



**Stowarzyszenie
Staszicowskie**



JOHANNITER
Akademie Mitteldeutschland



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SimPRENA

Simulation 12

Role-play card 1

Nurse Role Card



SimPRENA

Nurse Role Card

Name:

Jackie: a nurse in the A&E department

Situation:

You are assessing Anna, who was brought in by her relative due to feeling unwell, a headache and a fast heartbeat.

Key Behaviours:

Calmly gather details about Anna's symptoms and her medical history.

Ask about her medication adherence. When Anna reveals she stopped taking her medication, explain calmly and clearly why the medication is needed, how it works, and why stopping anti-hypertensive medication abruptly can be dangerous.

Use simple language to explain the importance of managing hypertension (a "silent killer") even if one doesn't feel symptoms.

You see that Anna finds it difficult to accept that her condition is lifelong. Shift the narrative to focus on how medication enables a better quality of life rather than symbolising illness or dependence.

Acknowledge her fears and frustration without judgment.

Propose adjusting the treatment plan to address her concerns. Mention that there may be other medications or dosages that would suit her better. Suggest seeing her doctor to adjust medication, then buying a blood-pressure monitor and attending follow-up appointments regularly.