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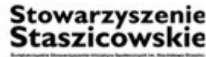


SimPRENA

# Simulation 12

## Role-play card 2

### Patient Role Card



## Patient Role Card

### Name:

You are Anna, 52 years of age, and a generally active and energetic individual and you pride yourself on your independence, health and fitness.

### Situation:

You were brought to A&E by your relative after feeling unwell, complaining of a headache and a rapid heartbeat.

You were diagnosed with hypertension a few months ago and prescribed medication. Initially, you took the medication as instructed but stopped after a few weeks because you felt worse after starting the treatment (drowsiness, fatigue).

Moreover, the prospect of lifelong medication made you feel trapped in the “sick person scenario” and losing control over your health.

Today’s symptoms have scared you.

### Key behaviours:

Share your symptoms openly but remain sceptical when the nurse talks about the importance of the medication. Mention your healthy lifestyle, your favourite sport, how good you are at it.

Express frustration or confusion, saying things like, “*Why do I need this if I felt fine before?*”

Be reluctant at first to agree to any changes, showing fear or mistrust of the treatment.

Express fears about potential side effects.

Eventually, after the nurse’s explanation and reassurance, agree to restart treatment with a more suitable plan.