

## SETTING

Community Health Centre

## PATIENT

You are 18 years old and in your last year of high school. You are very anxious about an approaching examination, as you have always dreaded tests and class presentations. You are experiencing panic attacks; sharp pains in your chest which can last up to 20 minutes. You are seeing the nurse to get advice on managing them.

## TASK

- When asked, say that you are experiencing episodes of shortness of breath, trembling, loud heart pounding, chest constriction and sharp pain. Sometimes this lasts for 20 minutes. You haven't had anything this bad before.
- Say you have an important exam coming in two months' time and feel anxious about it.
- Admit that you are really worried and you think it might indicate a more serious problem.
- Say you will try some of the self-care strategies. Ask if there is anything the nurse can do.
- Agree to visit the health centre for relaxation and breathing techniques.

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## NURSE

You see an 18-year-old patient, who is in his/her last year of high school. He/she is worried about an approaching examination and is having emotion-related panic attacks. He/she is seeing you for advice on how to manage them.

## TASK

- Find out details about the patient's panic attacks (symptoms, duration, previous occurrences, etc.).
- Explore possible triggers of the panic attacks.
- Give reasons for the patient's symptoms (e.g., 'normal response' to feeling anxious, nervous and fearful, etc.).
- Reassure the patient about the panic attacks (common before exams, can be managed, etc.). Make recommendations for self-care (go to a quiet space, visualise something peaceful, practise healthy habits, e.g., rest, eating well, enough sleep, etc.).
- Advise patient to attend the Community Health Centre (weekly visits, exercises for relaxation and breathing, etc.).