

ROLE PLAYER'S CARD

NO. 1

NURSING

SETTING Maternity Ward

PATIENT You are in hospital for delivery of your third child by Caesarean Section, when you are also diagnosed with rheumatoid arthritis. You have severe pain in your wrists and shoulders, and you are feeling very fatigued, as the pain is disturbing your sleep. You are worried about using any medication while breastfeeding.

- TASK**
- Complain to the nurse about your pain but insist on not taking any oral medications for the pain or sleeping problems.
 - Express your fear that the medication may harm your baby and you are determined to breastfeed the baby.
 - Firmly insist on using a natural gel product which contains capsaicin and is reputed to help with pain relief. Be very agitated by the nurse's insistence on prescribed medication.
 - Ask how soon you should expect to be able to go home.

CANDIDATE'S CARD

NO. 1

NURSING

SETTING Maternity Ward

NURSE This 41 year-old patient is in hospital for delivery of her third child by Caesarean Section, when she is also diagnosed with rheumatoid arthritis. She has severe pain in her wrists and shoulders and is feeling very fatigued, as the pain is disturbing her sleep. She is worried about breastfeeding whilst using any medications.

- TASK**
- Respond sympathetically to the patient's demands and questions.
 - Explain the reasons for the oral medication prescribed by her/ his doctor and try to persuade the patient to take this medication.
 - Reassure the patient of the safety of the oral medication. Try to calm the patient down by suggesting other ways to also cope with the pain (hot/cold pack, arrange for friend/relative support, review by doctor).

ROLE PLAYER'S CARD NO. 2 NURSING

SETTING Hospital ward

PATIENT As a 72 year-old patient you have developed a urinary tract infection after you underwent surgery 4 days ago for cancer of the colon. You were commenced on an antibiotic (trimethoprin) and Ural. You live with your husband, who has chronic obstructive airways disease and is partially blind and very reliant on you. Despite your condition, he is your biggest concern as he is currently home alone.

- TASK**
- Ask questions about how long you need to take medication, how long you will need to stay in hospital, and whether chemotherapy will be dangerous at your age.
 - Answer the nurse's questions and explain that you had an episode of unconsciousness and were not feeling well for a few months, lacking energy and tiring quickly.
 - Express concern about staying in hospital as your husband is home alone and relies on you for help. Be very worried about this.

CANDIDATE'S CARD NO. 2 NURSING

SETTING Hospital Ward

NURSE This 72 year-old patient has developed a urinary tract infection after he/she underwent surgery 4 days ago for cancer of the colon. She was commenced on an antibiotic (trimethoprin) and Ural. The patient lives with his wife/her husband, who has chronic obstructive airways disease and is partially blind and very reliant on you. He/She is concerned about a prolonged stay as her husband/his wife is home alone.

- TASK**
- Answer the patient's questions in a reassuring manner.
 - Ask the patient about his/her general health over the last six months and how he/ she has been coping at home.
 - Sympathise with the patient and try to calm them down by offering home help for the care of the patient's husband/wife. Give advice about diet and lifestyle to assist the patient to cope better.

ROLE PLAYER'S CARD

NO. 3

NURSING

SETTING Day Clinic

PATIENT You are a 52 year-old who has recently returned to Australia after a year away. Whilst overseas, you were involved in a traffic accident and suffered a head injury. Today the doctor has diagnosed you with post-traumatic epilepsy. You have been advised to take medication to help prevent further attacks.

- TASK**
- Answer the nurse's questions and explain that since your traffic accident you have had a history of recurrent blackouts. Prior to the attacks, you have headaches and afterwards, you feel lethargic and less alert than usual.
 - Ask how long you will need to take medication and what the risks of the medication are. Ask about epilepsy and the implications of epilepsy on a travelling lifestyle.
 - Be concerned about longterm use of the suggested medication and be reluctant to accept what the nurse is telling you. You have heard that the medication can prevent travel in some countries that you wish to travel to in the future.

CANDIDATE'S CARD

NO. 3

NURSING

SETTING Day Clinic

NURSE This 52 year-old patient has recently returned to Australia after a year away. Whilst overseas, he/she was involved in a traffic accident and suffered a head injury. Today the doctor has diagnosed him/her with post-traumatic epilepsy and advised him/her to take medication to help prevent further attacks. The doctor told the patient

- TASK**
- Sympathetically ask the patient how she/ he has been feeling since the traffic accident.
 - Answer the patient's questions and reassure her/ him of the safety of the prescribed medication. Explain that because it is usual to continue medication until there have been no seizures for at least four years, it is possibly a lifelong course of medication.
 - Explain that the headaches and blackouts can be effectively and safely controlled by the medication and enable a person to lead a normal lifestyle.
 - Reassure the patient that her/ his travel plans will not be affected by medication. Offer them some literature about epilepsy and support services available.

ROLE PLAYER'S CARD NO. 4 NURSING

SETTING Hospital ward

PATIENT You are 67 years old and have been admitted to hospital for balloon angioplasty. Six months previously, you had a coronary artery bypass graft, from which you made a good recovery. This admission, there is obstruction to the coronary arteries by further atherosclerotic deposits. You have lived on your own since your wife's/husband's death three years ago.

- TASK**
- Answer the nurse's questions and explain that you get most of your nutrition from take away food. You have cut down on cigarettes from 20 to 10 a day. You don't exercise out of fear of further heart problems. You have a son who lives on the other side of town.
 - Tell the nurse you fear for your health and ask for advice about lifestyle improvements.

CANDIDATE'S CARD NO. 4 NURSING

SETTING Hospital ward

NURSE A 67 year-old patient is admitted to hospital for balloon angioplasty. Six months ago he/she had a coronary artery bypass graft, from which he/she made a good recovery. Now there is obstruction to the coronary arteries by further atherosclerotic deposits. His/Her current medical history indicates that he may need to look at lifestyle changes. He/She has lived on their own since his wife's/ her husband's death three years ago.

- TASK**
- Ask the patient about his/her diet, exercise, smoking and drinking habits, and any support networks of family and/or friends.
 - Reassure the patient that lifestyle changes can be made easily. Emphasise the importance of moderate exercise and eating healthier foods.
 - Discuss exercise options such as walking or lawn bowls and setting achievable goals for dietary improvements (eg. start by cooking once a week, avoid unhealthy foods when grocery shopping).

ROLE PLAYER'S CARD NO. 5 NURSING

SETTING Hospital Ward

PATIENT You are 29 year-old nullipara woman suffering from persistent vomiting and dehydration. You have been diagnosed with hyperemesis gravidarum and admitted to hospital. You have commenced on IV therapy, complete bed rest, and IV pyridoxine. Ongoing treatment includes an oral anti-emetic to continue until the end of the second trimester. Your husband is in the waiting room.

Nullipara: a woman who has not given birth to a viable infant

- TASK**
- Ask the nurse to explain what hyperemesis gravidarum is and what the implications are for the baby.
 - Display anxiety and persist with questions about your medication - you have not taken any medication to date as you fear harm to the baby.
 - Further express anxiety about losing this baby.

CANDIDATE'S CARD NO. 5 NURSING

SETTING Hospital ward

NURSE This 29 year-old nullipara woman is diagnosed with hyperemesis gravidarum and admitted to hospital. She is commenced on IV therapy, complete bed rest, and IV pyridoxine. Ongoing treatment includes an oral anti-emetic to continue until the end of the second trimester.

Nullipara: a woman who has not given birth to a viable infant

- TASK**
- Answer the patient's questions. Explain that hyperemesis gravidarum is an abnormal condition of pregnancy associated with prolonged vomiting, weight loss and fluid and electrolyte imbalance. Her case is not severe and the doctor expects she will recover fully and deliver a healthy baby.
 - Reassure the patient that the medication will not harm her baby. Ask if she would like to see her husband for some emotional support.
 - Ensure all the patient's concerns are dealt with.

ROLE PLAYER'S CARD NO. 6 NURSING

SETTING Intensive Care Unit

PATIENT You are a 67 year-old, hospitalized for exacerbation of chronic obstructive airways disease. You are worried and anxious about your husband/ wife who collapsed while visiting you. He/ She complained of sudden chest pain and then fainted. He/ She had mentioned he/ she had calf pain in the left leg over the previous week. A pulmonary angiogram revealed a large clot and so an urgent embolectomy was performed. Afterwards, he/ she was transferred to the Intensive Care Unit in a stable condition.

- TASK**
- Be very anxious. Ask why your husband/ wife had to have an operation.
 - Ask the nurse what could have caused the clot. Is this normal for a man/ woman in their sixties?
 - Ask how the risk of clots can be minimised.
 - Ask how long it will be before your husband/ wife can be taken home.

CANDIDATE'S CARD NO. 6 NURSING

SETTING Intensive Care Unit

NURSE The patient is a 67 year-old, hospitalized for exacerbation of chronic obstructive airways disease. She/ He is worried and anxious about her husband/ his wife who collapsed while visiting her/ him. Her husband/ His wife complained of sudden chest pain and then fainted. He/ She had mentioned he/ she had calf pain in the left leg over the previous week. A pulmonary angiogram revealed a large clot and so an urgent embolectomy was performed. Afterwards, he/ she was transferred to the Intensive Care Unit in a stable condition.

- TASK**
- Reassure the patient and answer her/ his questions.
 - Explain strategies to the patient for prevention of clots (such as not crossing her/ his legs while sitting or lying).
 - Answer the patient's questions and reassure them that their husband/ wife is currently in a stable condition, and that when discharged regular blood tests will be advised to ensure no risk of future clots.
 - Explain to the patient what he/ she can look out for in order to avoid this happening again.

ROLE PLAYER'S CARD NO. 7 NURSING

SETTING Paediatrics ward

PATIENT You are the mother/ father of Michael, aged ten, who has had a tonsillectomy and is due for discharge the day after surgery. You think Michael should stay longer, as he says he is still in severe pain and does not appear to be very alert. Michael has a fever and looks unwell. He is having difficulty taking fluids. He is on Tylenol for the pain.

- TASK**
- Express concern to the nurse about your son's pain and request he be kept in hospital longer for observation.
 - Ask for information about giving his medication at home. What dosage should he receive and how often?
 - Show anxiety. If the pain worsens, what should you do? Are there any special precautions you should take?
 - What should he eat and drink?
 - When can friends visit? When can he return to school?

CANDIDATE'S CARD NO. 7 NURSING

SETTING Paediatrics ward

NURSE A 10 year-old boy named Michael, aged ten, has had a tonsillectomy and is due for discharge the day after surgery. His mother/ father thinks Michael should stay longer, as she says he is still in severe pain and does not appear to be very alert. Michael has a fever and looks unwell. He is having difficulty taking fluids. He is on Tylenol for the pain. His recovery is expected to take between 10 and 20 days. The parent appears anxious about the child's condition.

- TASK**
- Reassure the patient about Michael's pain. Explain that a tonsillectomy is a standard procedure and his current level of pain is normal. Reassure the parent that a longer hospital stay is not necessary.
 - Explain to the parent how to administer his medication.
 - Answer the parent's questions.

ROLE PLAYER'S CARD NO. 8 NURSING

SETTING Hospital ward

PATIENT You are a 35 year-old patient who had abdominal surgery four days ago for removal of a large benign tumour. Severe abdominal pain and vomiting over two days prompted you to have tests done as you are usually in good health. You had been suffering intermittent abdominal pain for about three months. Your recovery from the operation has been complicated by a wound infection. Now, you are anxious that not all of the mass was found and you are worrying that the tumour may have been malignant.

- TASK**
- Ask the nurse whether it's possible that the tumour was malignant. How could she/ he be certain?
 - Don't be easily reassured. Express your concern that not all of the tumour mass was removed.
 - Ask how much longer you will need to stay in hospital. Is it possible the tumour will reappear? When can you recommence your cycling routine?

CANDIDATE'S CARD NO. 8 NURSING

SETTING Hospital ward

NURSE The patient is a 35 year-old who had abdominal surgery four days ago for removal of a large benign tumour. Now, in the fourth day after surgery, her/ his recovery has been complicated by a wound infection. The infection is minor, but the patient appears anxious

- TASK**
- Reassure the patient about the certainty of the diagnostic process for tumours.
 - Try to calm the patient by explaining the infection is not serious. Make some suggestions to make her/ him more comfortable (eg. More pillows, bed readjustment). Check the patient knows how to readjust her/ his bed.
 - Answer the patient's questions and deal with the patient's anxiety about the tumour.

ROLE PLAYER'S CARD NO. 9 NURSING

SETTING Hospital ward

PATIENT You are aged 55, and while in hospital for elective surgery on your knee, you have been told you have hypertension (high blood pressure). You play tennis intermittently and know you should reduce your cigarette smoking and your weight. As you are a busy business person with a high stress job and travel interstate frequently, you would prefer to manage your health with medication. Your husband/ wife is constantly nagging you to drink less beer in order to lose weight and is very supportive of you.

- TASK**
- Answer the nurse's questions and explain that you often eat out at regular places with clients. You play tennis, although not always regularly as you travel frequently for work.
 - Ask what medication you can take to lower your blood pressure.
 - Ask the nurse how you could make effective changes to your lifestyle. Be hesitant at first about the nurse's suggestions, but eventually be willing to compromise.

CANDIDATE'S CARD NO. 9 NURSING

SETTING Hospital ward

NURSE This 55 year-old patient was found to have hypertension while in hospital for elective knee surgery. She/ he is quite obese, and the patient's history reveals she/ he is a heavy smoker and suffers alcohol abuse. Her husband/ his wife is concerned about her/ his excessive drinking and thinks she/ he should cut down. The patient would prefer to use medication instead of trying diet and exercise programmes because she/ he has little time for such programs due to being busy with a stressful job and frequent travel interstate.

- TASK**
- Ask the patient about her/ his diet and exercise.
 - Explain to the patient that medication alone would not be effective in this case because her/ his high blood pressure is due to excess calories and saturated fats in her/ his diet, insufficient exercise, heavy smoking and drinking too much alcohol. Strongly advise lifestyle changes.
 - Discuss strategies with the patient for dietary and exercise improvements. Emphasise the need for the patient to dramatically reduce her/ his intake of alcohol and tobacco. Try to reach a compromise with the patient about lifestyle changes.

ROLE PLAYER'S CARD

NO. 12

NURSING

SETTING Hospital ward

PATIENT You are a 70 year-old patient who has had a bowel resection for colon cancer. Upon your recovery from surgery, the doctor wants you to start chemotherapy and then radiotherapy. Your father and brother both died of cancer and you are worried that no matter what you do, the cancer will return.

- TASK**
- Ask the nurse about chemotherapy and radiotherapy. Express your concern about side effects such as weakness and nausea, and hair loss.
 - Admit your worries to the nurse about managing alone at home.
 - Ask the nurse about the possibility of the cancer returning.

CANDIDATE'S CARD

NO. 12

NURSING

SETTING Hospital ward

NURSE The patient is a 70 year-old who has had a bowel resection for colon cancer. He was obese, but lost a lot of weight in the last few months. Since her/ his hospitalisation, she/ he has given up smoking. Upon recovery from surgery, she/ he is due to start chemotherapy and then radiotherapy.

- TASK**
- Answer the patient's questions and give reassurance about the cancer treatment.
 - Reassure the patient she/ he will be well looked after and explain that after she/ he leaves hospital you will ensure support is available to her/ him.
 - Answer the patient's questions in a reassuring manner.
 - Make sure the patient has no further concerns to be dealt with.

ROLE PLAYER'S CARD

NO. 13

NURSING

SETTING Hospital ward

PATIENT You are a 63 year-old truck driver and arrived in Emergency via ambulance two days ago, after you experienced dizziness, vomiting and severe pain in your right ear, which radiated to the right side of your face. All your symptoms came on suddenly while watching television. You have been told you had a stroke and are currently taking medication. You are due to go home today.

- TASK**
- Tell the nurse you don't really know anything about strokes or what causes them. Express your surprise at finding out you had a stroke.
 - Show anxiety as you have heard people can die from strokes. Ask the nurse whether you will have another stroke in the future and whether you could die.
 - Ask about other measures besides medication which could assist in preventing another stroke.

CANDIDATE'S CARD

NO. 13

NURSING

SETTING Hospital ward

NURSE The patient is a 63 year-old truck driver who arrived in Emergency by ambulance. His CT scan showed he had a stroke. He was stabilized in hospital with medication. He is due to go home today. He is to be treated longterm with Warfarin 6mg/day and is required to have regular blood tests.

- TASK**
- Ask the patient what they know about strokes.
 - Explain what causes strokes and what the medication is for (ie. prevention and treatment of thrombosis).
 - Reassure the patient that her/ his current condition is stable. Emphasise the patient of the doctor's orders to have regular blood tests, which will ensure she/ he is closely monitored in order to prevent another stroke.
 - Advise the patient of preventive measures such as losing weight.

ROLE PLAYER'S CARD NO. 14 NURSING

SETTING Accident and Emergency

PATIENT You are a 21 year-old who sustained severe burns to your right arm after a traffic accident. You are currently in chronic pain. You are to have a skin graft on your arm. Some months ago, you moved out of your parents' home to a flat with three friends and your present lifestyle is hectic and full. You are anxious and worried that your lifestyle will change. You are deeply concerned that you may have lost full use of your arm.

- TASK**
- Ask the nurse what is going to happen when the skin is grafted. Will it heal? Will you have the full use of your arm?
 - Express worry about your new job and commitments to your basketball team and your need to resume those as soon as possible.
 - Ask if this kind of pain is normal? Could it mean the injury is permanent?

CANDIDATE'S CARD NO. 14 NURSING

SETTING Accident and Emergency

NURSE The patient is a 21 year-old who sustained severe burns to her/ his right arm after a traffic accident. She/ He is currently in pain. The patient has been told she/ he will need to have a skin graft.

- TASK**
- Answer the patient's questions in a calm manner.
 - Reassure the patient and offer to arrange a friend or relative to be present.
 - Explain to the patient that although burn injuries feel painful, she/ he is readily treatable and it is normal for people to successfully resume their normal lifestyle.