

## OET Speaking Sample Paper 4

### ROLEPLAYER CARD NO. 1

### NURSING

**SETTING** Medical Clinic

**PATIENT** You are a 60-year-old diabetic. You have managed your diabetes for a number of years with diet and tablets. However, your doctor wants you to start having insulin injections. You are seeing the nurse to be shown how to give yourself these injections.

#### **TASK**

- When asked, say you're a bit anxious and you're unsure about starting insulin injections; you've been managing your diabetes well until now.
- When asked, say you just don't really like the thought of injecting yourself; you don't think you'll be able to do it.
- Ask if there is another way to manage your diabetes.
- Say you understand; all of that information is clear.
- Say you feel better about the injections now; you're ready for the nurse to watch you give yourself an injection.

**SETTING**      Medical Clinic

**NURSE**      Your 60-year-old patient has type 2 diabetes, which has been moderately well controlled by diet and oral medication until now. However, recently the patient's blood sugars have been high. The doctor has decided to commence insulin injections. You are seeing the patient to show him/her how to administer injections.

**TASK**

- Confirm reason for appointment (self-administering injections for diabetes: advice, observation). Find out how patient feels about insulin injections.
- Explore reasons for patient's anxiety (injecting process, fear of pain/needles, etc.).
- Reassure patient about managing injections (e.g., clear instructions, easier with practice, etc.). Stress importance of insulin injections (e.g., faster absorption into bloodstream: not broken down in stomach, more effective, etc.).
- Emphasise injections are best option available (e.g., current management: not working, etc.). Explain injection-giving process (e.g., washing and drying hands, pinching skin, insertion of needle: 45–90 degree angle, leaving in place 5–10 seconds, etc.). Describe need to rotate injection site (e.g., preventing formation of lumps, risk of less insulin absorption, etc.).
- Explain importance of safe needle disposal (e.g., suitable containers, proper care and handling, etc.). Outline insulin storage (e.g., refrigerating unopened insulin, not exposing to sunlight/high temperatures, checking expiration dates, etc.). Establish patient's willingness to be observed self-injecting.