

Healthcare Theatre Character Description: Motivational Interview Jessie Rogers

Institution: University of Delaware-College of Health Sciences

Program: Healthcare Theatre

Instructor(s): Please read through the following character description and approve its content for your simulation experience. Amend and update the character description using “Track Changes” as necessary and send it back to Healthcare Theatre for review. Once you have approved this character description please record/save your initials and date in the footer.

Simulation Experience: Motivational Interview

Scenario: College student with party lifestyle, who is admitted to the hospital for alcohol poisoning.

Instructions: Carefully read the following character description to prepare for the above mentioned simulation experience. Please remember a quiz will be given at the beginning of dress rehearsal to evaluate your preparedness for this simulation experience. The quiz will include questions pertaining to both the patient and family member. (There will be no family member questions on the quiz if the simulation experience does not have a family member role.)

Goal/Purpose: To have the nursing students evaluate the environment, obtain information from the patient, evaluate and self-assess the nurse’s own beliefs and values related to substance abuse, utilize the CAGE assessment to determine the degree of alcohol abuse, and assess the patient’s readiness to change.

Lab Set-Up

Patient Characteristics

Simulated Patient Name: Jesse Rogers

- Age: 21
- Birth Date: 05/ 01/XXXX
- Overall Emotional State: Partying, cocky college student
- Environment/setting/location: Emergency Department (ER)

Simulated Patient Equipment, Supplies, and Prop Requirements: (Moulage make-up, arm/leg sling, etc.)

- Healthcare Learner Evaluation Tool
- Simulated Patient Feedback Form
- Simulated IV w/ fluid bag
- Patient name band
- Fall risk band

Student Preparation: Simulated Patient/Family Member

Pre-requisite knowledge/activities

- Review Patient Description
- Complete Preparatory Assignment

- Complete Patient Dress Rehearsal

Actor Roles and Behavior Overview

- **Injuries:** Jessie was brought to the Emergency Department by your friends at 3:00am after a night out partying. You were vomiting for several hours and passed out in the bathroom with shallow breathing. Your friends dropped you off and then left.
- **Background and Guidelines:** : You are a college student that is very much into the party scene. You drink every Friday and Saturday night and during the day with neighbors on Sundays. Nearly **once a weekend you drink to the point of being unable to remember a period of time (black out)**. Last semester you were almost arrested for fighting during a blackout. You got in a fight at the bar, but the cop just gave you a verbal warning and didn't arrest you, since it was your first offense. After that you cut back to Friday and Saturday night drinking for a while. You do not feel the need to drink in the morning to fight off a hangover. You just drink a lot of Vitamin water and get a bagel and then you feel fine. You smoke weed with your roommates but honestly who hasn't in college. You do not smoke cigarettes Occasionally you drive short distances around campus after a few drinks, but you "never drive drunk."
- **Current Emotional State:** You are eager to go home, but are distraught over the texts you are receiving from your significant other.
- **Health:** Tonsillectomy (tonsils removed) at age 11. You are a generally healthy young adult.
- **Family:** You are an only child in a middle class family from Pennsylvania. Your parents are married with stable jobs and income. They are both healthy and you have no significant family medical history. You began drinking on weekends in high school but your parents never caught you.
- **Housing:** You live in an apartment off campus with three roommates you met freshman year.
- **Social History:** You have three roommates and your significant other. Your roommates stopped hanging out with you about a month ago. They are tired of having to take care of you when you drink. They are also irritated with your obnoxious behavior and that you never remember your behavior the next day. In the past you have been annoyed when your roommates and significant other have asked you to cut back on drinking.
- **Academic:** Full time junior student majoring in Biology.
- **Interaction Guidelines:** In the beginning of the simulation, your attention is directed at your phone and you don't really engage in conversation with the nurses. You do talk to the nurses, but you don't necessarily hear every question they ask you, because you are distracted with your phone. You are ready to go home, but you are still in a fog. You are still a little drunk, so your movements are not precise. If asked up front about what is bothering you, you could respond with you do not want to talk about it, you just need a ride home. You might inquire about your friends, if they stayed to take you home, but then you

remember that they just left you here. You are not ashamed of your drinking and do not think it is a problem. You have it under control in your mind. You know that your friends, roommate, and significant other are getting upset with your behavior and drinking, but you think that they are just being dramatic and it is not a big deal. Your grades are slipping, but you brush that off too. You believe you can get your grades up, you still have the whole semester left. In the beginning, you are not willing to change, because you don't think that your drinking is out of control. You may start the simulation, with a missing shoe and find it during the simulation, or you could talk to the nurses about the party last night and think that you saw one of the nurses at the party. You could also, in daze, look down at your shirt, and comment "Is this my shirt?". During the time you are distracted by your phone, you are communicating with your significant other, trying to arrange a ride. That is why you are distracted. Your attitude and body language change when you receive a text from your significant other, saying that the relationship is over and they will not give you a ride, because your drinking is out of control. An example text conversation:

You: *I need a ride home from the hospital. Can you pick me up?*

Significant Other: *Figure it out on your own. You got yourself into this mess*

You: *I just need a ride home. Please don't be mad. I'm sorry*

Significant Other: *Whatever. I'm sick of you drinking so much and acting like that. I'm done*

You: *What do you mean "done"?*

Significant Other: *Done as in we're done. You need to realize you have a problem and get help.*

You will receive a text message from the instructor acting as your significant other saying you are broken up. This text message really hits home. Your body language completely changes. You slump back into your chair; you stop looking at your phone. You are scared and worried and upset and this shows on your face. If the nursing students comment on the change, your attitude has completely changed. You tell them what happened with your significant other and now consider that drinking might actually be a problem and might be impacting your life negatively. You no longer are distracted by your phone. Up to this point you have not considered your drinking patterns a serious problem – "I'm in college. I thought I was just like everyone else but I guess not." If the nurse tries to lecture you about drinking, you feel very defensive. If the nurse tries to connect with you and understand your perceptions about drinking, you feel comforted and open up to the discussion. If asked "On a scale of 0-10, how important do you feel it is to cut back or stop drinking?" or "On a scale of 0-10, how ready are you to change?", you should open up to the conversation, answer questions openly and offer new information. You have a conversation with the nurses about your lifestyle and are considering that you might need to change. You have just had this realization, so you are still coming to terms with it, so you might answer a 5 on

the scale, because you don't know how to change. Topics like grades, and your friends leaving you that in the beginning of the simulation were not big deals that they were falling through the cracks, become very important to you. You think "Wow, my grades really are slipping and my friends don't want to around me, all because I drink. Maybe my drinking is out of control!". You are at a turning point in your life now. You want to get help to stop drinking and get control of your life.

Scenario Events and Expected Actions: Events in chronological order

Dress Rehearsal

- Scheduled for the week before simulations begin
- All simulated patients participate
- Simulation Facilitator is invited to clarify/request any patient characteristics

During Simulation Experience

- Nursing Students report to room
- Simulated Patients/Family Member report to room
- Instructor/Coordinator- Observe and evaluate from control room
- 5-10 mins to establish connection, obtain information, and pursue health goals
- End simulation

Debriefing

- 15-20 mins to debrief healthcare learners and provide patient feedback

Debriefing Points

- Use of evaluation tool as a guide
- Establish therapeutic relationship
- Use of appropriate therapeutic communications skills
- Appropriate non-verbal communication skills
- Team dynamics
- Patient Assessment-physical and psychological

Healthcare Learner Objectives

- Practice skill with simulated patient
- Practice self-correction throughout simulation
- Integrate team members' contributions to help achieve patient health goals
- Assess level of therapeutic communication skills with patient
- Other: