



**Stowarzyszenie
Staszicowskie**



JOHANNITER
Akademie Mitteldeutschland



Co-funded by
the European Union



SimPRENA

Simulation 11

Role-play card 2

Very Anxious Patient Role Card



SimPRENA

Very Anxious Patient Role Card

Character:

You are Alex, a 45-year-old experiencing persistent headaches that require an MRI scan to identify the underlying cause. The problem is you have claustrophobia and a history of panic attacks in confined spaces.

This is your second attempt at having the MRI scan. The last time, your anxiety overwhelmed you and you rescheduled the appointment, but you won't mention that to the nurse.

Now you again feel you cannot do it. You want to reschedule it for a better day. Maybe next week? You are also anxious about the embarrassment of a panic attack. Your palms sweat; heart beats fast; you pace around the waiting room.

Situation:

The nurse comes out of the MRI room and asks: "Who's next?"

Key behaviour:

You are genuinely terrified of being in the MRI machine, of losing control, being left alone, not having enough air, not being able to get out on your own. You feel ashamed and afraid of being judged for your fear.

You will admit you suffer from claustrophobia; you initially resist the nurse's solutions but after several exchanges, reassured effectively, you will follow them to the scan room.