

1st October 2024
UIPP – Focussed Practice

Look at the roleplay card below:

How would you do the two bullet points?

Setting: Clinic

Nurse/Doctor: Your patient comes to you due to a lack of sleep.

- Find out how the patient is doing
- Discuss treatment options

Focus: Understanding Patient Perspective

We can ask open questions with the intention of understanding thoughts, feelings and opinions:

- What do you think is causing your symptoms?
- In your own words can you tell me...?
- How are you feeling at the moment?

We can then relate these to explanations we give later:

- Earlier you mentioned that you...
- You said before that you...

Setting: Clinic

Nurse/Doctor: Your patient comes to you due to changes in their body and concerns about a family history of diabetes.

- Find out about the patient's symptoms and concerns
- Ask about the family history
- Discuss the next steps

Further Practice

Doctors:

Doctor: You're doing a pre-anaesthesia evaluation on a 44-year-old patient who will undergo gallbladder surgery. The patient's never had surgery before and is worried about the whole procedure. (S)he is currently medicated for claudication in the legs.

Task:

- Greet the patient. Find out what's worrying him/her.

Doctor: You are visiting the home of a 50-year-old patient who has recently suffered from severe abdominal cramps while at work. They were taken to the hospital and were discharged as no significant pathology was found. You are visiting the patient at home as they are worried that if they leave the house

Task:

- Find out about the initial attack.
- Explain how stress can cause symptoms (reduced blood flow to stomach causing cramps, etc.), and how caffeine can play a role (producing adrenaline causing muscles to cramp).

Doctor: Your patient is a 24-year-old who was recently diagnosed with Addison's disease (the adrenal glands underproduce hormones causing general fatigue and life-threatening hypotension when very stressed). They were competing in a local Basketball team before being diagnosed. Currently they are prescribed Florinef (Fludrocortisone).

Task:

- Find out how well the patient has been managing their condition (e.g. medication compliance, reduction of stress etc.).

Nurses:

NURSE

A three-year-old boy has been brought to hospital suffering from chest tightness, wheezing and dyspnoea. You suspect the child has asthma. The parent is anxious and becomes agitated whilst the child is waiting to see a doctor. You are the nurse taking the child's vital signs.

TASK

- Explain to the parent that the emergency department has been busy and as soon as a doctor becomes available he/she will be over to see the child.
- Ask the parent to briefly explain his/her child's condition.
- Explain what the doctor will do (e.g., provide a diagnosis after a thorough medical assessment, etc.).
- Reassure the parent that you are doing everything possible to take care of the child who is stable. A doctor will attend shortly.

NURSE

The parent of a 12-year-old girl asks for your co-operation in answering questions about a convulsive seizure (epilepsy) and what to do if his/her daughter had another seizure following her discharge from hospital sometime later today. Listen carefully to the parent's questions. Do your best to answer the questions. Stress the need to stay calm, and not become over-anxious.

TASK

- Briefly explain epilepsy (disruption of electrochemical brain activity) and general symptoms (e.g., muscle jerking, sometimes post-seizure tiredness or incontinence, etc.).
- Explain what the parent should do if the daughter has another convulsive seizure at home (e.g., lie on side, remove harmful objects, no objects near mouth, check breathing, etc.).

NURSE

Your patient is 55 years old. He/she has End-stage Renal Disease (ESRD). You see his/her health is steadily deteriorating. The patient is an inpatient on your Renal Ward and you notice he/she appears lonely and depressed. He/she requires dialysis three times per week and is a candidate for a renal transplant.

TASK

- Ask the patient to tell you how he/she is feeling.
- Encourage the patient to talk about his/her fears about the condition.