

## Practice Situations

Instructions:

- Here are several scenarios or situations to help you practice
- Use these situations to practice “living room” language, focusing on 1-3 key points (AskMe3) and the teach back method
- Have people break out into groups of 2-3 to practice together and then discuss experience with large group
- Will need 10 minutes or more to do this activity
- *Tip: choose which situations will work for your audience beforehand and print just those few off and assign groups to different ones. It will take too long if you have the groups read through them all and then pick one to work on.*

### **Situation 1:**

The patient has just been diagnosed with diabetes and needs to start monitoring her blood sugar levels and taking insulin. The GTT is a test that tells you how well your body is breaking down sugar. Type one diabetes means that the pancreas no longer produces insulin.

DR: After reviewing your GTT results it has been determined that you have type 1 diabetes mellitus. This means that you will have to start monitoring your glucose level using a glucometer and giving yourself multiple insulin shots every day.

### **Situation 2:**

The patient has just found out that her baby has jaundice (yellowing of the skin as a result of liver problems) and will need to be in a special blanket called a billi-blanket and under a special lamp called a billilamp. This will help raise the baby's billirubin level and reduce the yellowing of the skin.

DR: Mr(s). Jones, your baby is jaundiced. This is caused by elevated billirubin levels. This is treatable through intensive therapy with a billi-blanket and a billi-lamp and pushing fluids.

### **Situation 3:**

The patient has just been diagnosed with high blood pressure and will need to make serious changes to her diet (eating fewer high fat/high calorie foods and consuming less salt) and start taking medication.

DR: Mr(s). Johnson, your blood pressure over the last 4 visits has averaged 150/100 resulting in a diagnosis of hypertension. In order to treat this, you will need to take a medication called hytrin and make some substantial lifestyle changes including a low sodium diet.

### **Situations 4:**

The patient has just had a mild heart attack and needs to have a stent put into an artery to keep the artery open and prevent another heart attack.

DR: You have had a myocardial infarction. Your angiogram shows that you also have a stenosis in another artery and we will need place a stent.

### **Situation 5:**

The patient has recently has a stroke and will need to begin rehabilitative occupation and physical therapy to regain the fine and gross motor skills lost due to the stroke. Gait training is learning how to walk again and ADLs are activities of daily life.

Dr: Mr(s). Wilson, as a result of the stroke you recently suffered we are prescribing intensive OT & PT. You'll need PT for gait training and OT for ADLs. I will be following you throughout the therapy.

### **Situation 6:**

The patient has been diagnosed with kidney failure and will need to start weekly dialysis treatment (a treatment that helps filter toxins from the blood—the function of a normal kidney).

Dr.: Your lab results show that you are in acute renal failure. You will need to start hemodialysis treatments immediately.

### **Situation 7:**

The patient's child has been diagnosed with asthma and will need to start nebulizer treatments and using an inhaler.

Dr.: Mr(s). Smith, your child has asthma and will require nebulizer treatments and inhalers to manage this condition.

### **Situation 8:**

The patient is pregnant and the doctor asks her whether or not she would like a vaginal birth after caesarian delivery (VBAC). A VBAC can be dangerous if the incision on the uterus from the previous pregnancy is vertical rather than horizontal. This can cause the uterus to burst.

Dr.: Mrs. Anderson, I understand that your last birth was through cesarean delivery. As a result, I need to ask whether or not you would like a VBAC with the birth of this child. We need to determine the nature of your uterine incision from the previous pregnancy. If your incision is vertical there is a risk of uterine rupture during a VBAC.

### **Situation 9:**

The patient is at the pharmacy and the pharmacist is discussing her medication dosage and the importance of finishing all of the prescribed medications.

RPH: This medication is called Augmenten. You will need to take it three times daily. It is important that you finish this course of treatment. Take the medication on a full stomach.

### **Situation 10:**

The patient is at the doctor with her 13 year old daughter and being told about the Gardasil vaccine the vaccine for HPV the virus responsible for most cervical cancers.

DR: Mrs. Meyers, there is a new immunization that has recently been approved by the FDA as a prevention strategy for HPV. Immunization guidelines recommend that all girls under the age of 26 receive the vaccination. The vaccine is most effective if given before sexual debut.

### **Situation 11:**

The patient is at the ER because she was stuck with a needle at work and could have been exposed to HIV/AIDS. The ER doctor wants to prescribe the AIDS cocktail, an intensive combination of a variety of antiretroviral medications (medications that fight viruses) to prevent the patient from contracting HIV/AIDS.

DR: Mr(s). Mohamed I understand that you are at risk of contracting HIV due to a potential exposure to blood borne pathogens as a result of a needle stick. You are being prescribed the AIDS cocktail as a prophylactic treatment.

## **Situation 12:**

The patient has developed an infection after having the gall bladder removed and needs to learn how to change her bandages and care for the infected area.

Dr: Mr(s) Garcia, it appears that you have developed an infection at the incision sight when we excised your gall bladder. You will need to perform multiple daily dressing changes using sterile technique until the wound closes.