MEDICINE ROLE PLAYER CARD 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

ROLE PLAYER CARD MEDICINE	
SETTING	Suburban clinic
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