

Role Play Scenario 1:

You Are the Nurse Practitioner

You are an American through-and-through. You have never lived outside the United States. You are well aware of the health risks associated with obesity and sedentary lifestyle. You also believe that patients themselves are the best advocates for their own health, and that your role is primarily to facilitate them toward better health.

You have just met a forty-year old person from Ghana, whose height is five feet, four inches, weight is 210 pounds, BMI is thirty-six, blood pressure is 190/140, and random finger-stick glucose is 240. Your patient is also winded and breathing harder than you would expect for someone walking in from the parking lot. You express concern and recommend an aggressive plan of healthy diet, weight loss, exercise, and close follow up.

Role Play Scenario 2:

You Are the Patient

You are a woman of the Uighur people, a group of Turkish-speaking Mongolians who live in Xinjiang, China's westernmost region. Your culture and upbringing are highly influenced by the Moslem faith. You have been in the United States for two months, studying at Johnson County Community College. Since arriving you have been having unusual vaginal bleeding, and you are quite worried about this. The clinic receptionist said you should be prepared for a pelvic exam. You are not certain what this is, but you have heard rumored from classmates that you may be submitted to unthinkable touching which is abhorrent by your upbringing.