**Activity: Help sheet**

**Scenario 1 – Suggested role-play structure**

**Opening the visit**

* Greet the patient and introduce yourself.
* Explain the purpose of the visit.
* Ask how the patient has been feeling and about their daily routine.

**Assessing the risk**

* Ask about:
  + mobility;
  + comfort;
  + skin health;
  + eating and drinking.

**Providing advice**

* Explain the importance of repositioning.
* Show the patient how to check for early signs of pressure damage.
* Discuss the role of pressure-relieving cushions and tell the patient that you will leave with them a pressure-relieving cushion for their chair.
* Emphasise the importance of good nutrition and hydration.
* Reassure the patient and encourage them to ask questions.

**Closing the visit**

* Summarise key advice and next steps.
* Offer reassurance and let the patient know they can contact you if needed.

**Scenario 2 – Suggested role-play structure**

**Opening the visit**

* Greet the patient and check how they are feeling.
* Acknowledge concerns and reassure the patient.
* Ask when they first noticed the sore and how it has changed.

**Assessing the pressure injury**

* Look at the lower back and diagnose what stage the pressure injury is.
* Ask about:
  + pain;
  + mobility;
  + care from daughter;
  + general health, e.g. eating and drinking.

**Providing a care plan**

* Explain what a pressure injury is and why it needs careful management.
* Discuss how to relieve pressure on the affected area (adjustments to sitting/lying positions).
* Advise on wound care and any treatment needed (e.g. keeping the area clean, explain that you will apply a protective dressing today).
* Reinforce the importance of eating well and staying hydrated to help healing.
* Encourage the patient to monitor the wound and report any worsening symptoms.

**Closing the visit**

* Summarise key advice and next steps.
* Offer reassurance and support, explaining that the situation can improve with care.
* Provide instructions on how to contact the healthcare assistant or GP if needed.
* Thank the patient for their time and encourage them to follow the care plan.