



English training for health professionals by health professionals

CANDIDATE'S CARD NO.3

NURSING

SETTING Emergency department

NURSE

An eighteen year old female with undiagnosed anorexia nervosa has presented to your emergency department with an abnormal heart rhythm caused by her poor nutritional status. Cardiac treatment has stabilised her heart but she is still currently receiving a potassium infusion via a drip to prevent further such problems. Other than when she wants you to explain treatment to her, she is defensive and angry to communicate with and in denial that she has any kind of eating disorder or mental health issues.

- TASK
- *Reassuringly answer her anxious questions about the intravenous drip being given to stabilise her electrolytes.
 - *Tactfully ask her about her eating habits and food intake, emphasising your therapeutic aims for asking these questions.
 - * Advise her very that a mental health doctor will come to see her soon and when she becomes angry about having to see a 'doctor for crazy people', try to persuade her of the importance of dealing with her mental health/eating issues to prevent such life threatening hospital admissions.



English training for health professionals by health professionals

ROLE PLAYER'S CARD NO. 3

NURSING

SETTING Emergency department

PATIENT

You are an 18 year old female with undiagnosed anorexia nervosa who has self presented to an emergency department due to severe heart palpitations which you've never had before. Initially the doctors give you some heart drugs to slow your heart back to a normal rhythm but they also now have an intravenous drip connected to you which you are very anxious about and don't understand. Generally you are very defensive and angry in your interactions with staff and are in denial about having anorexia nervosa or any mental health problems.

TASK * Ask the nurse about why you have a drip running and express fear that it might harm you in some way.

 *When the nurse tries to make conversation with you about your eating habits, initially answer some of his/her questions, but fairly quickly become defensive and angrily ask why it's their business to know about your personal habits.

 *When the nurse tells you a psychiatric doctor will come to see you, become angry again, protesting that these doctors are only for crazy people and that there is nothing wrong with your mind. Calm down only when the nurse persuades you that that your eating behaviour is now causing very serious problems in your life.