

Simulation Scenarios

Client #1 – Mrs. Ramos

Competency Assessment Areas

Knowledge of Risk Factors

- Home Safety
- Physical Mobility
- Recent Hospital Discharge (Muscle Weakness/Confusion/Right Side Weakness)
- Fear of Falling (Recognition of Signs)

Skills

- ORR
- Asking Open-Ended Questions: Encourage ROM and Increased Activity
- Getting Self Up From a Fall (Unassisted)

Client

You are assigned to work with Mrs. Ramos who was recently discharged from the hospital after having a mild stroke. She is 75 years old and lives alone in a **cluttered** one-bedroom apartment with her **two cats**. Her Plan of Care says that she has some weakness on her right side, needs ambulation assistance including using a new walker and that she appears confused at times. Your tasks include assisting Mrs. Ramos with **bathing** and **passive Range of Motion**, and **assisting with medication**, and housekeeping.



SCENARIO SCENES—Mrs. Ramos

Day 1 - Scene 1:

You arrive at Mrs. Ramos's home at 8:30a.m. Her daughter lets you into the apartment and leave shortly thereafter for work. Mrs. Ramos is still resting so you take time to walk through the apartment to observe for any home safety issues you need to address.

Instructor:

1. (IF A ROOM IS SET-UP WITH SAFETY HAZARDS) – Instruct HHA to conduct a “home safety” survey.
2. (IF NO ROOM SET-UP AT SITE) – Ask HHA – what might be some safety risks to look for as you survey the apartment?

Day 1 - Scene 2:

When Mrs. Ramos awakens, she says to you that she'd like to take her customary morning shower.

Instructor Question:

3. What risk factors do you need to observe for and address to prevent a fall as you assist her bathing?

Day 3 -Scene 1:

During yesterday's home visit, the PT instructed you to begin Mrs. Ramos passive Range of Motion exercises and encourage her to be more active.

Instructor Question:

4. What are TWO open-ended questions you could use to encourage Mrs. Ramos to improve her muscle strength and be more active?

Day 3 -Scene 2:

Just as you're leaving Mrs. Ramos' apartment – one of her very frisky cats rushes around your feet to run out the door causing you to fall on the floor. You're not seriously hurt.

Instructor Option:

5. Ask HHA to demonstrate proper technique for safely getting up (unassisted) from a fall if she is willing and can do so without risk of injury.
6. Ask HHA to explain proper technique.
7. What information would you report about your fall – and to whom?

Final Scene: Day 10

Mrs. Ramos has been recovering nicely in her first two weeks at home and has regained much of her muscle strength. She's walking throughout her apartment with minimal assistance and you've noticed no signs of confusion in the past few days. She's mentioned several times that she misses her regular visit with her friend who owns a nearby grocery store and you and her daughter have encouraged her do so. Despite her interest – whenever you've planned to go with her, she offers last minute excuses for staying in the house.

Instructor Question:

8. What do you make of Mrs. Ramos' behavior (i.e. why is she acting the way she is)?
9. What are TWO open-ended questions you could use to explore her reasons for not visiting her friend?
10. What would you record in your notes and to whom would you report your observations?

Client #2 - Mr. Jackson

Competency Assessment Areas

Knowledge of Risk Factors

- Recent Hospital Discharge
- Medication Management
- Preventing Falls Outside the Home
- TBI
- Managing Client Fall When Aide is Present

Skills

- Physical Mobility
 - ORR
 - Use of Assistive Devices
 - Transfer and Ambulation Techniques
 - Home Safety
- Medication Management
 - ORR
 - Assisting Client with Medications
- Outdoor Safety
 - Observation: Factors Contributing to Falls
 - Assisting with Ambulation: Stairs, Elevators, Escalators, Transportation Vehicles
 - Use of Assistive Devices
- TBI
 - ORR
 - Changes in client physical condition, behavior or moods
 - Symptom Recognition of Mild TBI
- Client Falls
 - Follows proper agency procedures

Client

You are assigned to work with Mr. Jackson who was recently discharged after having hip replacement surgery. He lives with his wife who works part-time. Before he had the surgery, he enjoyed staying active – going to church on weekends, sitting with friends in front of his building and going to the local senior center whenever possible. Your Plan of Care tasks include: **transfer and ambulation assistance** including use of a new cane, assistance with **prescribed range of motion** exercises, **escort** with appointments, **assistance with medication** and **meal preparation**.

SCENARIO SCENES—Mr. Jackson

Day 1 - Scene 1:

You arrive for your afternoon assignment with Mr. Jackson just as his wife is leaving for her job. He's sitting comfortably in his favorite chair in the living room - watching his regular Sci-Fi show. After introducing yourself to Mr. Jackson and explaining your duties, you decide to give him time to finish watching his show while you walk through the apartment to observe for any home safety issues you need to address and review his medications schedule. You notice several prescription medications on the bedside table including one for pain that was just filled after his release from the hospital yesterday afternoon.

Instructor Questions:

1. (IF A ROOM IS SET-UP WITH SAFETY HAZARDS) – Instruct HHA to conduct a “home safety” survey.
2. (IF NO ROOM SET-UP AT SITE) – Ask HHA – what might be some safety risks to look for as you survey the apartment?
3. What steps will you take to be sure that Mr. Jackson manages his medications properly?

Day 1 - Scene 2:

Mr. Jackson has just finished watching his TV show and you offer to serve his dinner on a tray table. He tells you he'd prefer to eat at the dining table instead. After his meal, he asks you to bring him a vitamin packet that he takes daily.

Instructor Question:

4. What risk factors do you need to observe for and address to assist Mr. Jackson in moving safely to the dining room? What transfer and ambulation techniques will you use to prevent a fall?
5. What additional information will you need to record? Why?

Day 3 -Scene 1:

During yesterday's home visit, the PT instructed you to begin assisting Mr. Jackson daily with his Range of Motion exercises and to encourage him to be more active. When you arrive today, Mrs. Jackson reports that her husband complained that the exercises made his hip "sore" and that he said he felt a little dizzy when he got up from the bed this morning. Mr. Jackson decided to take a late morning nap while Mrs. Jackson got ready for work, and wants to move now to watch TV in the living room.

Instructor Questions:

6. What physical mobility signs would you look for when you help him transfer from the bedroom to the living room?
7. What are TWO open-ended questions you could ask Mr. Jackson to get more information about the situation Mrs. Jackson reported to you?
8. What would you record in your daily notes to report to the RN supervisor?

Day 8:

You need to escort Mr. Jackson to his follow-up doctor's appointment today. When you left yesterday, Mr. Jackson was really looking forward to getting out of the apartment finally. He lives on the 2nd floor of an elevator apartment building and he needs to take a bus that stops across the street from the building. Although it poured rain last night, it's a bright, sunny spring day today. When you return to the apartment building, the elevator isn't working and you need to use the stairs.

Instructor Questions:

9. What are some outdoor risk factors you need to address to reduce Mr. Jackson's risk of falling outside his home?
10. What are some medical equipment factors you need to consider to help Mr. Jackson reduce his risk of falling?
11. What ambulation techniques will you use to ensure Mr. Jackson's safe use of the stairs? (Option: If possible, aide to demonstrate proper ambulation technique when assisting a client to use stairs).

Final Scene: (Friday) Day 21

Mr. Jackson has been recovering nicely. He's gained a lot more walking strength without soreness and he and his wife have started to attend regular church service again on weekends. When you arrived at the home this past Monday, Mrs. Jackson reported that her husband had stumbled returning home from the church service and had bumped his head against the entrance door. He only had a slight bruise and refused to go to the emergency room. His wife iced the area and the bump was barely noticeable when you saw it – and you reported this information to the agency. However, during the week, you've noticed that Mr. Jackson doesn't seem to be himself. You and he have formed a nice relationship but lately it seems like he's been finding ways to criticize your work. Also, he's complained about feeling more tired and has begun to ask frequently for Tylenol for a headache that "just doesn't want to go away."

Instructor Questions:

12. What might you make of Mr. Jackson's change in behavior?

Evaluator's Tip:

If the aide does not talk about TBI, ask if she could possibly explain the symptoms; if necessary, the instructor can remind the aide that this could be signs of a TBI. Continue with the questions. However, note that he or she had to be prompted to consider TBI.

13. What might be some other signs that could indicate Mr. Jackson might have experienced a TBI?

14. What would you record in your daily notes? To whom would you report your observations? When would you report this information?