

ROLEPLAYER CARD NO. 1

DIETETICS

SETTING Children's Orthopaedic Ward

PARENT You are the parent of a ten-year-old boy. Your son is overweight. He fell and broke his leg and has been admitted to hospital. The Resident Medical Officer (RMO) has suggested that you see a dietitian to get some advice for your son on weight control. Your son is not present for the discussion.

TASK

- When asked, say your son has always been on the heavy side. He's put on some more weight this last year; you're not sure how much. When asked, say he doesn't eat fruit and vegetables, except fried potatoes. He likes to eat fast food. He likes chocolate for a snack.
- When asked, say you're very busy and frequently don't have time to cook a family meal so he eats whenever he feels hungry. You usually eat together at weekends but you don't have a set time for meals.
- When asked, say you allow him to make his own choices about the food that he eats at home and at school.
- When asked, say he does physical education classes at school but he isn't doing any after-school activities.
- Say those suggestions sound good. When asked, say you just feel guilty that you haven't been able to set a better example.
- Say you feel a bit better now. You'll bring your son in for an appointment.

SETTING Children's Orthopaedic Ward

DIETITIAN You are talking to the parent of a ten-year-old boy. The child is overweight (95th percentile weight for height). He was admitted to your ward with a broken leg. The Resident Medical Officer (RMO) has asked you to see the parent to offer some advice on weight control for the child. The child is not present for the discussion.

TASK

- Confirm reason for visit (advice on weight control for child). Find out about child's weight history (when weight gain started, weight gain within last year, etc.). Find out about child's diet (fruit and vegetable intake, preferred foods, snacks, etc.).
- Explore family eating habits (family meals: frequency, time of day, etc.).
- Find out if child has independent access to food (at home, at school, etc.).
- Find out about child's lifestyle (amount of exercise, after-school activities, etc.).
- Give likely cause of child being overweight (e.g., frequent snacking, high carbohydrate/processed food intake, etc.). Make recommendations for healthy eating (e.g., cooking, eating and exercising together; limiting unhealthy snacks at home for all family members; etc.). Find out any questions/concerns.
- Reassure parent about child's weight (e.g., number of contributing factors, can be difficult to manage, etc.). Advise need for appointment with child (e.g., discussion about food/diet, creating diet plan, etc.).