

# PE Patient Case Story

**Martin Yates**

# *Some background...*



Not The Wife!

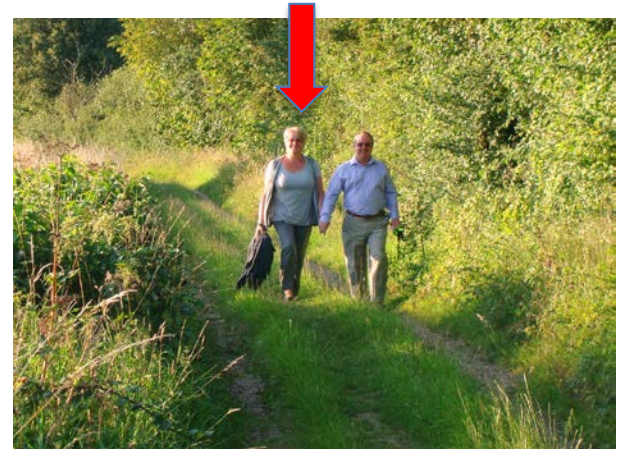
The Wife



*On a cold snowy evening 14 years ago, we  
decide to very briskly walk to the pub....*

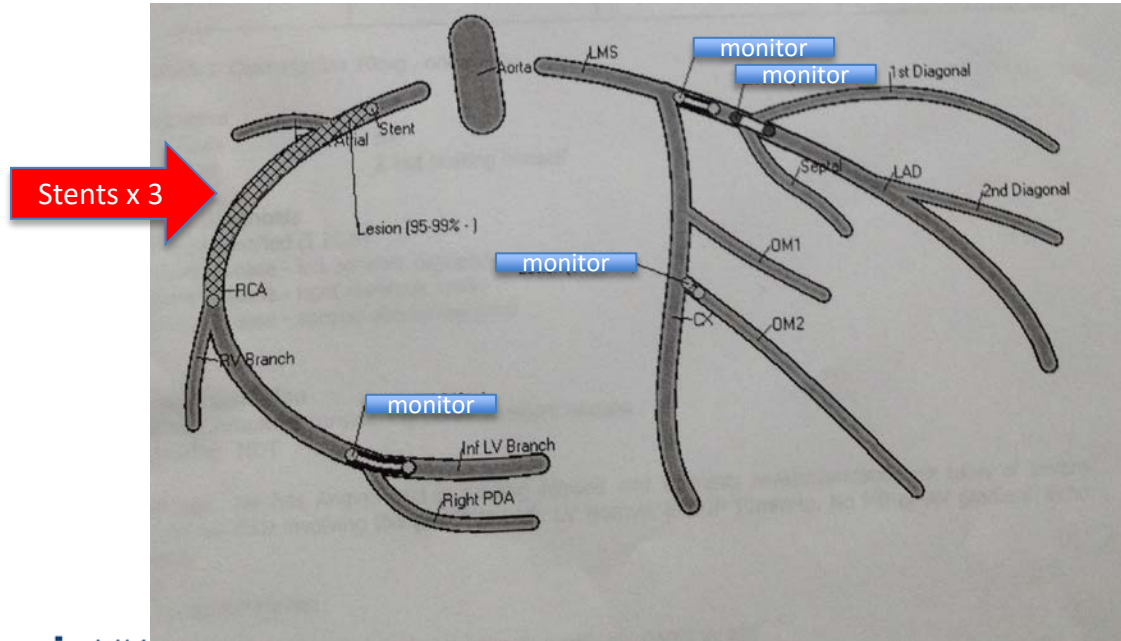


Practice Nurse!

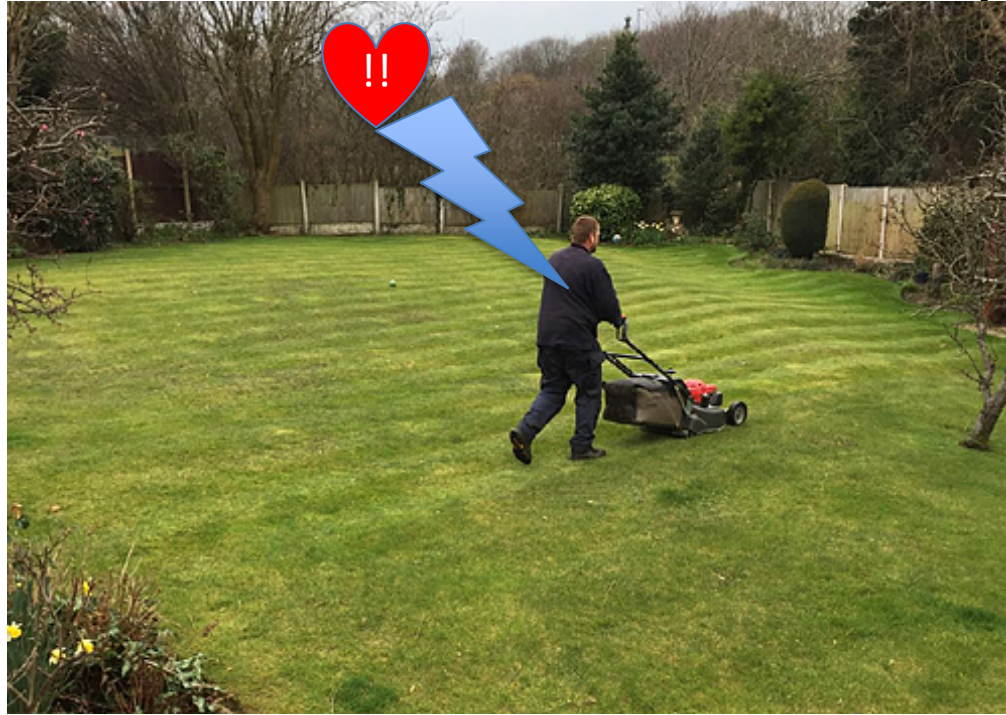


*..and I get a pain in centre  
of chest!!*

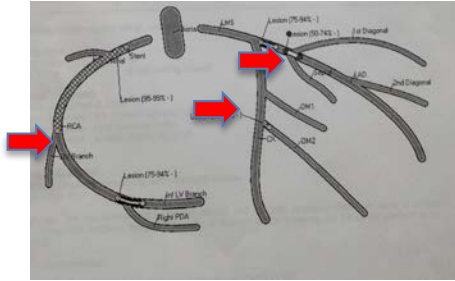
*2 weeks later, an Angiogram done & 3 stents fitted....Angina problem solved..or so I thought...*



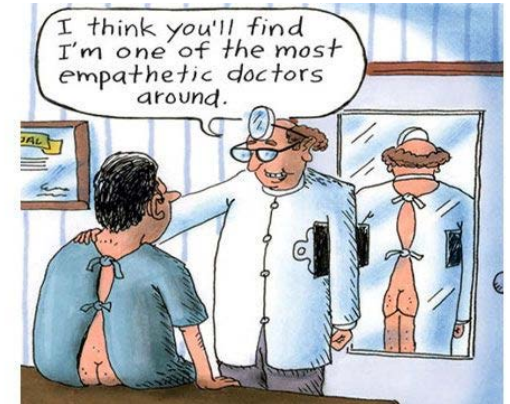
*Fast forward 14 years to September 2015, 3 lawns to cut and “ouch, what’s that pain?”....*



# October 2015...another Angiogram & this time it's 2 choices, live or die?



so 3 weeks later, it's off to Papworth for a Triple Coronary Bypass...a major plumbing job...yuk!



# Bypass successful, only 4 days in hospital but 12 hours after discharge, problems while having dinner!

- Unable to lift right arm
- Sharp stabbing pain in ribcage
- Difficult to talk & breathe
- Anxious



*Wife (Nurse) says "No time to waste, I'll drive you to nearest A&E"*



West Suffolk Hospital

# *It's now 1am in the morning, two junior Dr's and 1 consultant on duty....*

- Bypass history explained
- Vital signs taken, BP ok, Pulse 120
- Blood analysis done, D-Dimer raised
- Chest X-Ray done, nothing found
- PE suspected, CT Scan done at 2am
- Consultant liaises with Papworth  
Consultants over scan, small horseshoe  
shaped clot eventually detected visually





# *Admitted into Coronary Care Unit for 2 days due to Atrial Fibrillation (160bpm)*

- Immediate Heparin injection & put on Warfarin initially, but problems getting blood samples, so switched to Rivaroxaban



- AF stabilised so moved to Chest ward, very depressing, surrounded by dying lung cancer patients!
- Discharged 5 days later with a wad of “do’s & dont’s” leaflets (but can I ride my bike, fly a plane, cut the grass?)

# Summary

- 10 days later, severe stabbing pain in right ribcage again, back to A&E.....Diagnosis, a “pulled muscle”!!
- Forum anxieties, who to talk to about VTE?
- Conflicting Diagnosis (PE or strained rib muscle)
- Thanks to the Papworth on-call, on-line cardiac support team
- Blood “Thinners”, which one, what side effects?
- PE?...I think I’ve had it easy, many others haven’t
- So I’m now a Lay Member of the NICE Guidelines Committee on Hospital Acquired VTE, representing patient & carer’s experiences & views
- ..and a Member of the Papworth Patient Experiences Panel

