

ROLEPLAYER CARD NO. 3

NURSING

SETTING

Community Health Centre

PATIENT

You are 18 years old and in your last year of high school. You are very anxious about an approaching examination and are experiencing panic attacks (sharp pains in your chest). You are seeing the nurse to get advice on managing them.

TASK

- When asked, say you're experiencing episodes of shortness of breath, trembling, loud heart pounding, chest constriction and sharp pain. Sometimes these last for 20 minutes. You don't have any other symptoms. You haven't experienced anything like this before.
- When asked, say you have an important exam coming up in two months' time and you feel anxious about it.
- Say you're really worried; you think the panic attacks might indicate a more serious problem.
- Say you'll try some of those strategies. Ask if there is anything else that you can do.
- Say weekly visits to the health centre sound like a good idea.

CANDIDATE CARD NO. 3

NURSING

SETTING

Community Health Centre

NURSE

You see an 18-year-old patient, who is in his/her last year of high school. He/she is worried about an approaching examination and is having panic attacks. He/she is seeing you for advice on how to manage them.

TASK

- Find out details about panic attacks (symptoms, duration, previous occurrences, etc.).
- Explore possible triggers of panic attacks.
- Explain patient's symptoms are a 'normal' response (e.g., to feeling anxious, nervous, fearful, etc.).
- Reassure patient about panic attacks (e.g., common before exams, can be managed, etc.). Make recommendations for self-care (e.g., go to quiet space, visualise something peaceful, practise healthy habits: resting, eating well, getting enough sleep, etc.).
- Advise patient to return to community health centre weekly (e.g., exercises for relaxation and breathing, etc.).