**Activity: Role-play**

You will take part in role-play activities, where one student plays the district healthcare assistant and the other plays the patient.

Swap roles for the second scenario so you each get a chance of playing the healthcare assistant.

**Scenario 1**

In this scenario, the healthcare assistant meets the patient in their home for the first time to conduct an initial assessment of the patient’s risk of developing pressure injuries. The healthcare assistant will also provide advice on prevention.

**Role: Patient (age 78, lives alone, limited mobility)**

**Your task:**

* Respond as if you are an older adult with limited mobility.
* Answer the healthcare assistant’s questions about your daily routine, comfort levels and any concerns.
* Express some hesitation or difficulty following advice (e.g. "I forget to move around" or "I don’t feel like eating much these days").
* You have concerns about urinary incontinence and are often unable to get to the toilet in time, but you are embarrassed about mentioning it.
* Ask the healthcare assistant questions if you need clarification.

**Key background information:**

* You have arthritis and have been struggling to move around as much as you used to.
* You spend long periods sitting in your recliner chair watching TV.
* Your daughter visits a few times a week to help with meals and household tasks.
* You are unaware of what pressure injuries are, the early signs and how to prevent them.

**Role: District healthcare assistant**

**Your task:**

* Conduct a home visit to assess the patient’s risk of pressure injuries.
* Ask appropriate questions about mobility, skin condition and daily routine.
* Provide clear, practical advice on pressure injury prevention.
* Use effective communication – be professional and reassuring.

**Key information you should cover:**

* Importance of repositioning regularly (every two hours in bed, every 30–60 minutes when sitting).
* How to check for early signs of pressure damage (redness, warmth or pain in certain areas).
* The importance of hydration and nutrition on skin health.
* Encouraging the patient to raise concerns early if they notice skin changes.

**Scenario 2**

In this scenario, the healthcare assistant is conducting a follow-up visit for a patient who has developed a pressure injury on their lower back (sacrum). They provide care and advice for recovery.

**Role: Patient (age 78, lives alone, limited mobility)**

**Your task:**

* Respond as if you have developed a pressure sore despite the healthcare assistant’s previous advice.
* Express concerns about the wound and any discomfort you feel.
* Show some reluctance about changing habits or seeking further medical attention.
* Ask the healthcare assistant questions as if you are worried or confused about treatment (e.g. "Will this go away on its own?" or "Do I have to go to the hospital?").

**Key background information:**

* You now have a pressure sore on your lower back (sacrum) that has become painful.
* You were not able to reposition as often as recommended because it was uncomfortable.
* You did not realise how serious pressure injuries could become.
* Your daughter has been helping with meals, but you have not been eating well.
* You feel a bit embarrassed about the situation and are worried about what happens next.

**Role: District healthcare assistant**

**Your task:**

* Assess the patient’s pressure injury (the patient has a small pressure injury developing on their lower back. The skin is red and slightly warm, but the skin is not broken).
* Explain the severity of the injury in a clear and reassuring way.
* Provide practical advice on wound care, pressure relief and lifestyle changes to support healing.
* Use effective communication – be professional and compassionate.

**Key information you should cover:**

* The importance of keeping the pressure injury clean.
* Adjustments to positioning to relieve pressure on the affected area.
* Encourage the patient to report worsening symptoms, such as increased pain or signs of infection.
* Reinforce the importance of good nutrition, hydration and repositioning.