

RESIDENT AS ROLE MODEL WORKSHOP

Scenario 2: Lifestyle counselling

** Generally applicable to most specialties. May require a slight modification**

GENERAL

- Simulation focus: Role modelling how to deliver effective lifestyle counselling
- Simulation duration: 10 minutes
- Simulation objective: Demonstrating positive professional behaviors while using strategies for effective role modelling
- Setting: Family medicine clinic
- Physical exam: None
- Number of standardized patients: 2 (patient and junior resident)

EXPECTATIONS OF THE CANDIDATE

The participant should:

- Be aware of themselves as a role model in this situation
- Focus the learner on how they are going to approach the situation with the patient and what to watch for
- Demonstrate positive personal and professional behaviour in their interaction with the patient
- Reinforce what they have demonstrated to the learner
- Help the learner reflect on what they have demonstrated
- Offer the learner an opportunity to observe them deal with a similar situation should it arise again

SUGGESTED QUESTIONS FOR DEBRIEFING AFTER THE SCENARIO IS COMPLETE

1. Were you a role model in this situation? For whom?
2. Were you aware that you were role modelling in this situation?
3. What did you role model?
4. How did you role model it?
 - a. Did the student learn from you? How do you know?
 - b. What did you do to help them learn?
5. What could you have done to make your role modelling more effective?

Scenario 2: Lifestyle counselling Instructions for the candidate

GENERAL

- Simulation focus: Role modelling how to deliver effective lifestyle counselling
- Simulation duration: 10 minutes
- Simulation objective: Demonstrating positive professional behaviors while using strategies for effective role modelling
- Physical exam: None
- Number of standardized patients: 2 (patient and junior resident)

SETTING

Family medicine clinic, patient sitting at the desk

OBJECTIVE

Help a junior resident learn how to give effective lifestyle counselling through role modelling (observing them /intervening when necessary/providing feedback).

SCENARIO

You are a senior resident supervising a junior resident (Lisa) in clinic. Lisa has just reviewed the case of Mr. Jackson, a 45-year-old obese male presenting for [specialty specific; e.g., consultation for hip surgery; routine visit; cardiovascular assessment], with you. He is a salesman who has unhealthy eating and exercise habits, but has an otherwise unremarkable general medical history and physical exam. You will now accompany Lisa to see Mr. Jackson, in order to observe and help her deliver lifestyle counselling. You are permitted to step in if and when it is needed. You will have 2 minutes at the end of the scenario to discuss the encounter with your junior resident.

TIME LIMIT

10 minutes

Scenario 2: Lifestyle counselling

Patient role (*standardized patient #1*)

CHARACTERISTICS OF THE PATIENT

- Name: Mr. Jackson
- Age: 45
- Gender: Male
- Language: English
- Notable physical characteristics: Overweight
- Clothing: Street clothes
- Marital status: Married
- Children: Two
- Occupation: Salesman
- Education: College
- Socioeconomic status: Middle class
- Attitude to candidate and junior resident: Respectful, polite
- Opening statement: "Hi Doc. Nice to see you again."
- Closing statement: "Thank you for your time."

Presentation:

- Body language: Open
- Affect: Pleasant
- Appearance: Clean
- Info given spontaneously: Mr. Jackson has been overweight for the last 15 years. He is often on the road for his work and eats a lot of fast food. He finds little time to exercise and often tells jokes about his weight. He doesn't smoke or drink excessively. He has no significant health problems other than what he is presenting for [*specialty specific*]. When asked by the junior resident if there is anything he would like to change he claims to know that he should probably lose weight but is happy in his life and can't seem to find the motivation to do so.
- Information given when prompted: His brother died of a heart attack and he's worried the same will happen to him. He is worried about leaving his family behind but hasn't been able to find the motivation to change his lifestyle. If prompted, he suggests that he could cut down on the fast food when he is on the road and walk to meetings instead of taking taxis.

OPENING SCENARIO FOR THE PATIENT

Background: You are a 45-year-old man who has struggled with your weight for the last 15 years. You have not had any health problems to date, and tend to make fun of your weight whenever it is brought up. You are employed as a salesman and are often on the road for work. You eat very poorly, especially on the road, and find little time to exercise. You do not smoke or drink. You are a happy person and don't seem to be concerned about your weight on the surface. If pushed on your concerns, you note that your brother died of a heart attack and are worried that the same will happen to you. You are worried about leaving your family behind but haven't been able to find the motivation to change your lifestyle. In talking about this, you are open to trying to improve your weight. If prompted, you can suggest that you could cut down on the fast food and walk more.

Additional notes on attitudes, concerns, expectations: You are very friendly and respectful but do not seem overly concerned about your weight. You do not initially take the conversation very seriously. If prompted to think about your concerns, you begin to take the conversation more seriously and accept the need to make a lifestyle change.

Scenario 2: Lifestyle counselling

Junior Resident role (*standardized patient #2*)

CHARACTERISTICS OF THE JUNIOR RESIDENT

- Name: Lisa Fredricks
- Age: 27
- Gender: Female
- Language: English
- Notable physical characteristics: None
- Clothing: Professional attire with white coat
- Marital status: Single
- Children: None
- Occupation: Junior Resident
- Education: Medical school
- Socioeconomic status: Middle class
- Attitude to candidate and patient: Respectful, polite
- Opening statement: "Hi Mr. Johnson. This is my senior resident. We have reviewed your case and were hoping to discuss your eating and exercise habits with you today."
- Closing statement: "Do you have any other questions Mr. Johnson?"

Presentation:

- Body language: Open
- Affect: Pleasant
- Appearance: Clean
- Info given spontaneously: Will ask Mr. Johnson to clarify his eating and exercise habits. Will ask Mr. Johnson if there is anything he would like to change. Will get stuck on how to advise him to improve and turn to the senior resident for help.
- Information given when prompted: Will be responsive to any suggestions the candidate has on things to ask or say to Mr. Johnson.

OPENING SCENARIO FOR THE JUNIOR RESIDENT

Background: You are a junior resident working in a clinic along with a senior resident. You have just seen Mr. Jackson, a 45-year-old obese male for a health supervision visit. You have completed his medical check-up and reviewed the case with the senior resident. Mr. Jackson has unhealthy eating and exercise habits, but has an otherwise unremarkable history and physical exam. You have never given lifestyle counselling before and you have asked him/her to come with you as you counsel Mr. Jackson about his weight. You will have 2 minutes at the end of the encounter to discuss how it went with the candidate. Please note that during the encounter, you should struggle after Mr. Jackson doesn't offer much insight after you ask him if there is anything he wants to change. At this point, allow the candidate to step in and help you.

Additional notes on attitudes, concerns, expectations: You are a keen resident who is eager to learn and happy to receive the help of your senior resident. If the candidate does not give you feedback after the patient leaves, feel free to ask for it.