

**A STUDY TO EVALUATE THE EFFECTIVENESS OF THE “SAFECARE” MODEL
IN TANZANIA**

**STANDARDISED PATIENT SCRIPT
CASE OF ASTHMA**

Opening statement:

Doctor, I have had a problem with breathing, and last night it became terrible.

What difficulties were you having with your breathing?

I was short of breath; I couldn't take a full breath.

What happened last night?

I was at my cousin's place and we were moving around furniture/cleaning. At night I had an attack of breathing problems.

How long was the attack last night?

It was bad for 15 minutes; then I felt a bit better, but didn't feel well for about 2 hours. Even after that I was exhausted.

Were you coughing?

Last night, I was having cough.

How long did you cough for?

Throughout the attack

Did you cough any sputum/mucus?

No.

Were you wheezing/whistling?

Yes, I was last night

Did the attack stop you sleeping?

After the attack I was able to sleep fine

Did you eat anything new last night?

No, I ate rice/ugali/bananas with beans which I often have

Have you had any attacks like this before?

Yes, a number of times, but this is the worst I have had.

Do the attacks wake you up at night?

Yes, sometimes they do

Since when have you had this problem with breathing?

This began one year ago.

Is the shortness of breath constant or does it come and go?

It comes and goes

How often does this happen?

Over the last 3-4 months, it has occurred about once a month. Over the last week this started happening every day.

What brings on the shortness of breath?

It occurs when I am cleaning something, or running a lot or doing any hard work

How long does an attack last?

Earlier it was mild and lasted for only a few minutes. But it has been getting worse over the last 3-4 months, and lasting about an hour.

Is it worse in the morning or evening?

Most of the times I have had attacks it has been evening or night.

Have your lips ever turned blue from struggling to breathe?

No

Have you taken any medication for this problem?

No, never

Is there anything you do to help you cope with an attack?

I get up and walk around

How far can you walk during an attack?

Are you breathless even at rest during an attack?

Does anyone else in your family have this [breathing] problem?

Yes, my brother also has the same difficulties

Does he take medication for it?

I don't know

Does anyone else in your family have asthma?

I don't know

Does anyone in your family take medication for asthma?

I don't know

Have you ever had a test for asthma?

No

Did you have this breathing problem as a child?

I don't remember, but my mother says I used to cough a lot.

Do you have fever?

No.

Do you have chest pain?

No.

Are you losing weight?

No.

Have you lost your appetite?

No.

Are you having night sweats?

No.

Have you had any sore throat, cold, sneezing or stuffiness?

No.

Do you smoke?

No.

Do you drink?

No

Are you allergic to any medicines?

No

Do you have any other problems?

No

When was your last period?

About two weeks ago

Are you/could you be pregnant?

No