

SETTING

Patient's Home

CARER

Your spouse is suffering from chronic obstructive pulmonary disease (COPD) and requires continuous oxygen. Mobility is now a problem. You have been caring for your spouse at home for two years but have recently returned to work. The nurse has just completed an assessment of your spouse's needs and is discussing full-time care options with you. Your spouse is not present for the discussion.

TASK

- When asked, say you've recently had to go back to work (as a marketing manager), so you're balancing being a carer and working full-time. You've put a fridge and microwave in the bedroom, and leave meals out every day, but you're worried it's not enough.
- Say you knew that eventually your spouse would need more round-the-clock support, but you'd hoped it wouldn't be so soon. You have no idea what you're going to do now.
- When asked, say there is no way you can give up your job as a marketing manager again to be a full-time carer; you need the money to pay the rent. You think a nursing home is a good option but you're not sure your spouse would agree to it.
- When asked, say you don't know how to find the best nursing home.
- Say some suggestions would be helpful. You'll talk to your spouse about those suggestions.

SETTING

Patient's Home

NURSE

You are making a home visit to a patient who is suffering from chronic obstructive pulmonary disease (COPD) and requires continuous oxygen. Mobility is now a problem. The patient's spouse has been caring for him/her at home for two years but has recently returned to work. You have just completed an assessment of the patient's needs and are discussing full-time care options with his/her spouse. The patient is not present for the discussion.

TASK

- Find out how spouse has been managing since your last visit.
- Reassure spouse about his/her situation (e.g., doing all he/she can, caring and working full-time: difficult, etc.). Give assessment of patient (now constant monitoring necessary, round-the-clock assistance, etc.).
- Outline options (full-time carer, nursing home, etc.). Explore option of spouse giving up work again.
- Explain benefits of nursing home to be discussed with spouse (e.g., high level of round-the-clock care, experienced staff, etc.). Find out any other concerns.
- Advise on choosing nursing home (e.g., list of requirements, visiting different options, speaking to staff/residents, etc.). Offer to suggest local nursing homes for consideration.