

ROLE PLAYER CARD**MEDICINE**

SETTING Hospital Outpatient Clinic

PATIENT You are Mrs. Heather Calder, a 73-year-old woman. Over the last three weeks, you have had an increased urination frequency along with an urge to urinate very often and sometimes the urge is so strong that you leak urine on your way to the bathroom. You feel like you're losing control and very embarrassed.

- TASK**
- Answer the doctor's questions reluctantly.
 - If asked, mention avoiding strenuous activities, controlled fluid intake, and social detachment.
 - Sound alarmed about the diagnosis of urinary incontinence and find out whether it is curable.
 - Explain that you believed it was due to aging and didn't seek any treatment until now.
 - Be open to the suggestions about treatment

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SETTING	Hospital outpatient Clinic	
DOCTOR	You are attending a 73-year-old woman - Mrs. Heather Calder, who has come to your hospital for a check-up and she looks quite embarrassed to talk.	
TASK	● Find out about the patient's condition. Be empathetic and understanding if they feel embarrassed. ● Ask how the patient has been coping with the issue so far. ● Describe your preliminary diagnosis of urge incontinence (overactive bladder, causes a sudden and strong need to urinate) . ● Explain its prevalence among the elderly (very common among elderly people, especially women who have given birth; aging leads to weaker muscles, which increases the risk of urge incontinence). ● Assure her that it can be controlled by Kegel exercises, bladder training techniques, and medication. ● Ask what the patient wants to do next by presenting her options such as scheduling an appointment with a urologist, offering incontinence pads or disposable undergarments	

Doctor:

Good morning, Mrs. Calder. I can see you're feeling a bit uncomfortable, but please don't worry. Everything we discuss here is confidential, and I'm here to help. Could you tell me what's been troubling you lately?

Patient: (responds with symptoms and embarrassment)

Doctor:

Thank you for sharing that with me. I understand it's not easy to talk about, but you've done the right thing by coming in today. Can I ask how you've been managing this problem so far?

Patient: (mentions avoiding strenuous activities, fluid control, staying home, etc.)

Doctor:

I see. It sounds like this issue is affecting your daily life quite a bit. Based on what you've told me, it seems like you may be experiencing something called *urge incontinence*, also known as an overactive bladder. It causes a sudden, strong need to urinate, which can be difficult to control.

Please don't feel alarmed—this condition is **very common**, especially in older adults, and even more so in women who have had children. As we age, the muscles that control the bladder can weaken, increasing the chances of this happening.

Patient: (asks if it's curable or manageable)

Doctor:

That's a great question. While it may not always be completely curable, it is definitely **treatable and manageable**. Many people see significant improvement through **Kegel exercises**, which strengthen the pelvic floor muscles, and **bladder training techniques**. In some cases, **medication** can also help reduce the frequency and urgency.

Patient: (responds positively)

Doctor:

I'm really glad you're open to trying treatment options. From here, we can do a few things:

- I can refer you to a **urologist** for a specialist opinion.
- In the meantime, we can discuss some **pelvic floor exercises** to get started.
- If needed, we can also talk about **incontinence pads or discreet disposable underwear** for your comfort and confidence while we work on management.

How would you like to proceed?