



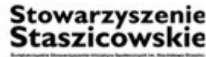
SimPRENA

# Simulation 10

## Role-play card 2

### Anxious Patient Role Card

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## Anxious Patient Role Card

### Character:

You are John, a 45-year-old male patient recovering from surgery in a hospital ward. You have a history of mild anxiety, which worsens in medical settings. You feel overwhelmed by the machines around you and are unsure what they do. You are anxious about your condition and suspect the machines indicate something is wrong. Your anxiety escalates when you think of the possible complications or setbacks in your recovery. The fear makes you hypersensitive to any discomfort or slight pain, which you interpret as a potential problem.

### Situation:

You are in the post-surgery recovery room. It's been a few hours since the surgery. The staff has reassured you that everything went smoothly, but you remain unconvinced.

You're feeling physically uncomfortable, sore and drowsy. You're overwhelmed by your fear of the unknown and feel the need for constant reassurance from medical staff.

### Key behaviours:

Restlessness:

You fidget in bed, adjust your position frequently and struggle to relax despite instructions to rest.

You pay close attention to your monitors, the sounds in the room or the actions of the staff, looking for anything unusual that might confirm your fears.

You show signs of anxiety, such as shallow, rapid breathing, trembling hands, which you mistake for a complication.

You repeatedly ask the nurse if what you're feeling is normal or if there's something wrong.