

## OET

### ROLEPLAYER'S CARD - PATIENT

**SETTING** : Outpatient Clinic

- 55-year-old patient with a history of hypertension
- Concerned about recent high blood pressure readings
- Admits occasionally missing medication doses
- Worried about long-term complications such as heart disease or stroke
- Asks if medication alone is enough to control blood pressure

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### CANDIDATE'S CARD - NURSE

- Ask about recent blood pressure readings
- Check medication adherence
- Ask about diet, exercise, and lifestyle habits
- Explain the importance of regular monitoring
- Encourage healthy lifestyle changes
- Avoid blaming or diagnosing
- Reassure and close the conversation professionally

## **WITH SCRIPT**

- I understand that managing blood pressure can be worrying, and I'm here to help.
- Can you tell me what your recent blood pressure readings have been?
- Are you taking your medication regularly as prescribed?
- Have you noticed any side effects from the medication?
- Can you tell me a little about your diet and physical activity?
- Lifestyle changes, along with medication, play an important role in controlling blood pressure.
- The doctor will review your readings and adjust your treatment if needed.
- Please let me know if you have any concerns.

## **WITHOUT SCRIPT**

- Greet the patient and acknowledge concerns
- Ask about blood pressure readings
- Check medication adherence
- Discuss diet, exercise, and lifestyle
- Explain importance of monitoring
- Encourage healthy habits
- Reassure and close the conversation