

CASE Name: NURS 354 Motivational Interview Simulation

CASE CHIEF COMPLAINT: 21-year-old college student brought to the ED by roommates at 0300 after a night out partying. He/she was vomiting for several hours and passed out in the bathroom with shallow breathing. After some IV fluids and several hours of rest, the patient is now awake and ready to be discharged.

PAST MEDICAL PROBLEMS: No past medical history

PRESENTING SITUATION: When the nurse enters the room to begin discharge, the patient has been texting with boy/girlfriend who is refusing to come pick him/her from the ED. The last message the patient received was a break up text. The boy/girlfriend is “tired of dealing with the drinking, out of control behavior, and blackouts. You need to get help.” The patient is visibly upset.

ADDITIONAL CHARACTER BACKGROUND INFORMATION

- 21-year-old college student (almost 22) majoring in Biology
- Only child from Pennsylvania, parents married with stable jobs/income
- Began drinking on the weekend after high school, never got caught
- Drinks every Friday and Saturday night and during the day with neighbors on Sundays. Blacks out nearly every weekend.
- Roommates stopped hanging out a month ago. They are tired of having to take care of him/her. They are also irritated with obnoxious behavior that he/she doesn't remember.
- Boyfriend/girlfriend has just broken up with the patient for the same reasons.
- Cut back to Friday and Saturday nights only last semester after almost being arrested for getting into a fight during a blackout.
- Annoyed when roommates and boyfriend/girlfriend ask him/her to cut back on drinking.
- Does not feel the need to drink in the morning to fight off a hangover. “I just drink a lot of Vitamin water and get a bagel.”
- Does not use drugs recreationally
- Occasionally drives short distances around campus after a few drinks. “I never drive drunk though.”
- Up to this point he/she has not consider drinking patterns a serious problem – “I'm in college. It thought I was just like everyone else but I guess not.”

SSIMULATED PARTICIPANT DRESS:

Hospital gown, socks, shorts, sports bra (female).

DIFFERENTIAL DIAGNOSIS: Intoxication

ACTUAL DIAGNOSIS: Dehydration, Substance abuse

DESIGNED FOR: Psychosocial Nursing Course (after didactic content on MI presented)

ACTIVITIES & TIME REQUIRED: 10-15 minute simulated experience followed by 20-30 minute debriefing.

OBJECTIVES: List objectives to be assessed or taught through use of this case:

1. Identify beliefs and values related to substance abuse.
2. Utilize the CAGE assessment.
3. Evaluate and assess patient's readiness to change.
4. Implementation of motivational interviewing techniques.
5. Analyze team actions and challenges to maintain professional relationship during debriefing.

EQUIPMENT REQUIREMENTS:

SP clipboard with evaluation tool
Nurse clipboard with discharge instructions
Cell phone
Brief written summary of case to be provided to the students
IV pole and pump with running IV fluids

SP PREPRATORY-ASSIGNMENT

1. Participate in interview (or watch video) with a patient with history of substance abuse.
2. Review the following YouTube videos to gain insight on the patient's experience during a motivational interview:

[Motivational Interviewing with Substance Abuse](#) (5 min)

[Possibly Dependent Alcohol - Brief Intervention](#) (7min)

NURSING STUDENT PREPARATORY ASSIGNMENT: Review Motivational Interviewing presentation on Sakai.

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CASE CHIEF COMPLAINT: 21 year old college student brought to the ED by roommates at 0300 after a night out partying. He/she was vomiting for several hours and passed out in the bathroom with shallow breathing. After some IV fluids and several hours of rest, the patient's blood alcohol level is below the legal limit. They are now awake and awaiting discharge.

PREPARATORY ASSIGNMENT: Review Motivational Interviewing presentation.

YOUR ROLE: You and a partner are to enter the room to utilize the CAGE assessment tool to assess any concern for alcoholism and motivational interviewing techniques to assess the patient's readiness for change.

OBJECTIVES: List objectives to be assessed or taught through use of this case:

- Identify beliefs and values related to substance abuse.
- Utilize the CAGE assessment.
- Evaluate and assess patient's readiness to change.
- Implementation of motivational interviewing techniques.
- Analyze team actions and challenges to maintain professional relationship during debriefing.

ACTIVITIES & TIME REQUIRED: 15-20 minute simulated experience followed by 25-30 minute debriefing.

Objectives for SP:

1. At the end of the preparation students will be able to correctly portray signs and symptoms of a patient who abuses alcohol.
2. At the end of the preparation students will be able to verbalize understanding of their role within the motivational interview experience.
3. At the end of the preparation students will be able to name and demonstrate symptoms of substance abuse.

Preparation to be completed before Dress Rehearsal:

1. Interview with individual from Project Engage
 - a. Professional conversation is expected at all times.
 - b. Please come prepared with several questions for interviewee.
 - c. You may bring a note pad and clipboard to take notes.
2. Watch Video: Motivational Interviewing with Substance Abuse
3. Watch Video: Possibly Dependent Alcohol - Brief Intervention