ROLEPLAYER CARD NO. 4   DIETETICS

SETTING   Suburban Dietitian Clinic

PATIENT   You discovered two years ago that you suffer from a seafood allergy. Last week you ate a meal at your friend's dinner party that contained fish stock, which caused a severe reaction, and you were rushed to hospital. You want more information about allergies and some advice about how to help others understand your problem.

TASK

- When asked, say that you react strongly whenever you eat food containing seafood, but don't have any other allergies. Last week at a party, you ate something that contained fish stock and ended up in hospital. This is the first time this has happened.
- Find out if you will ever grow out of this allergy.
- Ask for information about how to prevent an episode from reoccurring.
- Say you don't want to go to hospital again, but admit that you don't really know what to do in an emergency.
- Agree that you should buy an allergy bracelet and EpiPen.

CANDIDATE CARD NO. 4   DIETETICS

SETTING   Suburban Dietitian Clinic

DIETITIAN   Your patient discovered, two years ago, that he/she has a seafood allergy. Last week a friend served fish stock in a meal which caused anaphylactic shock, so an ambulance was called. The patient wants more information about allergies and advice on how to avoid further incidents.

TASK

- Find out relevant details about the patient (allergy history, the incident last week, previous incidences, etc.).
- Give information about food allergies (e.g., overreaction of immune system, severe cases are anaphylactic – life threatening, etc.).
- Clarify that the patient is unlikely to grow out of the allergy (doesn't happen in adults).
- Advise on ways to prevent re-occurrence (read food labels carefully, strict avoidance of seafood, ask about all ingredients in sauces/stocks/condiments, etc.).
- Make recommendations in case of an emergency (wear an allergy bracelet, carry an EpiPen – epinephrine/adrenaline autoinjector, etc.).