

ROLE PLAYER CARD		MEDICINE
SETTING	Suburban clinic	
PATIENT	You are a 60 year-old male patient who has noticed a bulge around your groin, which aches and is very painful, especially when you bend over, cough or lift.	
TASK	<ul style="list-style-type: none">• Explain your symptoms to the doctor and complain about the amount of pain• Ask about how this happened• Find out how this can be treated	

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DOCTOR	<p>You are seeing a 60 year-old patient who has groin pain. They have no other significant medical history.</p>	
TASK	<ul style="list-style-type: none">Ask about their symptomsRequest permission to inspect the bulgeExplain the diagnosis, inguinal hernia (occurs when tissue, such as part of the intestine, protrudes through the abdominal muscles) and its causes (increased pressure within the abdomen, preexisting weak spot in the abdominal wall, straining during bowel movements or urination, strenuous activity)Recommend prevention strategies (maintain a healthy weight, eat high-fiber foods e.g. fruits, vegetables and whole grains - prevent constipation and straining, avoid lifting heavy objects)Refer the patient for surgery (incision in your groin and pushes the protruding tissue back into your abdomen, area is sewed and often reinforced with synthetic mesh, opening is closed)	