

SETTING

Children's Orthopaedic Ward

CARER

You are the parent of an overweight ten-year-old boy, John. Your son fell and broke his leg and has been admitted to hospital. The Resident Medical Officer (RMO) has suggested that you see a dietitian to get some advice on weight control for John.

TASK

- You are overweight yourself. Be defensive at the thought of someone investigating your family catering skills. What has John's diet got to do with breaking his leg?
- Answer the dietitian's questions about your son's eating habits somewhat reluctantly. He has always disliked most fruit and vegetables, except fried potatoes. He eats whenever he feels hungry, which is most of the time, and is permitted to eat unlimited amounts of sweets and fast foods. You're very busy and frequently don't have time to cook a family meal.

SETTING

Children's Orthopaedic Ward

DIETITIAN

You are talking to the overweight parent of an overweight (150th percentile weight for height) ten-year-old boy, John, admitted to your ward with a broken leg. The Resident Medical Officer (RMO) has asked you to see the parent to offer some advice on weight control for John.

TASK

- Give general advice about weight control to the parent of this boy.
- Ask about the family eating habits and suggest ways in which they could be changed.
- Be tactful in dealing with the parent, who is defensive, feeling that you are assessing his/her parenting skills.