

ROLE PLAYER CARD		MEDICINE
SETTING	Suburban clinic	
PATIENT	You are a 20-year-old patient who has been experiencing fatigue, weakness, lightheadedness and headaches for the past 3 months. You've just been putting up with it but yesterday you almost fainted and injured yourself, so you've decided to see the doctor. You've been a vegetarian for about 6 months now and are finding it difficult to replace protein because you don't really like eggs, beans etc. You eat a lot of fruit and whole grains.	
TASK	● Explain your symptoms to the doctor ● If asked, tell the doctor you've heard about anemia, but don't know what it really is, so you'd like them to explain it ● If asked, tell the doctor about your diet (vegetarian, hard to replace protein, lots of fruit and whole grains) ● Express doubt about changing your diet because you follow several famous dieticians who you based your diet off ● Agree to blood tests	

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DOCTOR	You are talking to a 20-year-old patient who has been experiencing fatigue, weakness, lightheadedness and headaches for the past 3 months. You suspect anemia and therefore arrange for blood tests.	
TASK	• Ask about their symptoms • Explain what anemia is (not enough healthy red blood cells to carry adequate oxygen) • Find out about the patient's diet (including meat, beans, eggs) • Explain that their diet might be lacking in iron, folate and vitamin B12, which are all important for healthy red blood cells • Recommend adjusting diet to eat more lentils, beans, dark green leafy vegetables, nuts, dairy products and folate and vitamin B12 enriched grain products to increase their intake of iron, folate and B12 • Request to perform blood tests to check their levels of red blood cells as well as iron, folate and B12	