

Appendix A – Five Basic Principles Role Play Activity

Motivational Interviewing:

Script:

Nurse: How have you been getting along with the hip?

Patient: Well, since that operation its been really hellish, to be honest. The pain is still really hard to bear and sometimes those pills just don't help. I wonder if there is something still wrong with it.

Nurse: Have you seen your doctor?

Patient: Yes, she's recommended me to take the pain pills that she said would be helpful.

Nurse: Good, because I think they will help you. I can tell you that the chart states that you have made a very good recovery and that your hip appears to be in good condition.

Patient: Well, uh, it still hurts so much, yesterday it was unbearable!

Nurse: It will get better with time, if you are doing all the right things like we have been telling you. Take your medication and take a walk twice a day. I will come and see you again soon.

Patient: Yes, OK, but have you any idea why it hurts so much?

Nurse: Well, based on my assessment and what has been charted it looks like your hip is healing fine. Sometimes this just takes time.

Patient: Is there any other medication that might help?

Nurse: Well, we have you on the best medicine we can give you. The process of healing is often painful to begin with. I could ask about some extra physical therapy for you if you like. I'll look into it and get back to you.

Nurse: How have you been getting along with the hip?

Patient: Well, since that operation its been really hellish, to be honest. The pain is still really hard to bear and sometimes those pills just don't help. I wonder if there is something still wrong with it.

Nurse: It sounds like you are going through a difficult time.

Patient: Terrible. I mean I expected pain, but there's something about this that doesn't feel right, so much so that my son is convinced that something went wrong in the operation, and he says I must ask about it.

Nurse: I honestly don't think so, when I look at your hip and read the charting, but tell me, when and how does it hurt?

Patient: You see, I have taken the pain medications, but it's no good. When I get up from my chair or bed, it's really terrible. I don't complain easily.

Nurse: I talked to the surgeon this morning and she showed me that your joint is in the correct place and the bones are all OK according to the X-ray.

Patient: So you did not hear about any problems?

Nurse: No. Healing after these operations can sometimes be pretty tough, but if you are consistent with your walks, I think it will be better. But it sounds like you will feel more reassured if we keep a much more careful eye on your progress and maybe arrange for some extra help with getting you up and going.

Patient: I'd really appreciate that.

Nurse: I will ask for a physical therapy consult to help you with that. They will be able to guide you through the tough trade-off between pain and activity.

Patient: So you don't think there is anything wrong with my hip?

Nurse: Based on what I have seen and heard, it doesn't seem like it, but I do think we need to keep a close eye on your progress.

(Script modified from Rollnick, Miller, & Butler, 2008, p. 22-25)