

## Discussing a Medical Diagnosis with Your Doctor

CEFR C1 Roleplay



### 1. Warm-up Discussion Questions:

1. What are the most important questions to ask when you receive a medical diagnosis?
2. Have you ever had to discuss health concerns or treatment options with a doctor? What was that experience like?
3. What are some common fears people have when receiving a diagnosis from their doctor?
4. How can a patient make sure they fully understand their diagnosis and treatment plan?
5. What role does getting a second opinion play when it comes to a serious medical diagnosis?
6. What might be the emotional impact of receiving a difficult or unexpected medical diagnosis?

## 2. Example Conversation: Discussing a Medical Diagnosis with Your Doctor

**Student A (Doctor):** "Thank you for coming in today. We've received your test results, and I'd like to discuss them with you. It appears that you've been diagnosed with early-stage hypertension."

**Student B (Patient):** "Hypertension? I've heard of it, but I'm not sure I understand exactly what that means. Can you explain it to me?"

**Student A:** "Of course. Hypertension means your blood pressure is higher than normal, which can put extra strain on your heart and blood vessels. Left untreated, it could lead to serious conditions like heart disease or stroke."

**Student B:** "That sounds concerning. How serious is my condition, and what can I do to manage it?"

**Student A:** "Fortunately, you're in the early stages, which means it's manageable with lifestyle changes and possibly medication. We'll need to monitor your blood pressure regularly to ensure it doesn't worsen."

**Student B:** "What kind of lifestyle changes are we talking about? I want to do everything I can to avoid medication if possible."

**Student A:** "That's understandable. Some key changes include reducing salt intake, eating a balanced diet, exercising regularly, and managing stress levels. We'll also need to cut down on alcohol and smoking if that's relevant for you."

**Student B:** "I don't smoke, but I do drink occasionally. I guess I'll need to reduce that. How soon will I start seeing results from these changes?"

**Student A:** "Most patients notice improvements within a few months, but it's essential to stick to the plan consistently. We'll check your progress in a few weeks and make adjustments if necessary."

**Student B:** "That's reassuring. And if lifestyle changes aren't enough, what kind of medication would I need?"

**Student A:** "We usually start with mild medications like ACE inhibitors or beta-blockers. They help relax your blood vessels and reduce the strain on your heart. But let's focus on lifestyle changes first and revisit the medication option later."

**Student B:** "Thank you, Doctor. I'll do my best to follow your advice. I just hope I can manage all these changes."

### **3. Background:**

You are a patient who has recently undergone some medical tests, and today you are meeting with your doctor to discuss the results. The doctor informs you that you have been diagnosed with a manageable condition, such as early-stage hypertension. You are eager to understand your diagnosis and treatment options and want to discuss how to manage the condition through lifestyle changes, while also addressing any concerns you may have.

### **4. Instructions:**

#### **Student A (Doctor):**

You are a doctor meeting with your patient to discuss their recent diagnosis of early-stage hypertension. You need to explain the condition in clear terms, offer advice on how to manage it through lifestyle changes, and provide reassurance. Be open to questions from the patient and address any concerns they might have about medication or the severity of the diagnosis.

#### **Student B (Patient):**

You are a patient who has been diagnosed with early-stage hypertension. You're concerned about what this diagnosis means for your health and how it will affect your daily life. Ask your doctor questions about the condition, possible treatment options, and how you can manage it through lifestyle changes. Express your concerns and seek clarity on any information you don't fully understand.

### **5. Vocabulary List:**

hypertension, blood pressure, lifestyle changes, diagnosis, monitor, medication, ACE inhibitors, beta-blockers, manage, treatment options