

ROLE PLAY SCRIPT

Using the 5As Framework, I have written the role play on case scenario 1.

Greeting the patient

Nurse: Hi, Mr. Arnott. It is nice to see you. How are you feeling after you have been discharged from the hospital?

Mr. Arnott: Yeah, feeling much better than before.

Nurse: Good to hear that!!!! Would you mind having an open discussion regarding your alcohol use? I would like to listen to your concerns and offer some support to help you get through this.

Mr. Arnott: Sure, I am fine with it. We can have a discussion. Please go ahead.

The nurse tried to build trust and rapport with Mr. Arnott. The nurse tried to make the patient comfortable by asking them if they are comfortable in having a conversation. Building rapport with the patient helps in achieving positive health outcomes (Koppel et al., 2022).

1. Ask

Nurse: I am sorry to say this, but I am aware that your wife is no longer with you. This has made you drink regularly since she left you 4 months ago. I can understand that it has been a really tough time for you. Could you please tell me more about your drinking habits and how they have affected your life?

Mr. Arnott: Well, I have been drinking since the time my wife left me. I drink to cope with the pain. You know, it is hard to live without her. I drink unlimited drinks daily in the evening when I am back from work.

Nurse: I feel bad about what you are going through, and by drinking alcohol, you are trying to find peace and calmness in your life. I want to ask a few more questions. May I?

Mr. Arnott: Yes, sure, we can discuss further. I have no issues. Please go ahead.

Nurse: Mr. Arnott, you have been drinking daily to cope with the pain. Please tell me how you manage your job, as you have mentioned that you are a delivery driver at a local company. And I really wonder how you manage other day-to-day activities.

Mr. Arnott: Yes, sometimes I have unfortunate events at work. I could not drive properly and could not trace the location where I am supposed to make the delivery. I sometimes find it very difficult to focus and manage my work both at the workplace and at home. I am really worried about how I am going to manage my job, and soon they will fire me from the job due to my inattentiveness.

Nurse: Although, somehow, you have been able to manage work, but it is very concerning. I am sure you are also aware that it is not going to last long like this. What is your opinion on that? Don't you think the time has come to make a few changes in your daily life?

Mr. Arnott: You are correct!!!! I know I need to change my habits and focus on life, but I don't know from where to start this change.

During this conversation, the nurse tried to be empathetic and listened to the patient actively. This helped Mr. Arnott to share his concerns about his work and the pain he is suffering from. This can active listening can help to achieve patient-centred care (Haley, 2017).

2. Assess

Nurse: Thanks, Mr. Arnott. Don't worry; I am there to help you quit this. I also want to discuss the assessment we had done in the hospital. When you came to the hospital, we checked your blood alcohol concentration. The value came out to be 0.20, which is very high. Moreover, the GGT and the LFT values are also very high. The values are not good, and this states that the condition of your liver is not good, which can lead to severe deterioration of your health. Are you taken aback by that?

Mr. Arnott: Oh, I did not realize that it was affecting my health that much.

Nurse: I can understand that it happens when one is going through a tough phase in life. Keeping in consideration your test results, it is time to make a few changes in your drinking habits, which will help to improve your lifestyle and overall well-being. What do you think about it? Are you ready to make changes?

Mr. Arnott: Thank you for understanding my situation. I was aware that drinking is not doing me any good. I was just trying to cope with my pain by drinking daily, but it affected my liver this badly and is making me worried now. I think it is time to think seriously about this.

The nurse clearly demonstrates effective communication skills here. She is giving clear explanation of his lab results and asking open-ended questions while being empathetic and making the patient feel understood and valued (Sharkiya, S. H. (2023).

3. Advice

Nurse: Don't worry, Mr. Arnott. I am giving you written material that contains information about the detrimental effects of alcohol use on health. This document will also contain steps to cut down your alcohol intake. Please go through this document whenever you have time, and feel free to ask me any questions you have regarding this.

Mr. Arnott: Thanks, definitely I will go through this.

Nurse: That is nice. It is really good that you are considering cutting down your alcohol intake. I believe this way you can be fine soon physically as well as emotionally. You

can start slowly by cutting down one drink a day from the next week. What do you think about it? Will you be able to manage this much?

Mr. Arnott: Yes, that would be a great start, and I can manage this.

The nurse did not impose the instructions on him. In fact, she asked him to share his opinion and she asked him to decide whether it is suitable for him. It clearly states that the nurse is providing patient centred care and maintaining patient autonomy (Liang et al., 2022).

4. Assist

Nurse: Perfect, we will start with cutting down one drink per day, and this way, in a week's time, you will cut down 4-5 drinks a week.

Mr. Arnott: I would like to try this for sure.

Nurse: I know it is not easy at all. Please don't worry; you are not alone in this. There are different ways with which you can stop this habit of drinking. I will help you in this. I will connect you with local resources or support groups that can help you with overcoming this. Would you be willing to participate and actively involve yourself in such possibilities to make a change in your life?

Mr. Arnott: Yes, sure, I am interested in getting additional support. It sounds good, but I am not sure about that. It is because I have tried to stop drinking previously also, but will it help me in quitting drinking completely?

Nurse: Don't worry, Mr. Arnott. It is a natural reaction that comes from a person who has been trying to stop a habit of theirs that they have been continuing for so long. I am glad that you are willing to put in efforts to quit your drinking habit.

Mr. Arnott: Yes, thanks, I am ready to start with this.

Here, the nurse is setting goals for Mr. Arnott and she is trying her best to involve him in the goal setting. Moreover, she is assuring him to feel supported all the time. The nurse tried to motivate him and take steps towards better health (Krist et al., 2017).

5. Arrange

Nurse: Great, Mr. Arnott. I will connect you to the support group, which will help in scheduling a daily routine for you. Hope that is fine.

Mr. Arnott: Yeah, sure.

Nurse: I think in about a week, we can arrange a follow-up time with you. During that meeting we will have a discussion about how you are feeling about incorporating that change and any suggestions you might have to add on in your journey to quit drinking. Would you be comfortable meeting weekly for this?

Mr. Arnott: Sure, I have no issues with that. I am ready to cooperate with you if it helps me lead a better life.

Nurse: Wonderful to hear that, Mr. Arnott. I am happy and really proud of you that you are ready to take preventive measures. We will be there to support you at every step, even if we start from a very small step. Please be assured we are there to support you all the time.

Mr. Arnott: Thanks, I am glad that you are helping me a lot, and I will not disappoint you. I will try not to get distracted and follow your guidance.

Nurse: You are welcome, Mr. Arnott. We are always there with you, and let us know if you need anything; we will be happy to help you. Thank you for your time, and it was nice talking to you. We will get back to you soon. Take care.

Mr. Arnott: Thanks, it was nice talking to you too.

The nurse is providing encouragement and positive feelings to the patient. The care and assurance of support led Mr. Arnott to take necessary measures in reducing alcohol intake. It has been noted that there is a positive correlation between nurses' motivation and patient satisfaction in continuing treatment (Ramdan, 2021).

References

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DEBRIEF

1. Were you satisfied with your ability to care for the person presenting with the AOD issue?

Yes, I think I have done well while providing care and support to Mr. Arnott. The main focus of the brief intervention was to engage with the patient in a therapeutic manner. I am satisfied that I provided the patient with the support without judging them. I think I have clearly put my questions forward and provided them with valuable feedback on their lab results. Overall, I have tried my best to understand his situation, informed him about his current health status, and suggested the changes he can make to keep himself healthy.

2. What was done well?

I think I conducted the brief intervention as per the principles of motivational interviewing. I let the patient, Mr. Arnott, speak freely about his concerns without judging him for drinking daily. Moreover, I asked him about his willingness to change and if he is open to suggestions or help from the support group to help him in quitting this drinking habit. This way I have tried to be empathetic towards him, and I have created a safe and friendly environment that he can speak his mind in without hesitation. I acknowledged what he was going through and did not try to force my suggestions on him. I tried every possible way to make him comfortable during the interviewing process.

3. What could have been handled differently?

I think I could have addressed his emotional health in a better way, which led him to start drinking daily. I could have discussed it more, which could have let him feel much better and heard.

4. What did you learn from doing the brief intervention?

I learned the skills of providing patient-centred care. This interview taught me how to design a care plan based on the situation and comfort of the patient. Moreover, I learned from this how active listening skills and rapport building play an important role in conducting an interview.

5. How could this experience be improved?

I think instead of telling for a follow-up in a week's time, I could have arranged a follow-up call or virtual meet whenever required by Mr. Arnott, which would have helped in managing his health in a better way. Moreover, it would have given him a chance to immediately seek help when he feels lonely or frustrated. This would have encouraged him to seek help and distract his mind from the use of alcohol.

6. Is there anything else you would like to discuss?

I would just like to add that it is important to listen to the patient actively and let them also give their inputs during the interviewing processes, as each patient is different and some may require more time to accept help or have discussion. Thus, it is important to maintain calm and have an empathetic attitude always,

which can help to have a more detailed and clearer conversation for a positive outcome.