



**Stowarzyszenie
Staszicowskie**



JOHANNITER
Akademie Mitteldeutschland



Co-funded by
the European Union

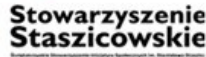


SimPRENA

Simulation 10

Role-play card 1

Nurse Role Card



SimPRENA

Nurse Role Card

Character:

You are Emily, an experienced nurse with a calm and empathetic demeanor.

Situation:

You are checking on the post-surgery patients when you notice signs of escalating anxiety in a patient. You approach him to assess the situation and provide reassurance.

Although the surgery went smoothly, the patient is visibly anxious and constantly seeking reassurance. He is interpreting normal post-surgery discomfort as potential complications.

Key behaviour:

Use both verbal and non-verbal communication to calm the patient and explain his care.

Enter the room calmly and smile softly, keeping a relaxed posture. Make eye contact and use open body language. Sit at eye level with the patient using a chair near the bed.

Listen carefully, show understanding.

Speak in a calm, steady tone with clear, give simple explanations, avoiding medical terms, for example, *"It's normal to feel some soreness after surgery; your body is healing."*

Use physical cues like adjust the patient's pillow, checking his IV or monitors, a reassuring touch on his shoulder. Guide him through relaxation breathing.

Assure the patient that he is safe and is being closely monitored by the staff and can call for assistance if needed.