

Scripted Role Play #1 - Hmong

Anxiety

Background: A patient visited the ER for an anxiety attack and is speaking with a mental health social worker to help with follow-up care.

Provider: So, Mr. Vang, I got a report from the ER doctor about what happened, but I'd like to hear it directly from you in your own words. What happened this morning that brought you in to the ER?

Patient: Zoo li, ob peb hnub no kuv yeej txhawj txhawj heev.

Provider: When did it all start?

Patient: Kuv twb pib mob heev li no tau ob peb hnub lo lawm, tiamsis nag hmo thiaj heev tshaj.

Provider: What happened last night?

Patient: Qhov no mas ua ib hmo li, qhov kuv ntshai thiab nyob tsis tswm. Kuv yeej so tsi taus. Kuv tus pojniam txhawj heev. Kuv sim mus pw thiab seb puas tsaug taus zog, los tsis tuaj dab ntub li. Ces, tib pliag xwb, ua cas kuv txog txog siav. Kuv huas huas pa li kuv poob deg es huas pa...

Provider: Did you have any other physical symptoms like pain?

Patient: Muaj, kuv mob taub hau heev rau ntawm qab taub hau uas cob kiag rau lub caj qub.

Provider: You said, Mr. Vang, that you had been feeling bad for several days. What had you been feeling?

Patient: Nyob tom haujlwm, kuv yeej tsis qab siab ua tsis tsheej haujlwm li. Kuv yeej npau taws rau txhua leej txhua tus. Kuv tej hlab leeg zoo yam li txhav tas tsis khiav li. Ib puas tsav yam yeej ua rau kuv ceeb. Kuv yeej tsis qab los noj. Thaum twg kuv noj ces yeej ua rau kuv xeev siab. Tiamsis qhov uas nyuaj tshaj plaws mas yog tias kuv pw tsis tsaug zog li. Kuv xav mas ntshe twb tau li 4 hmo kiag rau hnub no lawm uas kuv yeej tsis tau ib tus dab ntub li.

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Provider: Now, I see from your chart that you had been seen by a psychiatrist for anxiety in the past. Were you ever prescribed any medications for anxiety or depression?

Patient: Muab, nws muab ob hom tshuaj, ib hom rau kev nyuaj siab. Kuv xav mas yog hu ua Zoloft.

Provider: And the other one?

Patient: Nws yog ib lub tshuaj kheej kheej hu ua Loraza-los yog dabtsi no...

Provider: Lorazepam?

Patient: Aws, yog li mas.

Provider: Did they seem to help?

Patient: Pab me me. Lub tshuaj Lorazepam no, tus kws mob tsis muab lawm. Hom i ces kuv cia tso tseg tsis no lawm xwb.

Provider: Lorazepam is usually just taken short-term because it can cause dependency. What about the anti-depressant? Why did you stop taking that one?

Patient: Qhov no mas yog tias kuv twb noj tau ob peb hnuv lawm tiamsis zoo li tsis pab kuv pes tsawg. Nws ua rau kuv mloog li nkeej thiab loog txhua sijhawm xwb. Kuv tsis paub xyov yuav piav licas. Nyob tom haujlwm los yeej tsis qab siab ua tsis tsheej haujlwm li. Kuv yeej ntshai tsam raug rho tawm haujlwm thiab tsis muaj nyiaj li yuav poob haujlwm tsis tau, ces kuv cia txiav txim kuv tus kheej ua siab tso tseg tsis noj ntxiv.

Provider: Well, anti-depressants can take several weeks to have an effect, so you really need to stick with it. I think it would be good for you to follow up with your psychiatrist again. There are many kinds of anti-depressants out there; maybe he can try a different one to see if helps you better. The thing is, though, that sometimes when people start taking medicine for depression, at the beginning they can feel worse, even suicidal, for which reason you'll need to stay in touch with the doctor and not miss your follow-up appointments.

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Patient: Ua li mas.

Provider: Now, they gave you a dose of Valium or diazepam here in the ER for your anxiety. But they don't like to give you a prescription for that in the ER, so you'll need to see your psychiatrist on an outpatient-basis within a day or two, so he can give you the prescriptions that you need, OK?

Patient: Qhov teebmeem mas vimtias kuv tuaj tsis tau ob peb qho sijhawm teem tseg, ces zoo li tus kws nyuajsiab tsis xav ntsib kuv ntxiv lawm.

Provider: If you give me a couple minutes I can make some calls and see if you can be seen again in that clinic. At this point, Mr. Vang, the most important thing for you is to get regular outpatient care to get your anxiety under control. Give me a few minutes to make some calls and I'll come back and let you know what I find. Sound good?

[Provider leaves the room and then returns]

Provider: I called them and they are not able to see you again at that clinic. We have a clinic associated with our hospital. I will make you an appointment at that clinic if that is OK with you. We use interpreters at that clinic too. All right?

Patient: Ua li los tau. Zaum no kuv mam li xyaum sim mus kom raws tau li kuv cov sijhawm teem tseg kom zoo tshaj. Ua tsaug rau txhua yam.