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STUDY MATERIAL

SPEAKING

ROLE-PLAYER CARD

Setting: Community Health Centre

Patient: You are a 50-year-old woman who has come to seek advice on COVID precautions. You have diabetes and hypertension, which you manage with medication and diet. You have been vaccinated against COVID-19 with two doses of the Pfizer vaccine six months ago. You have heard that there is a new variant of the virus circulating in your area, and you are concerned about your risk of getting infected or having severe complications.

Task

- When asked, say you have come to seek advice on COVID precautions.
- When asked, tell that you have not had COVID-19 before and that you received two doses of the Pfizer vaccine six months ago (1st dose in January and 2nd in February).
- When asked, say that you have diabetes and hypertension. You manage them with medications (metformin and lisinopril) and diet.
- Express your understanding and willingness to get a booster dose. Express your worries about the new variant of the virus.
- Ask how the vaccine works against different variants.
- Ask how you can protect yourself and others from contracting the virus.

CANDIDATE CARD

Setting: Community Health Centre

Nurse: You are a nurse working at a community health centre. You are seeing a patient who has come to seek advice on COVID precautions. The patient is a 50-year-old woman who has been vaccinated against COVID-19. She has heard that there is a new variant of the virus circulating in her area, and she is concerned about her risk of getting infected or having severe complications.

Task:

- Find out the reason for the presentation and explore if the patient has contracted COVID-19 in the past.
- Ask about her vaccination status (whether she is vaccinated, name of the vaccine, how many doses, time of last dose, etc.)
- Explore any medical conditions (any chronic diseases, etc.)
- Inform the patient that she is eligible for a booster dose of the Pfizer vaccine as it has been at least six months since her second dose. Explain the procedure for getting a booster dose (booking an appointment online or by phone, bringing proof of identity and previous vaccination, etc.). Check the patient's understanding and willingness to get a booster dose.
- Reassure the patient and address her concerns about the new variant of the virus. Explain the characteristics and impact of the new variant (more transmissible, more resistant to antibodies, may cause more severe symptoms, etc.).
- Explain how the vaccine works against different variants (stimulates an immune response, reduces the risk of hospitalization and death, may need regular updates, etc.).
- Advise on prevention against COVID (e.g., wearing a high-quality mask when indoors around others in public, improving ventilation at home, avoiding crowded/poorly ventilated spaces, washing her hands frequently, etc.)

SAMPLE ROLE-PLAY TRANSCRIPT

Nurse: Good morning. My name is Catherine Thompson. I'm a nurse working at this community health centre. How may I address you?

Patient: Good morning. I'm Emily Smith. Thank you for seeing me today.

Nurse: You're welcome, Mrs Smith. It's nice to meet you. How can I help you today?

Patient: Well, I've come to get some advice on COVID precautions because I'm a bit concerned about the new variant that's been circulating in our area.

Nurse: I completely understand your concern, Mrs Smith. It's natural to be worried about the virus. It's a very important topic, especially in these challenging times. Now, before we discuss the COVID precautions, let me ask you a few questions to assess your situation. Is that OK with you?

Patient: Sure, go ahead.

Nurse: Thank you. So, have you ever had COVID-19 before?

Patient: No, I haven't.

Nurse: Good. And what about your vaccination status? Are you vaccinated against COVID-19?

Patient: Yes, I am. I received two doses of the Pfizer vaccine six months ago.

Nurse: That's great. You have done well to protect yourself and others by getting vaccinated. Do you remember where and when you got your first and second doses?

Patient: Yes, I do. I got my first dose at the hospital on January 15th and my second dose at the same place on February 12th.

Nurse: Thank you for sharing the information. Now, let me ask you about your medical conditions. Do you have any chronic illnesses?

Patient: Yes, I have diabetes and hypertension.

Nurse: I see. And how do you manage them? Do you take any medication?

Patient: Yes, I do. I take metformin for diabetes and lisinopril for hypertension every day as prescribed by my doctor. I also try to eat healthy and avoid sugar and salt as much as possible.

Nurse: That's good to hear. Well, with your history of diabetes and hypertension and with the emergence of new COVID variants, it's essential to consider a booster dose to further boost your immunity. Luckily, you are eligible for a booster dose now, which will enhance your protection.

Patient: Oh, I see. I'm definitely willing to get the booster dose, then. How do I go about getting it?

Nurse: That's wonderful to hear! To get the booster dose, you can easily book an appointment online or by phone at our health centre. When you come in for the appointment, please bring proof of your identity and your previous vaccination records. We'll take care of administering the Pfizer booster dose for you.

Patient: Great! I'll make sure to book an appointment soon. Now, I'm still curious about this new variant. How is it different from previous strains, and how concerned should I be about it?

Nurse: The new variant, like many others, has some distinct characteristics. It's believed to be more transmissible, meaning it can spread more easily between individuals. It has also shown some resistance to antibodies, which could increase the risk of breakthrough infections for vaccinated individuals. However, it's essential to remember that the vaccine still provides significant protection against severe illness, hospitalization, and death, even if you were to contract the virus.

Patient: That's reassuring to know. But can you please explain how the vaccine works against different variants and why it's still effective despite their differences?

Nurse: Of course! The vaccine works by stimulating your immune system to produce antibodies and memory cells that recognize and fight the virus. While new variants may have some differences in their spike proteins, the vaccines have been designed to target multiple parts of the virus. This means that even if the spike protein changes slightly, other parts of the virus are still recognized by the immune system, reducing the severity of the disease.

Patient: I'm starting to feel better informed about this situation. Besides getting the booster dose, what other precautions can I take to protect myself and others?

Nurse: It's great to hear that you're feeling more informed! In addition to getting the booster dose, there are several preventive measures you can continue to follow. Firstly, make sure to wear a high-quality mask when you're indoors and around others in public places. Properly fitted masks can significantly reduce the risk of transmission.

Also, consider improving ventilation at home and in indoor spaces. Opening windows and using fans can help disperse the virus particles and improve air circulation. Avoid crowded or poorly ventilated spaces whenever possible.

Of course, frequent hand-washing is still crucial in preventing the spread of the virus. Wash your hands thoroughly with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol.

Patient: Thank you for providing all this valuable information, Nurse. I'll continue to follow preventive measures like wearing masks, improving ventilation, and washing hands frequently.

Nurse: You've got it all right, Mrs Smith! If you have any more questions or need further information, don't hesitate to reach out. Stay safe and take care!

Patient: Thank you, Nurse. Your guidance has been invaluable. I'll be sure to book that booster dose appointment and follow all the precautions diligently. Have a great day!

Nurse: You're most welcome, Mrs Smith. It's my pleasure to assist you. Have a wonderful day!