

## 'Teach-Back' Roleplay Activity – Taking Medicines Safely and Effectively

In pairs. One person is the **'friend/relative'** who will be giving information and advice on taking medicines safely and effectively. The other person is the **'older person'** who seems to be getting confused with taking their medicine.

**Context:** (both read)

**You've gone to visit your older friend/relative. They mention that they've just been to the Doctors, as they have a leg infection. They can't remember what the Doctor told them about taking the medicine, but they show you the tablet bottle and label. It says that they need to take two tablets, three times a day, after food, for 7 days.**

Play out the scenario. The 'friend/relative' should give some basic advice on how to take the medicine safely and effectively. This should include:

- **What the instructions say.** Take two tablets, three times a day, after food, for 7 days.
- **Discuss how many tablets to take.** Two tablets, three times a day (so six tablets in total per day).
- **When the tablets should be taken.** Three times a day. The three doses need to be spread out evenly over the course of the day e.g. at breakfast, dinner and tea.
- **Why the tablets should be taken 'after' food.** The tablets should not be taken on an empty stomach. This is because some medicines can cause an upset stomach if they are not taken with food. Also, some medicines are absorbed better when taken with food (so they work better).
- **How long to take the medicine for.** Take for the full 7 days, even if they feel better sooner.
- **Use teach-back at the end to check understanding.** You could say something like: "Just so I can check that I've explained it well to you, could you tell me when/how you are going to take the medicine?"

Swap roles, if time.