

VR Work Experience: Scenario 1

Alex's Broken Wrist

Scene 1 - Rowan and the waiting room

1.1: Reception Desk

Rowan: Hi, how can I help you?

Mr Brown: We've got an appointment for Alex Brown.

Rowan: Hi Alex, let's see what we can do for you.

Alex: My wrist really hurts

Rowan: Here we are, you'll be seeing Dr Langley today.

Mr Brown: Thank you

Rowan: We're a bit busy right now I'm afraid but be brave, grab a seat and as soon as she's free we'll call your name, okay?

1.2: The Big Wait

Rowan: Alex Brown, Dr Langley will see you in room 6B

Scene 2: Dr Langley's GP Surgery

2.1: GP Surgery

Dr Langley: Hi Alex, I'll just be a minute

Dr Langley: Right then, what can we do for you today?

Alex: I fell over when I was running at school and I landed on my arm.

Dr Langley: Which arm is it?

Alex: This one. It really hurts. It's getting worse.

Dr Langley: Let's find out what's causing the pain shall we, then we can get you something to help.

2.2: Blood Pressure Machine & Pulse Check

Dr Langley: Okay, first I need to check your blood pressure. I'm going to pop this on your right arm. It's going to feel tight for a minute.

SLIDE

Blood pressure:

- measured in millimetres of mercury - mmHg.
 - measured with a sphygmomanometer.
 - measured as systolic and diastolic pressure.
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- Systolic is the pressure when the heart pushes blood out.
 - Diastolic is the pressure when the heart rests between beats.

Dr Langley: Good stuff, that seems normal.

Mr Brown: There, that wasn't too bad was it?

Dr Langley: I just need to check your pulse too.

Alex: What for?

Dr Langley: So that I can check that it's the same on both sides.
Hold out your wrist please. The right one again.
Sorry, my hands are a bit cold.

SLIDE

1. Feeling a patient's pulse:
 - easy way to check heart rate and function
 - place two fingers on the inner wrist below the thumb and count beats for one minute
2. After arm injury:
 - check the pulse in both arms.
 - injury can affect blood flow.

Dr Langley: Marvellous, thanks Alex. We're all good there too.

2.3: Movement Check

Dr Langley: Right, let's see what you've done to this one shall we? I'll be super careful.
Tell me if it hurts.

Alex: Okay, doctor.

Dr Langley: Nice and gentle. Okay?

SLIDE

1. After a wrist injury a doctor will:
 - Examine to check for tenderness and swelling.
 - Move the hand gently at the wrist to check range of motion.
 - Find out where the injury is and how bad it is.

Mr Brown: Y'alright kiddo? You're doing really well. Nearly there.

Alex: I'm okay, thanks daddy.

Dr Langley: That's great Alex, you've been really brave.

[pause]

I can see it's very swollen and sore, so let's check how sore it is.

2.4: Score Chart

Dr Langley: Okay, see this chart?

Alex: The one with all the faces?

Dr Langley: Yes, now tell me on the scale how much your wrist hurts: the green smiley face is no pain at all and the red sad face is unbearable – which face is closest to how you feel?

Alex: I think... the orange one. It's getting worse, though.

2.5: The diagnosis

Dr Langley: Alright Alex, I'm all done.

Mr Brown: Well done kiddo.

Dr Langley: I think what's happened is that you've broken one of the bones in your wrist, when you landed on your arm. I can't be 100 percent sure though, so you need to have an X-ray

Mr Brown: Hey, you might get a cast.

Alex: When do I have the x-ray? Now?

Dr Langley: Yes. It's important we know for sure what's causing the pain and then we can get it fixed.

It's not going to feel any better if we leave it.

Dr Langley: *[to Mr Brown]*

I've been in touch with the hospital, you should take Alex down there straight away and go to A&E, they'll be expecting you.

Mr Brown: Thank you, Doctor.

Alex: Thanks Doc.

Dr Langley: You're welcome, best of luck Alex

Scene 3 - Drew Robinson's X-ray emporium

3.1: Who is Drew and what does she do?

Drew: Hi Alex, I'm Drew. Looks like you've been in the wars! So, what's happened to you?

Alex: I was running dead fast at school and I went flying.

Drew: Oh dear. What happened when you fell?

Alex: I put my arms out in front of me to try and stop and landed on it.

Mr Brown: You were trying to break the world land speed record weren't you?

Alex: It's hurting like mad. I'm trying to keep it as still as possible

Drew: Sounds like you've had a proper tumble.
So, we need to take an x-ray now, it's like taking a photograph of your bones. It should help us find out what's making it hurt. It's the left one, isn't it?

Alex: Yes

3.2: How do X-rays work?

Drew: Have you ever had an X-ray before Alex?

Alex: No, I've not had one before. This is the first time.

Mr Brown: I had one once when I hurt my leg playing football.

Drew: Well Alex, hopefully this will be the last time. There's nothing to worry about though, it just helps the doctors see what's going on inside your body.

Alex: Okay, how does that work?

Drew: The x-ray machine sends waves of energy, like light, through your body.
But like I said, there's nothing to worry about, you can't see or feel them. They don't hurt.

Alex: Wow, do the waves go through my skin?

Drew: They sure do. But some of them get stopped on their way through by thicker and heavier things inside you. Can you guess what those heavier things might be?

Alex: My bones?

Drew: Spot on, well done!

The x-rays can't pass through your bones so they show up on the picture as white areas. This can show us where the pain is coming from.

Alex: That's cool, I can't wait to see what my bones look like!

3.3: Smile for the camera

Drew: Right Alex, we're going to do the x-ray now, can you put your arm on here please?

Alex: Okay, Drew.

Drew: Now stay completely still, like a statue. Are you ready?

Alex: Yes, I'm ready

SLIDE

1.

- The x-ray machine looks like a tube with a large bulb.
- The radiographer guides the patient and operates the machine.
- It is important to remain still while having an x-ray.

2.

- The patient places their wrist on the x-ray table.
- The radiographer makes sure it is in the best position.
- The radiographer takes the image from behind a screen or in another room.

3.

- An x-ray only takes a few minutes.
- X-rays are sent to a radiologist to examine.

3.4: Nearly there

Drew: That's it. Well done. I've got everything I need. And did you feel the x-ray waves?

Alex: No and I didn't see them either.

Drew: Told you. And thanks for staying so still too.

[pause]

So now the x-rays will be sent to a doctor called a Radiologist. They'll look at them and decide what needs to happen next, okay?

Alex: Okay

Drew: Right, if you and your dad grab a seat in the waiting area, someone will call you shortly.

Mr Brown: Thanks Drew, we really appreciate it. I reckon Alex has learned a few things about x-rays too.

Alex: Thank you, Drew.

Drew: No problem. It's lovely to meet you. I hope you feel better soon Alex.

Scene 4 - Nurse Nigel and the bad news

4.1: Introductions

Nurse Nigel: Hello Alex, thanks for waiting. I'm Nigel, I'm a nurse. I'm going to look after you today.

Alex: What does a nurse do?

Nurse Nigel: Nurses work with doctors to decide the best way to look after patients. We help give treatments and medication, we do physical checks too and make notes, so everyone knows exactly how you're getting on, and generally we look after you while you're here.

[pause]

So how are you hanging in there?

Alex: I'm okay; I'm feeling a bit tired now

Mr Brown: We've been here a while haven't we Alex, nearly there now.

Nurse Nigel: It's always pretty busy in A&E but it shouldn't be too much longer now.

[pause]

You've got me at the end of my shift — I'm on a long day, so I've been here almost twelve hours ... but it's home time soon.

Anyway, I'm glad you're feeling okay Alex, I promise we'll have you on your way in no time.

4.2: Radiologist results

Nurse Nigel: Okay, so we've had the results of your x-ray back from the radiologist and unfortunately it *does* look like you've broken your wrist as we suspected.

Alex: Will it get better?

Nurse Nigel: Yes. Your wrist is made up of lots of little bones. It's just one of them. Would you like to see which one?

Mr Brown: I'd like to see, nurse. I wonder how small it is?

SLIDE

Identifying a broken bone in an x-ray:

- Fractures look like an unusual dark line.
- The two parts of the bone sometimes move apart.
- It's possible for two bones which sit together to dislocate without breaking.

4.3: The next steps

Nurse Nigel: Right Alex, I'm going to put your wrist in a cast. Do you know what a cast is?

Alex:

Yes, like a big hard plaster.

Nurse Nigel: And do you know anyone that's had one?

Alex: Err, no.

Nurse Nigel: Well, this one will go around your hand and up your arm. It'll help keep your wrist still and in a fixed position while your bone heals.

Alex: Oh wow.

Nurse Nigel: Do you know how they mend themselves?

Alex: Do they use some kind of glue?

Nurse Nigel: Ha ha, something like that.

What actually happens is that we'll position the bones in exactly the right place, the cast will stop them from moving, and they'll start to heal themselves, like magic.

Mr Brown: How long will Alex have to wear the cast for?

Nurse Nigel: It takes roughly three to six weeks for the bone to heal properly.

Nurse Nigel: *[to Alex]*

Which gives you loads of time for people to write messages on your cast.

It's a good job you're right-handed, or you wouldn't be able to do any schoolwork.

Alex: Aw, man...

Nurse Nigel: You've done really well today Alex.

Alex: Do I have to come back to hospital again?

Nurse Nigel: I'm afraid so. You'll have to come to the fracture clinic in a few weeks. They'll take the cast off and see how well the bone's healed.

Alex: I can't wait!

Nurse Nigel: You'll need some physiotherapy after that to get your wrist moving properly. The physiotherapy team are ace, they'll make sure everything's working again.

Mr Brown: Thanks Nigel, that's good to know. How do you feel about having a cast Alex?

Alex: As long as it helps fix my bones, I'll be okay. But what if I get an itch?

Nurse Nigel: Don't go sticking pens and pencils down inside your cast okay? You might lose them or hurt yourself!

[pause]

Well, that's everything Alex, thanks for being a brilliant patient. I hope your wrist mends soon, it's been really great to meet you.

Alex: Bye Nigel!