

# Montgomery College Nursing Simulation Scenario Library

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## HIF Simulation Scenario Draft Script

### Stress and Crisis

Setting: Outpatient student health center

Characters: Client (C), client's older sibling (S), Primary nurse (RN), voice of MD

Client and sibling are sitting at a table in conference room of the health center. Client is slumped, eyes down, sibling looking concerned. Primary nurse enters, washes hands, greets client and sibling, introducing self. Sits in chair across from client and states she will take some vital signs, height and weight first, and then they will talk.

After completing vitals, asks what brings the client to the health center.

C – (in monotone) “My brother thinks I need some help. I just don't have any energy this semester. All I want to do is sleep. I'm so tired all the time...”

S- “I'm very concerned – (client's name i.e. John) is not himself. He barely answers the phone, and when I visit, it seems like he hasn't showered for days. He's lost a lot of weight, and doesn't want to eat. He's been skipping classes and crew team practices, and never posts on facebook any more. This is not like him!”

RN- “John, tell me what your days are like.”

C- shrugs

RN- “Do you have any kind of routine? Your brother mentioned you're on the crew team.”

C- “That's the trouble – there's so much to do, and I'm tired of doing it. It's too much for me.”

S- “John, you were a star on your high school team! You were a straight A student! That's how you got here – you've always been a go-getter, and this is just not like you - something is wrong!” To RN – “Last fall, he told me about how maybe this wasn't the right place for him. The other guys on the crew team are frat boy snobs and into hazing and all that nonsense. His roommate is never there, and since John isn't a drinker, forget about having any friends.” Pauses and looks at John who continues to look

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down. " I know your breakup with Pam was rough, and with it happening right before school starting - not the best timing. Plus Dad being all wrapped up in their new baby that's coming... there's a lot you're dealing with right now."

RN- "John, how have you handled stressful situations in the past?"

C- "I don't know... it's never been this bad before. I used to feel great after a good work-out or crew practice, but I don't have the energy for that anymore. There's just too much to deal with. All those classes, student loans, crew practice all the time, even when it's freezing cold - my team mates are (bleep) and I just want it all to end."

RN- "Have you been thinking about death, or killing yourself John?"

C- "Yeah. That's the only way out. It's just too much."

(sibling looks shocked)

RN- "Do you have a plan for how you'd do it?"

C- (after long pause) "It would be so easy. During crew practice. Loose my balance. Fall out of the shell. Water's so cold, it wouldn't take long. That's it."

S- "Oh my God, I had no idea! We have to snap you out of this!"

RN- "This is incredibly difficult for you John, and we have to be sure that you won't do anything to harm yourself. I'll help you develop a plan to cope if feelings of hurting yourself continue. We call it a "No suicide contract" and is a set of steps to put into action to keep you safe.

C. Yeah, sure, I'll do that.

RN: OK. The first thing is to list 2 or 3 people who you are willing to call if feelings of hurting yourself continue. Who do you want to list?

C: I don't know. I guess my brother.

RN: Ok. (to brother) What's your phone?

S. (Gives #) You can call me anytime-I'll pick up. Ok?

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RN: Who else do you want on the list?

C: ( Gives RN two more names and #'s)

RN: The next part is to have 1 or 2 things to do that will help you cope with the feelings. What do you do when you want to relax or just chill?

C: I like to take a run listening some heavy duty rap music-Lil Wayne, whatever.

RN; Ok we'll put that on the list. What else.

C: Maybe go for a walk around the monuments. That's one thing that I like about DC and GW-so many places to get to in a short walk.

RN: Ok that's good. Now please sign at the bottom of the contract. I'll go make a copy for you so you can keep it with you to remind you of what to do if you feel the urge to hurt yourself or if suicidal thoughts return.

C: Ok, thanks.

S; Hey thanks.

RN: No problem.

"I'm going to call the physician on our health care team, and ask her to see you right away... (SBAR to MD, MD states she'll be there in five minutes, scene fades.)