

## ROLEPLAYER CARD NO. 2

## PHARMACY

## SETTING

Community Pharmacy

## CLIENT

You are 55 years old and have had trouble sleeping for a few months. The doctor has prescribed sleeping tablets, which you have come to collect.

## TASK

- When asked, say you've come to collect some sleeping tablets which your doctor has prescribed.
- When asked, say you don't have any health conditions. You aren't taking any long-term medication. You haven't used sleeping tablets before.
- When asked, say your daughter is a nurse and she's told you that some sleeping tablets are also anti-depressants, so you'd like to know if what you've been prescribed is an anti-depressant.
- Say you really don't want to take anti-depressants because you aren't depressed and you're worried you might become dependent on them.
- Say you feel a bit more reassured now; you'll try the sleeping tablets and you'll think about making an appointment to speak to your doctor.

## CANDIDATE CARD NO. 2

## PHARMACY

## SETTING

Community Pharmacy

## PHARMACIST

You see a 55-year-old client who has had trouble sleeping for a few months. The doctor has prescribed sleeping tablets, which the client has come to collect.

## TASK

- Find out reason for client's visit.
- Find out relevant client details (any health conditions, long-term medication, previous use of sleeping tablets, etc.).
- Give information about use of sleeping tablets (e.g., just before bedtime, only as required/not routinely, avoidance of alcohol, etc.). Describe possible side effects (e.g., dizziness, headaches, memory/performance problems, prolonged drowsiness, etc.). Find out any questions/concerns.
- Confirm prescription is for anti-depressant (e.g., some anti-depressants used as sleeping tablets: containing sedative, increasing drowsiness, treating insomnia, etc.).
- Reassure client about anti-depressants for insomnia (e.g., lower dosage, non-addictive, lower risk of side effects, short-term/irregular use only, etc.). Recommend speaking to doctor (e.g., any further concerns, etc.). Establish client's consent for sleeping tablets.