



Dyspnea Role Play Guide

In this role play, you are a person experiencing breathlessness.

The left column of the table shows the general question that you will be asked. In the right column are suggestions for your responses. Feel free to change the wording so that the response feels comfortable for you to say.

Thank you for participating in the role play!

When you are asked about:	You might respond by saying ...
Onset – when did your breathing difficulty begin?	This morning, it was all of a sudden, just started when I got out of bed, and stood up.
What makes it worse? Better?	It helped to just sit down and not move. It is worse when I try to do anything. It is also worse when someone arrived this morning wearing a bunch of perfume.
Can you describe it?	It was so sudden. And it was horrible. I thought I was going to die. I just started breathing fast, and couldn't slow it down, and really panicked.
Where did you feel it?	In my chest, just felt sooo heavy.
Severity, rate it?	At it's worse it was like a 9/10, and then it settled to about a 3/10 and I don't think it has gone away totally since this morning.
Treatment, what have you tried?	I didn't know what to do... so I just sat very still, and thought about calling 911, or calling the nurse,
Why did this happen?	I think it happened because I do not have a fan in my room, and it is so warm outside.
Value, what would you like to see happen?	I would like the doctor or the nurse to see me and help me know what to do if this ever happens again.
What, what else....	I don't want to go to hospital, ever again, but this was so frightening, and I want to make sure this does not happen again.