

## **Workshop on Patient Compliance: In the Doctor's Office**

The following are role play scenarios in which you will be able to practice some of the concepts and principles we have discussed regarding patient compliance.

### *Physician*

Your clinic is extremely busy this month because several of the companies with which you work have been sending their employees to you for annual checkups. Upon visiting with this patient, you discover that he has high blood pressure and should be on medication. You notice that this patient appears to be in denial and is not interested in learning about his risks or treatment. Knowing that your time is limited, you want to give your patient all the necessary information and help him to acknowledge his risk. You also are aware that the patient's spouse is very concerned.

### *Nurse*

After the patient has seen the doctor, the physician sends him to you to review the patient's risk for a stroke due to high blood pressure. You also discuss ways that the patient can lower his blood pressure and prevent a stroke, such as improving his diet and increasing exercise. In addition, you are to give the patient information regarding the medication, including its side effects, how to take it, and the importance of compliance. You attempt to identify the patient's barriers for compliance, as well as ways to overcome those barriers.

### *Patient*

You are going to visit the company physician for a checkup as a requirement for your new position. Other physicians have told you for the past 6 years that you suffer from high blood pressure and they have even prescribed medication to lower your blood pressure. You began taking the medication at one point, but stopped after a few months when you were bothered by the side effects. You did not believe that the medication was helping your condition and you feel as though there is not much you can do about your high blood pressure. You tried to make some changes in your diet or your exercise habits when you were first diagnosed. However, you did not notice any big improvements, so you returned to your usual habits. You feel healthy, so you do not think there is anything wrong with you. Besides, if you do get sick, it was meant to be and there is not much you can do to prevent it. You have tried to avoid physicians as much as possible because of this issue, and also because you are annoyed by the long waiting times.

### *Significant Other (Spouse)*

You accompany your spouse to his appointment with the physician. You are aware that your spouse has been diagnosed with high blood pressure, but you do not know how long he has had this condition and he refuses to talk about it. You are worried about his health, but are not sure what is the cause of high blood pressure and what can be done about it. You want to see if you can find out more about his condition and what you can do to help.