isosorbide mononitrate 20mg tablets	tablet	1 TABLET 8AM AND 2PM		12/08/2020		08/12/2020
Bisoprolol 3.75mg tablets	tablet	1 TABLET ONCE DAILY		12/08/2020		08/12/2020
Amitriptyline 25mg tablets	tablet	1 AT NIGHT		12/08/2020		08/12/2020
Amitriptyline 10mg tablets	tablet	1 AT NIGHT		12/08/2020		08/12/2020
Co-codamol 30mg/500mg tablets	tablet	1-2 TABLETS UP TO FOUR TIMES DAILY		12/08/2020		08/12/2020
Quinine sulfate 200mg tablets	tablet	1 TABLET AT BEDTIME		12/08/2020		08/12/2020

Recent medication (Any medication issued within last 90 days not shown above)

<u>Drug name</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Course started</u>	<u>Duration</u>	<u>Last Prescribed Date</u>
Simvastatin 40mg tablets	tablet	1 TABLET ONCE AT NIGHT		12/08/2020		08/12/2020
Fluoxetine 20mg capsules	capsule	1 EVERY DAY		12/08/2020		08/12/2020
Aspirin 75mg dispersible tablets	tablet	1 TABLET ONCE A DAY		12/08/2020		08/12/2020

Additional information

Patient Blood Pressure (Systolic):138
 Patient Blood Pressure (Diastolic):86
 Smoking history (Screening):Ex smoker Date Recorded:28-Sep-2020
 Smoking history (Encounters):Ex smoker Date Recorded:28-Sep-2020
 Alcohol history (Screening):Drinks rarely Date Recorded:28-Sep-2020
 Alcohol history (Encounters):Drinks rarely Date Recorded:28-Sep-2020

NHS Lothian - Referral Letter

Referral To	Royal Infirmary of Edinburgh at Little France Cardiology LI General Cardiology
Urgency of referral	Routine
Date of referral	26/01/2021
Date submitted	26/01/2021
UCPN	101022507616R

<u>PATIENT DETAILS</u>		Contact Details	
CHI number:	2704610150	27S FINDHORN PLACE	Voice (Mobile) : 07873 109 805
Name:	MR COLIN DAY	EDINBURGH	E-mail : cday27461@gmail.com
Date of birth:	27/04/1961	EH9 2NY	
Sex:	Male		

<u>REFERRING PRACTITIONER DETAILS</u>	Practice address
Name: Dr. Julie Craig (GMC: 7134096)	145 Dalkeith Road
Practice: Dalkeith Road Medical Practice (70470)	Edinburgh
Phone: Voice : 0131 667 1289	EH16 5HQ

CLINICAL INFORMATION

Reason for Referral: Please see attached referral already made to arrhythmia service

Main Referral Text: Referral made for 72hr ECG, bounced by arrhythmia service and asked to refer directly to cardiology.

58 yr old recent lacunar stroke and admitted to Wishaw, discharge letter advised 72hr ECG within locality to assess ? paroxysmal AF.

Many thanks

Pre-existing conditions (High & Medium Priority)

<u>Description</u>	<u>Modifier</u>	<u>Extension</u>	<u>Start Date</u>	<u>Date Recorded</u>
Stroke and cerebrovascular accident unspecified		R lacunar	15/01/2021	15/01/2021
Gout			25/02/2020	25/02/2020
Other malignant neoplasm of skin		scalp	15/10/2019	15/10/2019
Cellulitis and abscess of digit NOS			05/11/2018	05/11/2018
Leg cramps			04/10/2018	04/10/2018
Upper respiratory infection NOS			16/11/2017	16/11/2017
[X]Depressive episode, unspecified			14/05/2015	14/05/2015
Stress at home			20/04/2015	20/04/2015
Alcohol dependence syndrome			23/02/2015	23/02/2015
Pain in lumbar spine			19/01/2015	19/01/2015
Obesity			19/01/2015	19/01/2015
Neck sprain, unspecified			07/11/2014	07/11/2014
Ischaemic heart disease			16/06/2014	16/06/2014
Pain in lumbar spine			01/01/1998	01/01/1998

Past procedures (High and Medium Priority)

<u>Procedure</u>	<u>Comment</u>	<u>Modifier</u>	<u>Date Performed</u>	<u>Date Recorded</u>
[SO]Toe NEC			17/03/2020	17/03/2020
Septorhinoplasty NEC			01/11/2003	01/11/2003
Nose operations NOS			01/01/1999	01/01/1999

Current medication (Active Repeat medication issued within the last 12 months)

<u>Drug name</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Course started</u>	<u>Duration</u>	<u>Last Prescribed Date</u>
Clopidogrel 75mg tablets	tablet	1 TABLET ONCE A DAY		15/01/2021		15/01/2021
Atorvastatin 40mg tablets	tablet	1 TABLET ONCE A DAY		15/01/2021		15/01/2021
Fluoxetine 20mg capsules	capsule	1 EVERY DAY		12/08/2020		08/12/2020
Allopurinol 300mg tablets	tablet	1 TABLET ONCE A DAY		12/08/2020		08/12/2020
Isosorbide mononitrate 20mg tablets	tablet	1 TABLET 8AM AND 2PM		12/08/2020		08/12/2020
Bisoprolol 3.75mg tablets	tablet	1 TABLET ONCE DAILY		12/08/2020		08/12/2020
Amitriptyline 25mg tablets	tablet	1 AT NIGHT		12/08/2020		08/12/2020
Amitriptyline 10mg tablets	tablet	1 AT NIGHT		12/08/2020		08/12/2020
Co-codamol 30mg/500mg tablets	tablet	1-2 TABLETS UP TO FOUR TIMES DAILY		12/08/2020		08/12/2020
Quinine sulfate 200mg tablets	tablet	1 TABLET AT BEDTIME		12/08/2020		08/12/2020

Recent medication (Any medication issued within last 90 days not shown above)

<u>Drug name</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Course started</u>	<u>Duration</u>	<u>Last Prescribed Date</u>
Simvastatin 40mg tablets	tablet	1 TABLET ONCE AT NIGHT		12/08/2020		08/12/2020
Fluoxetine 20mg capsules	capsule	1 EVERY DAY		12/08/2020		08/12/2020
Aspirin 75mg dispersible tablets	tablet	1 TABLET ONCE A DAY		12/08/2020		08/12/2020

Additional information

Patient Blood Pressure (Systolic):138

Patient Blood Pressure (Diastolic):86

Smoking history (Screening):Ex smoker Date Recorded:28-Sep-2020

Smoking history (Encounters):Ex smoker Date Recorded:28-Sep-2020

Alcohol history (Screening):Drinks rarely Date Recorded:28-Sep-2020

Alcohol history (Encounters):Drinks rarely Date Recorded:28-Sep-2020

NHS Lothian - Referral Letter

Referral To	Astley Ainslie Hospital Rehabilitation Medicine LI SMART - Driving Assessment
Urgency of referral	Routine
Date of referral	02/09/2022
Date submitted	02/09/2022
UCPN	101027312464P

PATIENT DETAILS		Contact Details
CHI number:	2704610150	27S FINDHORN PLACE EDINBURGH EH9 2NY
Name:	MR COLIN DAY	Voice (Mobile) : 07873 109 805 E-mail : cday27461@gmail.com
Date of birth:	27/04/1961	
Sex:	Male	

REFERRING PRACTITIONER DETAILS		Practice address
Name:	Dr. Julie Craig (GMC: 7134096)	Salisbury Court 102 St Leonards Street Edinburgh EH8 9RD
Practice:	Dalkeith Road Medical Practice (70470)	
Phone:	Voice : 0131 667 1289	

CLINICAL INFORMATION

Reason for Referral: Stroke January 2021- minor limb weakness, now mobility declining- ? adoptions, ? fitness to drive

Main Referral Text: Many thanks for considering this 61 year old man for an assessment of his driving ability and whether or not he may benefit from some adaptations.

Colin suffered a stroke in January of 2021 with resulting right sided weakness of his upper and lower limb. One month after the event after completing physio and OT he was not noted to have any significant weakness which might impair his driving ability.

He does have ongoing minor weakness of his right upper and lower limb, however his general mobility and functionality has declined over the last year. This is possibly due to a lack of activity with resultant deconditioning and the natural ageing process itself, both of which may have been accelerated somewhat after his stroke.

As a result of this I feel he may benefit from adaptations to his car to make it more user friendly for him and allow him to maintain independence and get out more.

However with his declining mobility I would also value an opinion on his fitness to drive given he now uses a 3 wheel walker to mobilise.

Another incident also alerted me to the fact that he may require assessment of his driving ability. He recently tried an electric bike but pressed the wrong button and panicked and could not stop it and could not get either foot off the pedal. He denied any issues any other time moving his feet particularly when driving and attributes the difficulty getting his foot off the bike pedal to 'not knowing how to cycle or work the bike and pressing the wrong button which made it go too fast' which seems like a reasonable explanation for this instance on the bike. The fact that both feet were affected on the bike also goes against any specific issue with the right lower limbs which was affected by the stroke.

His other health conditions include ischaemic heart disease and he has a history of alcohol dependence in the past but has been abstinent for many years now.

He is aware of this referral and has been made and advised to notify the DVLA of this referral and stop driving until he has his assessment.

Many thanks
Yours sincerely

Pre-existing conditions (High & Medium Priority)

Description	Modifier	Extension	Start Date	Date Recorded
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Stroke and cerebrovascular accident unspecified	R lacunar	15/01/2021	15/01/2021
Gout		25/02/2020	25/02/2020
Other malignant neoplasm of skin	scalp	15/10/2019	15/10/2019
Cellulitis and abscess of digit NOS		05/11/2018	05/11/2018
Leg cramps		04/10/2018	04/10/2018
Upper respiratory infection NOS		16/11/2017	16/11/2017
[X]Depressive episode, unspecified		14/05/2015	14/05/2015
Stress at home		20/04/2015	20/04/2015
Alcohol dependence syndrome		23/02/2015	23/02/2015
Pain in lumbar spine		19/01/2015	19/01/2015
Obesity		19/01/2015	19/01/2015
Neck sprain, unspecified		07/11/2014	07/11/2014
Ischaemic heart disease		16/06/2014	16/06/2014
Pain in lumbar spine		01/01/1998	01/01/1998

Past procedures (High and Medium Priority)

<u>Procedure</u>	<u>Comment</u>	<u>Modifier</u>	<u>Date Performed</u>	<u>Date Recorded</u>
[SO]Toe NEC			17/03/2020	17/03/2020
Septorhinoplasty NEC			01/11/2003	01/11/2003
Nose operations NOS			01/01/1999	01/01/1999

Current medication (Active Repeat medication issued within the last 12 months)

<u>Drug name</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Course started</u>	<u>Duration</u>	<u>Last Prescribed Date</u>
Fluoxetine 20mg capsules	capsule	1 EVERY DAY		12/08/2020		02/09/2022
Co-codamol 30mg/500mg tablets	tablet	1-2 TABLETS UP TO FOUR TIMES DAILY		12/08/2020		02/09/2022
Amitriptyline 10mg tablets	tablet	1 AT NIGHT		12/08/2020		02/09/2022
Amitriptyline 25mg tablets	tablet	1 AT NIGHT		12/08/2020		02/09/2022
Bisoprolol 3.75mg tablets	tablet	1 TABLET ONCE DAILY		12/08/2020		02/09/2022
Isosorbide mononitrate 20mg tablets	tablet	1 TABLET 8AM AND 2PM		12/08/2020		02/09/2022
Allopurinol 300mg tablets	tablet	1 TABLET ONCE A DAY		12/08/2020		02/09/2022
Clopidogrel 75mg tablets	tablet	1 TABLET ONCE A DAY		15/01/2021		02/09/2022
Atorvastatin 40mg tablets	tablet	1 TABLET ONCE A DAY		15/01/2021		02/09/2022

Recent medication (Any medication issued within last 90 days not shown above)

<u>Drug name</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Course started</u>	<u>Duration</u>	<u>Last Prescribed Date</u>
Quinine sulfate 200mg tablets	tablet	1 TABLET AT BEDTIME TRY TO MI[more]		02/09/2022		02/09/2022
Quinine sulfate 200mg tablets	tablet	1 TABLET AT BEDTIME TRY TO MI[more]		21/06/2022		21/06/2022

Additional information

Patient Blood Pressure (Systolic):140
 Patient Blood Pressure (Diastolic):86
 Smoking history (Screening):Ex smoker Date Recorded:20-Aug-2021
 Smoking history (Encounters):Ex smoker Date Recorded:20-Aug-2021
 Alcohol history (Screening):Drinks rarely Date Recorded:20-Aug-2021
 Alcohol history (Encounters):Drinks rarely Date Recorded:20-Aug-2021

NHS Lothian - Referral Letter

Referral To	Western General Hospital Flow Centre Referral LI Flow Centre Referral
Urgency of referral	Urgent
Date of referral	21/12/2023
Date submitted	21/12/2023
UCPN	1010317045610

PATIENT DETAILS

CHI number: 2704610150
Name: MR COLIN DAY
Date of birth: 27/04/1961
Sex: Male

Contact Details

27S FINDHORN PLACE
EDINBURGH
EH9 2NY

Voice (Mobile) : 07873 109 805
E-mail : cday27461@gmail.com

REFERRING PRACTITIONER DETAILS

Name: Dr. Hannah Cockburn (GMC: 7554514)
Practice: Dalkeith Road Medical Practice (70470)
Phone: Voice : 0131 667 1289

Practice address

Salisbury Court
102 St Leonards Street
Edinburgh
EH8 9RD

CLINICAL INFORMATION

Reason for Referral: Vertigo, abnormal gait, abnormal cerebellar signs, PMH stroke

Main Referral: Dear colleague,

Text: Thank you for your help and assessment.

62yo. New vertigo since ~Saturday. Unclear if sudden onset as cannot recall whether Saturday or Sunday. PMH stroke, high cholesterol, HTN. Unsteady on feet ++, feels unable to walk straight, feels walking towards the left. Using zimmer frame to help. Movements make vertigo worse. Sitting still helps. Mild hoarse voice. No ear pain/sore throat/infective symptoms. Background of postural symptoms described but clear deterioration/change/worsening. No acute change today. Known weakness R side since previous stroke. No new weakness/alt sensation. No headache. No speech disturbance. Denied visual disturbance. Fall downstairs a few weeks ago, unsure if head injury. Denied alcohol intake. Note episode vertigo March 23, seen in ED ? cause.

O/E Unsteady on feet ++, needed assistance, walked with walking aide. Temp 36.8, Spo2 95%, HR 82, BP 164/88. Mild hoarse voice. Past pointing L+R side. Known weakness on R side. Increased tone RUL noted. Normal power on left UL/LL. Reported normal sensation. Normal visual fields. Attempted HIT vertigo exam but unclear if correction. Abnormal speech noted on cerebellar exam.

Imp: Significant new vertigo ?cause. Abnormal cerebellar exam. PMH stroke. For assessment at hospital. Pt in agreement. Friend able to drive. Advised pt not to drive.

Plan: 1. Phonecall flow centre, WGH ARU. 2. Worsening advice given. No qu.

Thank you for your help and assessment.

Kind regards,
Dr H Cockburn

Investigations

Description **Result** **Date**

Receiving Specialty : Medical

Pre-existing conditions (High & Medium Priority)

<u>Description</u>	<u>Modifier</u>	<u>Extension</u>	<u>Start Date</u>	<u>Date Recorded</u>
Stroke and cerebrovascular accident unspecified		R lacunar	15/01/2021	15/01/2021
Gout			25/02/2020	25/02/2020
Other malignant neoplasm of skin		scalp	15/10/2019	15/10/2019
Cellulitis and abscess of digit NOS			05/11/2018	05/11/2018
Leg cramps			04/10/2018	04/10/2018
Upper respiratory infection NOS			16/11/2017	16/11/2017
[X]Depressive episode, unspecified			14/05/2015	14/05/2015
Stress at home			20/04/2015	20/04/2015
Alcohol dependence syndrome			23/02/2015	23/02/2015
Pain in lumbar spine			19/01/2015	19/01/2015
Obesity			19/01/2015	19/01/2015
Neck sprain, unspecified			07/11/2014	07/11/2014
Ischaemic heart disease			16/06/2014	16/06/2014
Pain in lumbar spine			01/01/1998	01/01/1998

Past procedures (High and Medium Priority)

<u>Procedure</u>	<u>Comment</u>	<u>Modifier</u>	<u>Date Performed</u>	<u>Date Recorded</u>
Fit to drive	following driving assessment.		25/04/2023	25/04/2023
[SO]Toe NEC			17/03/2020	17/03/2020
Septorhinoplasty NEC			01/11/2003	01/11/2003
Nose operations NOS			01/01/1999	01/01/1999

Current medication (Active Repeat medication issued within the last 12 months)

<u>Drug name</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Course started</u>	<u>Duration</u>	<u>Last Prescribed Date</u>
Isosorbide mononitrate 20mg tablets	tablet	1 TABLET 8AM AND 2PM		12/08/2020		05/12/2023
Allopurinol 300mg tablets	tablet	1 TABLET ONCE A DAY		12/08/2020		05/12/2023
Co-codamol 30mg/500mg tablets	tablet	1-2 TABLETS UP TO FOUR TIMES DAILY		12/08/2020		05/12/2023
Clopidogrel 75mg tablets	tablet	1 TABLET ONCE A DAY		15/01/2021		05/12/2023

Bisoprolol 3.75mg tablets	tablet	1 TABLET ONCE DAILY	12/08/2020	05/12/2023
Atorvastatin 40mg tablets	tablet	1 TABLET ONCE A DAY	15/01/2021	05/12/2023
Amitriptyline 25mg tablets	tablet	1 AT NIGHT	12/08/2020	05/12/2023
Amitriptyline 10mg tablets	tablet	1 AT NIGHT	12/08/2020	05/12/2023
Fluoxetine 20mg capsules	capsule	1 EVERY DAY	12/08/2020	05/12/2023

Recent medication (Any medication issued within last 90 days not shown above)

<u>Drug name</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Course started</u>	<u>Duration</u>	<u>Last Prescribed Date</u>
Quinine sulfate 200mg tablets	tablet	1 TABLET AT BEDTIME TRY TO MI[more]		11/12/2023		11/12/2023
Ibuprofen 5% gel	gram	APPLY THREE TIMES DAILY TO TH[more]		05/12/2023		05/12/2023
Quinine sulfate 200mg tablets	tablet	1 TABLET AT BEDTIME TRY TO MI[more]		19/10/2023		19/10/2023
Fluoxetine 20mg capsules	capsule	1 EVERY DAY		12/08/2020		19/10/2023
Amitriptyline 10mg tablets	tablet	1 AT NIGHT		12/08/2020		19/10/2023
Amitriptyline 25mg tablets	tablet	1 AT NIGHT		12/08/2020		19/10/2023
Atorvastatin 40mg tablets	tablet	1 TABLET ONCE A DAY		15/01/2021		19/10/2023
Bisoprolol 3.75mg tablets	tablet	1 TABLET ONCE DAILY		12/08/2020		19/10/2023
Clopidogrel 75mg tablets	tablet	1 TABLET ONCE A DAY		15/01/2021		19/10/2023
Co-codamol 30mg/500mg tablets	tablet	1-2 TABLETS UP TO FOUR TIMES DAILY		12/08/2020		19/10/2023
Allopurinol 300mg tablets	tablet	1 TABLET ONCE A DAY		12/08/2020		19/10/2023
Isosorbide mononitrate 20mg tablets	tablet	1 TABLET 8AM AND 2PM		12/08/2020		19/10/2023

Additional information

Patient Blood Pressure (Systolic):152

Patient Blood Pressure (Diastolic):82

Smoking history (Screening):Ex smoker Date Recorded:20-Aug-2021

Smoking history (Encounters):Ex smoker Date Recorded:20-Aug-2021

Alcohol history (Screening):Drinks rarely Date Recorded:20-Aug-2021

Alcohol history (Encounters):Drinks rarely Date Recorded:20-Aug-2021

NHS Lothian - Referral Letter

Referral To	AHP - Physiotherapy Edinburgh - Community MSK Hub (Slateford) LI Physiotherapy
Urgency of referral	Routine
Date of referral	23/05/2024
Date submitted	23/05/2024
UCPN	101033142497J

PATIENT DETAILS		Contact Details	
CHI number:	2704610150	27S FINDHORN PLACE	Voice (Mobile) : 07873 109 805
Name:	MR COLIN DAY	EDINBURGH	E-mail : cday27461@gmail.com
Date of birth:	27/04/1961	EH9 2NY	
Sex:	Male		

REFERRING PRACTITIONER DETAILS		Practice address
Name:	Dr. Hannah Cockburn (GMC: 7554514)	Salisbury Court
Practice:	Dalkeith Road Medical Practice (70470)	102 St Leonards Street
Phone:	Voice : 0131 667 1289	Edinburgh EH8 9RD

CLINICAL INFORMATION

Reason for Referral: Chronic lower back pain

Main Referral: Dear colleague,

Text: Thank you for your help and assessment.

Mr Day, 63yo, presented with longstanding lower back pain. No acute change. Uses walking stick or three wheeled walking aide to help mobility. Chronic lower limb weakness related to previous stroke. No new weakness/altered sensation. No bowel/bladder dysfunction/saddle anaesthesia. Systemically well.

O/E Walks with stick. Tender lower thoracic area over spinous processes. No paraspinal tenderness. LL weakness noted bilaterally but stated no change.

Offered xray, declined.

I wonder if Mr Day could be assessed by the Physiotherapy team?

Thank you for your help and assessment.

Kind regards,
Dr H Cockburn

Investigations

Description	Result	Date
Has the patient had physiotherapy previously for this problem? :	No	
Has the patient Severe unremitting pain? :	true	
Time since onset? (Weeks) :	12 or more weeks	

Pre-existing conditions (High & Medium Priority)

Description	Modifier	Extension	Start Date	Date Recorded
Stroke and cerebrovascular accident unspecified		R lacunar	15/01/2021	15/01/2021
Gout			25/02/2020	25/02/2020
Other malignant neoplasm of skin		scalp	15/10/2019	15/10/2019
Cellulitis and abscess of digit NOS			05/11/2018	05/11/2018
Leg cramps			04/10/2018	04/10/2018
Upper respiratory infection NOS			16/11/2017	16/11/2017

[X]Depressive episode, unspecified	14/05/2015	14/05/2015
Stress at home	20/04/2015	20/04/2015
Alcohol dependence syndrome	23/02/2015	23/02/2015
Pain in lumbar spine	19/01/2015	19/01/2015
Obesity	19/01/2015	19/01/2015
Neck sprain, unspecified	07/11/2014	07/11/2014
Ischaemic heart disease	16/06/2014	16/06/2014
Pain in lumbar spine	01/01/1998	01/01/1998

Past procedures (High and Medium Priority)

<u>Procedure</u>	<u>Comment</u>	<u>Modifier</u>	<u>Date Performed</u>	<u>Date Recorded</u>
Fit to drive	following driving assessment.		25/04/2023	25/04/2023
[SO]Toe NEC			17/03/2020	17/03/2020
Septorhinoplasty NEC			01/11/2003	01/11/2003
Nose operations NOS			01/01/1999	01/01/1999

Current medication (Active Repeat medication issued within the last 12 months)

<u>Drug name</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Course started</u>	<u>Duration</u>	<u>Last Prescribed Date</u>
Co-codamol 30mg/500mg tablets	tablet	1-2 TABLETS UP TO FOUR TIMES DAILY		20/02/2024		25/04/2024
Atorvastatin 80mg tablets	tablet	1 TABLET ONCE A DAY		27/12/2023		25/04/2024
Bisoprolol 3.75mg tablets	tablet	1 TABLET ONCE DAILY		12/08/2020		25/04/2024
Fluoxetine 20mg capsules	capsule	1 EVERY DAY		12/08/2020		25/04/2024
Isosorbide mononitrate 20mg tablets	tablet	1 TABLET 8AM AND 2PM		12/08/2020		25/04/2024
Allopurinol 300mg tablets	tablet	1 TABLET ONCE A DAY		12/08/2020		25/04/2024
Clopidogrel 75mg tablets	tablet	1 TABLET ONCE A DAY		15/01/2021		25/04/2024

Recent medication (Any medication issued within last 90 days not shown above)

<u>Drug name</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Course started</u>	<u>Duration</u>	<u>Last Prescribed Date</u>
Quinine sulfate 200mg tablets	tablet	1 TABLET AT BEDTIME TRY TO MI[more]		26/04/2024		26/04/2024

Additional information

Patient Blood Pressure (Systolic):122	
Patient Blood Pressure (Diastolic):82	
Smoking history (Screening):Ex smoker	Date Recorded:09-May-2024
Smoking history (Encounters):Ex smoker	Date Recorded:09-May-2024
Alcohol history (Screening):Drinks rarely	Date Recorded:09-May-2024
Alcohol history (Encounters):Drinks rarely	Date Recorded:09-May-2024
Exercise history (Screening):Exercise grading	Date Recorded:09-May-2024
Exercise history (Encounters):Exercise grading	Date Recorded:09-May-2024

NHS Lothian - Referral Letter

Referral To	Lauriston Buildings Dermatology LI Dermatology - Lesions
Urgency of referral	Urgent
Date of referral	23/05/2024
Date submitted	23/05/2024
UCPN	101033142507Q

PATIENT DETAILS		Contact Details	
CHI number:	2704610150	27S FINDHORN PLACE	Voice (Mobile) : 07873 109 805
Name:	MR COLIN DAY	EDINBURGH	E-mail : cday27461@gmail.com
Date of birth:	27/04/1961	EH9 2NY	
Sex:	Male		

REFERRING PRACTITIONER DETAILS		Practice address
Name:	Dr. Hannah Cockburn (GMC: 7554514)	Salisbury Court
Practice:	Dalkeith Road Medical Practice (70470)	102 St Leonards Street
Phone:	Voice : 0131 667 1289	Edinburgh EH8 9RD

CLINICAL INFORMATION

Reason for Referral: Non healing skin lesions on scalp ?SCC

Main Referral Text: Dear colleague,

Mr Day, 63yo, presented with concern about skin lesions on his scalp.

He described scabs on his scalp for years duration. Unclear initial cause of each scab. The scabs itch, which leads to scratching and this can cause bleeding. This is a recurrent issue. No acute change.

O/E Erythematous scab at anterior scalp ~1cm in size, left lateral scalp and at posterior aspect of scalp, smaller area ~3-5mm in size. All well defined, dry, with evidence of recent bleeding. Non healing lesions, persistent.

Imp: Considering lesions on scalp are longstanding and non healing, I wonder if Mr Day could be assessed to exclude underlying SCC

Thank you for your help.

Kind regards,
Dr H Cockburn

Investigations

Description	Result	Date
Are you looking for help with: :	Both	
Where RefHelp guidance exists, has this been followed?: :	Yes	
Have you attached a photograph to this referral? :	No	
Have you attached a dermatoscopic image to this referral? :	No	

Pre-existing conditions (High & Medium Priority)

Description	Modifier	Extension	Start Date	Date Recorded
Stroke and cerebrovascular accident unspecified		R lacunar	15/01/2021	15/01/2021
Gout			25/02/2020	25/02/2020
Other malignant neoplasm of skin		scalp	15/10/2019	15/10/2019
Cellulitis and abscess of digit NOS			05/11/2018	05/11/2018
Leg cramps			04/10/2018	04/10/2018
Upper respiratory infection NOS			16/11/2017	16/11/2017
[X]Depressive episode, unspecified			14/05/2015	14/05/2015

Stress at home	20/04/2015	20/04/2015
Alcohol dependence syndrome	23/02/2015	23/02/2015
Pain in lumbar spine	19/01/2015	19/01/2015
Obesity	19/01/2015	19/01/2015
Neck sprain, unspecified	07/11/2014	07/11/2014
Ischaemic heart disease	16/06/2014	16/06/2014
Pain in lumbar spine	01/01/1998	01/01/1998

Past procedures (High and Medium Priority)

<u>Procedure</u>	<u>Comment</u>	<u>Modifier</u>	<u>Date Performed</u>	<u>Date Recorded</u>
Fit to drive	following driving assessment.		25/04/2023	25/04/2023
[SO]Toe NEC			17/03/2020	17/03/2020
Septorhinoplasty NEC			01/11/2003	01/11/2003
Nose operations NOS			01/01/1999	01/01/1999

Current medication (Active Repeat medication issued within the last 12 months)

<u>Drug name</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Course started</u>	<u>Duration</u>	<u>Last Prescribed Date</u>
Co-codamol 30mg/500mg tablets	tablet	1-2 TABLETS UP TO FOUR TIMES DAILY		20/02/2024		25/04/2024
Atorvastatin 80mg tablets	tablet	1 TABLET ONCE A DAY		27/12/2023		25/04/2024
Bisoprolol 3.75mg tablets	tablet	1 TABLET ONCE DAILY		12/08/2020		25/04/2024
Fluoxetine 20mg capsules	capsule	1 EVERY DAY		12/08/2020		25/04/2024
Isosorbide mononitrate 20mg tablets	tablet	1 TABLET 8AM AND 2PM		12/08/2020		25/04/2024
Allopurinol 300mg tablets	tablet	1 TABLET ONCE A DAY		12/08/2020		25/04/2024
Clopidogrel 75mg tablets	tablet	1 TABLET ONCE A DAY		15/01/2021		25/04/2024

Recent medication (Any medication issued within last 90 days not shown above)

<u>Drug name</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Course started</u>	<u>Duration</u>	<u>Last Prescribed Date</u>
Quinine sulfate 200mg tablets	tablet	1 TABLET AT BEDTIME TRY TO MI[more]		26/04/2024		26/04/2024

Additional information

Patient Blood Pressure (Systolic):122	
Patient Blood Pressure (Diastolic):82	
Smoking history (Screening):Ex smoker	Date Recorded:09-May-2024
Smoking history (Encounters):Ex smoker	Date Recorded:09-May-2024
Alcohol history (Screening):Drinks rarely	Date Recorded:09-May-2024
Alcohol history (Encounters):Drinks rarely	Date Recorded:09-May-2024
Exercise history (Screening):Exercise grading	Date Recorded:09-May-2024
Exercise history (Encounters):Exercise grading	Date Recorded:09-May-2024

NHS Lothian - Referral Letter

Referral To	AHP - Physiotherapy Edinburgh - Community MSK Hub (Slateford) LI Physiotherapy
Urgency of referral	Urgent
Date of referral	16/07/2024
Date submitted	16/07/2024
UCPN	101033637686A

PATIENT DETAILS		Contact Details
CHI number:	2704610150	27S FINDHORN PLACE EDINBURGH EH9 2NY
Name:	MR COLIN DAY	Voice (Mobile) : 07873 109 805 E-mail : cday27461@gmail.com
Date of birth:	27/04/1961	
Sex:	Male	

REFERRING PRACTITIONER DETAILS		Practice address
Name:	Dr. Hannah Cockburn (GMC: 7554514)	Salisbury Court 102 St Leonards Street Edinburgh EH8 9RD
Practice:	Dalkeith Road Medical Practice (70470)	
Phone:	Voice : 0131 667 1289	

CLINICAL INFORMATION

Reason for Referral: Left sided shoulder pain, following a recent fall

Main Referral: Dear colleague,

Text: Thank you for your help and assessment.

Mr Day, 63yo, presented 2 weeks following a recent fall downstairs. He was rushing to get downstairs, tripped and fell, 8 stairs (on to carpet). No head injury. No LOC. Able to stand up. Landed on left shoulder/side. Pain/stiffness around left shoulder since, impacting on ADLs. Sore to roll in bed, impacting on sleep. No new neck/back spinous process pain. No bowel/bladder dysfunction/saddle anaesthesia. Over last 2 weeks, some improvement. Using NSAID gel and regular co-codamol. Does not wish xray at present.

O/E FROM neck but some stiffness noted, Mr Day stated normal for him. No cervical spinous process tenderness. FROM L shoulder. Longstanding reduced ROM R shoulder and previous stroke noted. Moving L shoulder/turning body to the left causes discomfort/stiffness reported. No focal shoulder joint tenderness. MSK tenderness. No bruising.

Mr Day has a PMH stroke - right sided residual weakness on examination.

Mr Day is struggling with mobility. He has already been referred to the physiotherapy team due to chronic back pain.

Thank you for your help and assessment.

Kind regards,
Dr H Cockburn

Investigations

Description	Result	Date
Has the patient had physiotherapy previously for this problem? :	No	
Has the patient Severe unremitting pain? :	true	
Is the patients sleep disturbed by the condition? :	true	
Time since onset? (Weeks) :	0-3	

Pre-existing conditions (High & Medium Priority)

Description	Modifier	Extension	Start Date	Date Recorded
Stroke and cerebrovascular accident unspecified		R lacunar	15/01/2021	15/01/2021
Gout			25/02/2020	25/02/2020
Other malignant neoplasm of skin		scalp	15/10/2019	15/10/2019

Cellulitis and abscess of digit NOS	05/11/2018	05/11/2018
Leg cramps	04/10/2018	04/10/2018
Upper respiratory infection NOS	16/11/2017	16/11/2017
[X]Depressive episode, unspecified	14/05/2015	14/05/2015
Stress at home	20/04/2015	20/04/2015
Alcohol dependence syndrome	23/02/2015	23/02/2015
Pain in lumbar spine	19/01/2015	19/01/2015
Obesity	19/01/2015	19/01/2015
Neck sprain, unspecified	07/11/2014	07/11/2014
Ischaemic heart disease	16/06/2014	16/06/2014
Pain in lumbar spine	01/01/1998	01/01/1998

Past procedures (High and Medium Priority)

<u>Procedure</u>	<u>Comment</u>	<u>Modifier</u>	<u>Date Performed</u>	<u>Date Recorded</u>
Fit to drive	following driving assessment.		25/04/2023	25/04/2023
[SO]Toe NEC			17/03/2020	17/03/2020
Septorhinoplasty NEC			01/11/2003	01/11/2003
Nose operations NOS			01/01/1999	01/01/1999

Current medication (Active Repeat medication issued within the last 12 months)

<u>Drug name</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Course started</u>	<u>Duration</u>	<u>Last Prescribed Date</u>
Isosorbide mononitrate 20mg tablets	tablet	1 TABLET 8AM AND 2PM		12/08/2020		23/06/2024
Fluoxetine 20mg capsules	capsule	1 EVERY DAY		12/08/2020		23/06/2024
Clopidogrel 75mg tablets	tablet	1 TABLET ONCE A DAY		15/01/2021		23/06/2024
Bisoprolol 3.75mg tablets	tablet	1 TABLET ONCE DAILY		12/08/2020		23/06/2024
Allopurinol 300mg tablets	tablet	1 TABLET ONCE A DAY		12/08/2020		23/06/2024
Co-codamol 30mg/500mg tablets	tablet	1-2 TABLETS UP TO FOUR TIMES DAILY		20/02/2024		23/06/2024
Atorvastatin 80mg tablets	tablet	1 TABLET ONCE A DAY		27/12/2023		23/06/2024

Recent medication (Any medication issued within last 90 days not shown above)

<u>Drug name</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Course started</u>	<u>Duration</u>	<u>Last Prescribed Date</u>
Hydrocortisone 1% cream	gram	APPLY THINLY 1-2 TIMES DAILY		16/07/2024		16/07/2024
Ibuprofen 5% gel	gram	APPLY THREE TIMES DAILY TO TH[more]		16/07/2024		16/07/2024
Quinine sulfate 200mg tablets	tablet	1 TABLET AT BEDTIME TRY TO MI[more]		24/06/2024		24/06/2024
Quinine sulfate 200mg tablets	tablet	1 TABLET AT BEDTIME TRY TO MI[more]		26/04/2024		26/04/2024
Isosorbide mononitrate 20mg tablets	tablet	1 TABLET 8AM AND 2PM		12/08/2020		25/04/2024
Fluoxetine 20mg capsules	capsule	1 EVERY DAY		12/08/2020		25/04/2024
Clopidogrel 75mg tablets	tablet	1 TABLET ONCE A DAY		15/01/2021		25/04/2024
Bisoprolol 3.75mg tablets	tablet	1 TABLET ONCE DAILY		12/08/2020		25/04/2024
Allopurinol 300mg tablets	tablet	1 TABLET ONCE A DAY		12/08/2020		25/04/2024

Additional information

Patient Blood Pressure (Systolic):122	
Patient Blood Pressure (Diastolic):82	
Smoking history (Screening):Ex smoker	Date Recorded:09-May-2024
Smoking history (Encounters):Ex smoker	Date Recorded:09-May-2024
Alcohol history (Screening):Drinks rarely	Date Recorded:09-May-2024
Alcohol history (Encounters):Drinks rarely	Date Recorded:09-May-2024
Exercise history (Screening):Exercise grading	Date Recorded:09-May-2024

NHS Lothian - Referral Letter

Referral To	Lauriston Buildings Orthopaedic - Foot and Ankle LI Basic Sign Referral
Urgency of referral	Routine
Date of referral	13/12/2024
Date submitted	13/12/2024
UCPN	101035067602M

PATIENT DETAILS		Contact Details	
CHI number:	2704610150	27S FINDHORN PLACE	Voice (Mobile) : 07708 605 555
Name:	MR COLIN DAY	EDINBURGH	E-mail : cday27461@gmail.com
Date of birth:	27/04/1961	EH9 2NY	
Sex:	Male		

REFERRING PRACTITIONER DETAILS		Practice address
Name:	Dr. Julie Craig (GMC: 7134096)	Salisbury Court
Practice:	Dalkeith Road Medical Practice (70470)	102 St Leonards Street
Phone:	Voice : 0131 667 1289	Edinburgh EH8 9RD

CLINICAL INFORMATION

Reason for Referral: Forefoot pain

Main Referral: 12/12/2024 Foot pain Dear Podiatry colleagues

Text: This 63 year old man with a R hemiplegia from a stroke is struggling with forefoot pain for the last 2/12 affecting the pad over the 3rd / 4th MTPJs. He's exquisitely tender there. There is no redness or swelling or signs of gout. I have urged him to get gel insoles for his velcro shoes. I'd be grateful for your assessment as to whether he has a Morton's neuroma.

with kind regards
Dr G Francis Dr Locum Gp

Pre-existing conditions (High & Medium Priority)

Description	Modifier	Extension	Start Date	Date Recorded
Stroke and cerebrovascular accident unspecified		R lacunar	15/01/2021	15/01/2021
Gout			25/02/2020	25/02/2020
Other malignant neoplasm of skin		scalp	15/10/2019	15/10/2019
Cellulitis and abscess of digit NOS			05/11/2018	05/11/2018
Leg cramps			04/10/2018	04/10/2018
Upper respiratory infection NOS			16/11/2017	16/11/2017
[X]Depressive episode, unspecified			14/05/2015	14/05/2015
Stress at home			20/04/2015	20/04/2015
Alcohol dependence syndrome			23/02/2015	23/02/2015
Pain in lumbar spine			19/01/2015	19/01/2015
Obesity			19/01/2015	19/01/2015
Neck sprain, unspecified			07/11/2014	07/11/2014
Ischaemic heart disease			16/06/2014	16/06/2014
Pain in lumbar spine			01/01/1998	01/01/1998

Past procedures (High and Medium Priority)

Procedure	Comment	Modifier	Date Performed	Date Recorded
Fit to drive	following driving assessment.		25/04/2023	25/04/2023
[SO]Toe NEC			17/03/2020	17/03/2020
Septorhinoplasty NEC			01/11/2003	01/11/2003

Current medication (Active Repeat medication issued within the last 12 months)

<u>Drug name</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Course started</u>	<u>Duration</u>	<u>Last Prescribed Date</u>
Folic acid 5mg tablets	tablet	1 TABLET ONCE A DAY		02/09/2024		06/11/2024
CosmoCol Lemon and Lime Flavour oral powder sachets (Stirling Anglian Pharmaceuticals Ltd)	sachet	1 SACHET DAILY.		14/08/2024		30/08/2024
Co-codamol 30mg/500mg capsules	capsule	1-2 CAPSULES UP TO FOUR TIMES DAILY		14/08/2024		06/11/2024
Isosorbide mononitrate 20mg tablets	tablet	1 TABLET 8AM AND 2PM		12/08/2020		06/11/2024
Fluoxetine 20mg capsules	capsule	1 EVERY DAY		12/08/2020		06/11/2024
Clopidogrel 75mg tablets	tablet	1 TABLET ONCE A DAY		15/01/2021		06/11/2024
Bisoprolol 3.75mg tablets	tablet	1 TABLET ONCE DAILY		12/08/2020		06/11/2024
Allopurinol 300mg tablets	tablet	1 TABLET ONCE A DAY		12/08/2020		06/11/2024
Atorvastatin 80mg tablets	tablet	1 TABLET ONCE A DAY		27/12/2023		06/11/2024

Recent medication (Any medication issued within last 90 days not shown above)

<u>Drug name</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Course started</u>	<u>Duration</u>	<u>Last Prescribed Date</u>
Quinine sulfate 200mg tablets	tablet	1 TABLET AT BEDTIME TRY TO MI[more]		06/11/2024		06/11/2024

Additional information

Patient Blood Pressure (Systolic):122
Patient Blood Pressure (Diastolic):82
Smoking history (Screening):Ex smoker Date Recorded:09-May-2024
Smoking history (Encounters):Ex smoker Date Recorded:09-May-2024
Alcohol history (Screening):Drinks rarely Date Recorded:09-May-2024
Alcohol history (Encounters):Drinks rarely Date Recorded:09-May-2024
Exercise history (Screening):Exercise grading Date Recorded:09-May-2024
Exercise history (Encounters):Exercise grading Date Recorded:09-May-2024

NHS Lothian - Referral Letter

Referral To	Liberton Hospital Geriatric Medicine LI Basic Sign Referral
Urgency of referral	Routine
Date of referral	03/10/2025
Date submitted	03/10/2025
UCPN	1010378457470

PATIENT DETAILS		Contact Details	
CHI number:	2704610150	27S FINDHORN PLACE	Voice (Mobile) : 07708 605 555
Name:	MR COLIN DAY	EDINBURGH	E-mail : cday27461@gmail.com
Date of birth:	27/04/1961	EH9 2NY	
Sex:	Male		

REFERRING PRACTITIONER DETAILS		Practice address
Name:	Dr. Hannah Cockburn (GMC: 7554514)	Salisbury Court
Practice:	Dalkeith Road Medical Practice (70470)	102 St Leonards Street
Phone:	Voice : 0131 667 1289	Edinburgh EH8 9RD

CLINICAL INFORMATION

Reason for Referral: Worsening mobility

Main Referral Text: Dear colleague,
Mr Day, 64yo, presented with poor mobility, cramps, pain in legs. I think he would benefit from an assessment with the MOE MDT if this is possible.

He has recently stopped quinine. Right calf/foot and toes painful and cramps worse when lying in bed. Standing on cold surface/stretching provides some relief. Chronic pains, minimal relief from co-codamol. No acute change.

He has had falls. Recently reached down to pick up keys and fell forwards, no report of any injury.

Lives at home. Daughters live in England. Does own shopping but challenging to carry shopping using walker. Stairs at home also challenging but practices stair frequently. Also practices using weights and moving arms/legs to try and help mobility. Uses walker or walking stick. Drives, had a driving assessment with the DVLA 2023. Leaves house a lot less than previous. Mood reported to be ok but misses being able to travel to see grandchildren.

PMH lacunar stroke 2021 with residual right sided weakness.

I think he would benefit from a medical/PT and OT assessment.

Thank you for your help.

Kind regards,
Dr H Cockburn

Pre-existing conditions (High & Medium Priority)

Description	Modifier	Extension	Start Date	Date Recorded
Stroke and cerebrovascular accident unspecified		R lacunar	15/01/2021	15/01/2021
Gout			25/02/2020	25/02/2020
Other malignant neoplasm of skin		scalp	15/10/2019	15/10/2019
Cellulitis and abscess of digit NOS			05/11/2018	05/11/2018
Leg cramps			04/10/2018	04/10/2018
Upper respiratory infection NOS			16/11/2017	16/11/2017
[X]Depressive episode, unspecified			14/05/2015	14/05/2015
Stress at home			20/04/2015	20/04/2015

Alcohol dependence syndrome	23/02/2015	23/02/2015
Pain in lumbar spine	19/01/2015	19/01/2015
Obesity	19/01/2015	19/01/2015
Neck sprain, unspecified	07/11/2014	07/11/2014
Ischaemic heart disease	16/06/2014	16/06/2014
Pain in lumbar spine	01/01/1998	01/01/1998

Past procedures (High and Medium Priority)

<u>Procedure</u>	<u>Comment</u>	<u>Modifier</u>	<u>Date Performed</u>	<u>Date Recorded</u>
Fit to drive	following driving assessment.		25/04/2023	25/04/2023
[SO]Toe NEC			17/03/2020	17/03/2020
Septorhinoplasty NEC			01/11/2003	01/11/2003
Nose operations NOS			01/01/1999	01/01/1999

Current medication (Active Repeat medication issued within the last 12 months)

<u>Drug name</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Course started</u>	<u>Duration</u>	<u>Last Prescribed Date</u>
Folic acid 5mg tablets	tablet	1 TABLET ONCE A DAY		02/09/2024		18/09/2025
Isosorbide mononitrate 20mg tablets	tablet	1 TABLET 8AM AND 2PM		12/08/2020		17/09/2025
Fluoxetine 20mg capsules	capsule	1 EVERY DAY		12/08/2020		17/09/2025
Co-codamol 30mg/500mg capsules	capsule	1-2 CAPSULES UP TO FOUR TIMES DAILY		14/08/2024		17/09/2025
Clopidogrel 75mg tablets	tablet	1 TABLET ONCE A DAY		15/01/2021		17/09/2025
Bisoprolol 3.75mg tablets	tablet	1 TABLET ONCE DAILY		12/08/2020		17/09/2025
Allopurinol 300mg tablets	tablet	1 TABLET ONCE A DAY		12/08/2020		17/09/2025
Atorvastatin 80mg tablets	tablet	1 TABLET ONCE A DAY		27/12/2023		17/09/2025

Recent medication (Any medication issued within last 90 days not shown above)

<u>Drug name</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Course started</u>	<u>Duration</u>	<u>Last Prescribed Date</u>
Quinine sulfate 200mg tablets	tablet	1 TABLET AT BEDTIME TRY TO MI[more]		18/09/2025		18/09/2025
Quinine sulfate 200mg tablets	tablet	1 TABLET AT BEDTIME TRY TO MI[more]		14/07/2025		14/07/2025
Folic acid 5mg tablets	tablet	1 TABLET ONCE A DAY		02/09/2024		14/07/2025

Additional information

Patient Blood Pressure (Systolic):124	
Patient Blood Pressure (Diastolic):80	
Smoking history (Screening):Ex smoker	Date Recorded:24-Apr-2025
Smoking history (Encounters):Ex smoker	Date Recorded:24-Apr-2025
Alcohol history (Screening):Drinks occasionally	Date Recorded:24-Apr-2025
Alcohol history (Encounters):Drinks occasionally	Date Recorded:24-Apr-2025
Exercise history (Screening):Exercise grading	Date Recorded:24-Apr-2025
Exercise history (Encounters):Exercise grading	Date Recorded:24-Apr-2025

NHS Lothian - Referral Letter

Referral To	Western General Hospital Flow Centre Referral LI Flow Centre Referral
Urgency of referral	Urgent
Date of referral	24/10/2025
Date submitted	24/10/2025
UCPN	1010380385495

PATIENT DETAILS		Contact Details	
CHI number:	2704610150	27S FINDHORN PLACE	Voice (Mobile) : 07708 605 555
Name:	MR COLIN DAY	EDINBURGH	E-mail : cday27461@gmail.com
Date of birth:	27/04/1961	EH9 2NY	
Sex:	Male		

REFERRING PRACTITIONER DETAILS		Practice address
Name:	Dr. Hannah Cockburn (GMC: 7554514)	Salisbury Court 102 St Leonards Street Edinburgh EH8 9RD
Practice:	Dalkeith Road Medical Practice (70470)	
Phone:	Voice : 0131 667 1289	

CLINICAL INFORMATION

Reason for Referral: ?Episode of cardiac chest pain - Tuesday

Main Referral: Dear colleague,

Text: Mr Day attended a routine appointment today. He has recently been reviewed by the team at Liberton Day Hospital.

At review, he reported an episode of chest pain on Tuesday.
PMH stroke, hypertension. Risk factors for cardiac chest pain.

Chest pain onset while walking. Did not feel right. Arranged taxi to take him home. Rest did not relieve the pain. Pain lasted 25 mins then resolved. Slept for 15 hours after getting home. No pain since Tuesday. During chest pain, no SOB. Has not noted calf pain/swelling. No fever/systemic upset. Wonders if chest pain related to 3 caffeine free red bulls, explained unlikely. Shared concern re possible cardiac chest pain.

OE. No chest pain today. Spo2 95%, HR 77 reg pulse,. BP 152/84. HS 1+2+0. Calves SNT.

Imp: Concerned re possible episode cardiac chest pain.

Plan: 1. SDEC appt 1:30 today. Advised to arrange transport and do not drive considering concern re cardiac chest pain 2. Worsening advice for journey. If chest pain, call 999. In agreement. No qu.

Thank you for your help and assessment.

Kind regards,
Dr H Cockburn

Investigations

Description **Result** **Date**

Receiving Specialty : SDEC

Pre-existing conditions (High & Medium Priority)

Description	Modifier	Extension	Start Date	Date Recorded
Stroke and cerebrovascular accident unspecified		R lacunar	15/01/2021	15/01/2021
Gout			25/02/2020	25/02/2020
Other malignant neoplasm of skin		scalp	15/10/2019	15/10/2019
Cellulitis and abscess of digit NOS			05/11/2018	05/11/2018
Leg cramps			04/10/2018	04/10/2018

Upper respiratory infection NOS	16/11/2017	16/11/2017
[X]Depressive episode, unspecified	14/05/2015	14/05/2015
Stress at home	20/04/2015	20/04/2015
Alcohol dependence syndrome	23/02/2015	23/02/2015
Pain in lumbar spine	19/01/2015	19/01/2015
Obesity	19/01/2015	19/01/2015
Neck sprain, unspecified	07/11/2014	07/11/2014
Ischaemic heart disease	16/06/2014	16/06/2014
Pain in lumbar spine	01/01/1998	01/01/1998

Past procedures (High and Medium Priority)

<u>Procedure</u>	<u>Comment</u>	<u>Modifier</u>	<u>Date Performed</u>	<u>Date Recorded</u>
Fit to drive	following driving assessment.		25/04/2023	25/04/2023
[SO]Toe NEC			17/03/2020	17/03/2020
Septorhinoplasty NEC			01/11/2003	01/11/2003
Nose operations NOS			01/01/1999	01/01/1999

Current medication (Active Repeat medication issued within the last 12 months)

<u>Drug name</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Course started</u>	<u>Duration</u>	<u>Last Prescribed Date</u>
Folic acid 5mg tablets	tablet	1 TABLET ONCE A DAY		02/09/2024		18/09/2025
Isosorbide mononitrate 20mg tablets	tablet	1 TABLET 8AM AND 2PM		12/08/2020		17/09/2025
Fluoxetine 20mg capsules	capsule	1 EVERY DAY		12/08/2020		17/09/2025
Co-codamol 30mg/500mg capsules	capsule	1-2 CAPSULES UP TO FOUR TIMES DAILY		14/08/2024		17/09/2025
Clopidogrel 75mg tablets	tablet	1 TABLET ONCE A DAY		15/01/2021		17/09/2025
Bisoprolol 3.75mg tablets	tablet	1 TABLET ONCE DAILY		12/08/2020		17/09/2025
Allopurinol 300mg tablets	tablet	1 TABLET ONCE A DAY		12/08/2020		17/09/2025
Atorvastatin 80mg tablets	tablet	1 TABLET ONCE A DAY		27/12/2023		17/09/2025

Recent medication (Any medication issued within last 90 days not shown above)

<u>Drug name</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Course started</u>	<u>Duration</u>	<u>Last Prescribed Date</u>
Quinine sulfate 200mg tablets	tablet	1 TABLET AT BEDTIME TRY TO MI[more]		18/09/2025		18/09/2025

Additional information

Patient Blood Pressure (Systolic):124	
Patient Blood Pressure (Diastolic):80	
Smoking history (Screening):Ex smoker	Date Recorded:24-Apr-2025
Smoking history (Encounters):Ex smoker	Date Recorded:24-Apr-2025
Alcohol history (Screening):Drinks occasionally	Date Recorded:24-Apr-2025
Alcohol history (Encounters):Drinks occasionally	Date Recorded:24-Apr-2025
Exercise history (Screening):Exercise grading	Date Recorded:24-Apr-2025
Exercise history (Encounters):Exercise grading	Date Recorded:24-Apr-2025

NHS Lothian - Referral Letter

Referral To	Western General Hospital Urology LI Visible Haematuria
Urgency of referral	Urgent - Suspected Cancer
Date of referral	18/12/2025
Date submitted	18/12/2025
UCPN	1010385668119

PATIENT DETAILS		Contact Details
CHI number:	2704610150	27S FINDHORN PLACE EDINBURGH EH9 2NY
Name:	MR COLIN DAY	Voice (Mobile) : 07708 605 555 E-mail : cday27461@gmail.com
Date of birth:	27/04/1961	
Sex:	Male	

REFERRING PRACTITIONER DETAILS		Practice address
Name:	Dr. Hannah Cockburn (GMC: 7554514)	Salisbury Court 102 St Leonards Street Edinburgh EH8 9RD
Practice:	Dalkeith Road Medical Practice (70470)	
Phone:	Voice : 0131 667 1289	

CLINICAL INFORMATION

Reason for Referral: Frank haematuria

Main Referral Text: Dear colleague,
Mr Day presented with one episode of frank haematuria. Note recent review at Day Hospital Liberton.

Mr Day feels systemically well. No new concerns. One episode of frank haematuria. No red foods/clear trigger for this. Drinks plenty water. Episode ~end of November. Denied abdo/flank pain. Denied dysuria. No further episodes of haematuria. Showed me photo - red on toilet sides. Denied PR blood. Urinalysis below no blood. Bloods reassuring. Advised MSU, pt to hand in. See Liberton re urinary symptoms. IPSS completed today >20. Significant urinary symptoms related to prostate. Has had normal PSA, see Liberton letter. No PR at Liberton. Offered PR exam today to check prostate for abnormalities or enlargement. Declined but will think about it and book if in agreement, understands why needed. Discussed trial tamsulosin for symptomatic management. Risk of lowering BP, advised if SEs/concerns, stop, call back. OE Well. Abdo SNT, no flank pain. Bloods completed.

Plan: 1. Trial tamsulosin 2. Advised PR exam, pt to make appt if wishes to proceed 3. Refer USOC urology, pt understands why 4. Worsening statement. In agreement. No qu.

Thank you for your help and assessment.

Kind regards,
Dr H Cockburn

Investigations

Description	Result	Date
Abdominal Mass :	No	
U&Es :	Done	
Has the patient impaired renal function (Creatinine >200 or eGFR <30) :	No	
FBC :	Done	
MSU :	Result Awaited	
Renal Ultrasound :	Not Done	
Abdominal X-ray (KUB) :	Not Done	

Pre-existing conditions (High & Medium Priority)

<u>Description</u>	<u>Modifier</u>	<u>Extension</u>	<u>Start Date</u>	<u>Date Recorded</u>
Not for attempted CPR (cardiopulmonary resuscitation)			24/10/2025	24/10/2025
Stroke and cerebrovascular accident unspecified		R lacunar	15/01/2021	15/01/2021
Gout			25/02/2020	25/02/2020
Other malignant neoplasm of skin		scalp	15/10/2019	15/10/2019
Cellulitis and abscess of digit NOS			05/11/2018	05/11/2018
Leg cramps			04/10/2018	04/10/2018
Upper respiratory infection NOS			16/11/2017	16/11/2017
[X]Depressive episode, unspecified			14/05/2015	14/05/2015
Stress at home			20/04/2015	20/04/2015
Alcohol dependence syndrome			23/02/2015	23/02/2015
Pain in lumbar spine			19/01/2015	19/01/2015
Obesity			19/01/2015	19/01/2015
Neck sprain, unspecified			07/11/2014	07/11/2014
Ischaemic heart disease			16/06/2014	16/06/2014
Pain in lumbar spine			01/01/1998	01/01/1998

Past procedures (High and Medium Priority)

<u>Procedure</u>	<u>Comment</u>	<u>Modifier</u>	<u>Date Performed</u>	<u>Date Recorded</u>
Fit to drive	following driving assessment.		25/04/2023	25/04/2023
[SO]Toe NEC			17/03/2020	17/03/2020
Septorhinoplasty NEC			01/11/2003	01/11/2003
Nose operations NOS			01/01/1999	01/01/1999

Current medication (Active Repeat medication issued within the last 12 months)

<u>Drug name</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Course started</u>	<u>Duration</u>	<u>Last Prescribed Date</u>
Folic acid 5mg tablets	tablet	1 TABLET ONCE A DAY		02/09/2024		21/11/2025
Colecalciferol 400unit tablets	tablet	TAKE ONE TABLET ONCE DAILY		24/10/2025		24/10/2025
Isosorbide mononitrate 20mg tablets	tablet	1 TABLET 8AM AND 2PM		12/08/2020		20/11/2025
Fluoxetine 20mg capsules	capsule	1 EVERY DAY		12/08/2020		20/11/2025
Co-codamol 30mg/500mg capsules	capsule	1-2 CAPSULES UP TO FOUR TIMES DAILY		14/08/2024		20/11/2025
Clopidogrel 75mg tablets	tablet	1 TABLET ONCE A DAY		15/01/2021		20/11/2025
Bisoprolol 3.75mg tablets	tablet	1 TABLET ONCE DAILY		12/08/2020		20/11/2025
Allopurinol 300mg tablets	tablet	1 TABLET ONCE A DAY		12/08/2020		20/11/2025
Atorvastatin 80mg tablets	tablet	1 TABLET ONCE A DAY		27/12/2023		20/11/2025

Recent medication (Any medication issued within last 90 days not shown above)

<u>Drug name</u>	<u>Formulation</u>	<u>Dosage</u>	<u>Frequency</u>	<u>Course started</u>	<u>Duration</u>	<u>Last Prescribed Date</u>
Tamsulosin 400microgram modified-release capsules	capsule	TAKE ONE CAPSULE ONCE DAILY		18/12/2025		18/12/2025
Quinine sulfate 200mg tablets	tablet	1 TABLET AT BEDTIME TRY TO MI[more]		21/11/2025		21/11/2025
Colecalciferol 400unit tablets	tablet	TAKE ONE TABLET ONCE DAILY		24/10/2025		24/10/2025

Additional information

Patient Blood Pressure (Systolic):124	
Patient Blood Pressure (Diastolic):80	
Smoking history (Screening):Ex smoker	Date Recorded:24-Apr-2025
Smoking history (Encounters):Ex smoker	Date Recorded:24-Apr-2025
Alcohol history (Screening):Drinks occasionally	Date Recorded:24-Apr-2025

Alcohol history (Encounters):Drinks occasionally Date Recorded:24-Apr-2025

Exercise history (Screening):Exercise grading Date Recorded:24-Apr-2025

Exercise history (Encounters):Exercise grading Date Recorded:24-Apr-2025