

## ROLEPLAYER CARD NO. 1

## NURSING

**SETTING** Patient's home

**PATIENT** You're 60 years old and you live alone. You've been visited regularly by the community nurse since you had a stroke six months ago. You're getting more mobile now, but three days ago you fell in the kitchen, cutting your leg and hurting your wrist badly.

- TASK**
- When asked, tell the nurse how you're feeling (that you were coping well until the fall three days ago)
  - Tell the nurse that you got up during the night to get a glass of water, tripped over and hurt your wrist and cut your leg. You tried to dress the leg yourself, but you're afraid you may need stitches.
  - Tell the nurse that your wrist hurts a lot and seems swollen. It is clearly bruised and you can't move it properly. Apologise to the nurse for falling over. You feel embarrassed.
  - Ask where you can get an X-ray (transport?).
  - Ask how to avoid falls in the future.

## CANDIDATE CARD NO. 1

## NURSING

**SETTING** Patient's home

**NURSE** You're a community nurse who regularly visits a patient who had a stroke six months ago. The patient's making good progress but three days ago he/she had a fall and cut his/her leg. You think his/her wrist may also be broken and should be X-rayed.

- TASK**
- Greet the patient and ask how he/she is.
  - Ask about the fall. Find out the extent of the injuries.
  - Reassure the patient that the cut isn't serious (stitches unnecessary) and you'll dress it. Ask about the wrist (pain, movement, etc.).
  - Sympathise with the patient. Explain that the wrist needs to be X-rayed for a possible fracture (bruised, swollen, movement restricted).
  - Explain that someone from the local health centre will accompany him/her for an X-ray. Stress the importance of getting assistance promptly in the event of an accident.
  - Explain the need to avoid trip hazards in the home – suggest a referral to the occupational therapist.