



Clinical Placements
with Older People

RIDDLES!

Student Placement Learning Activities

This resource was adapted by the CPOP team from an initial resource created by Leesa Scott (RN, CPOP Clinical Liaison Nurse, University of Canberra).
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RIDDLE		ANSWER
1	"I bring pain relief and lower fever, But take too much, and your liver may shiver."	
2	"I slow the heart and lower the beat, For hypertension, I can't be beat. But caution is key when lungs are weak."	
3	"I thin the blood and reduce the clot, But watch my levels—it matters a lot."	
4	"I lower sugar when it's too high, Inject me gently; I'm not a pill to try."	
5	"I fight infection and stop the spread, But allergies to me can fill you with dread."	



RIDDLE		ANSWER
6	"I calm your nerves and help you sleep, But use me too much, and sedation runs deep."	
7	"I block the acid, protect your gut, Take me before meals to heal the cut."	
8	"I ease your pain and make you smile, But watch your bowels—it may take a while."	
9	"I'm your friend when swelling begins, But I can upset your stomach within."	
10	"I bring down pressure that's high in your veins, But rise too fast, and you might feel faint."	



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RIDDLE		ANSWERS TO DISCUSS
1	"I bring pain relief and lower fever, But take too much, and your liver may shiver."	Answer: Acetaminophen (Paracetamol). Common uses: Pain relief, fever reduction. Key nursing considerations: Monitor for hepatotoxicity, ensure total daily dose does not exceed 4g for adults.
2	"I slow the heart and lower the beat, For hypertension, I can't be beat. But caution is key when lungs are weak."	Answer: Beta-blockers (e.g., Metoprolol). Common uses: Hypertension, arrhythmias, heart failure. Key nursing considerations: Monitor heart rate and blood pressure, use cautiously in patients with asthma or COPD.
3	"I thin the blood and reduce the clot, But watch my levels—it matters a lot."	Answer: Warfarin. Common uses: Prevention of blood clots (e.g., DVT, AFib). Key nursing considerations: Monitor INR levels, educate patients about consistent vitamin K intake, and watch for signs of bleeding.
4	"I lower sugar when it's too high, Inject me gently; I'm not a pill to try."	Answer: Insulin. Common uses: Type 1 and Type 2 diabetes. Key nursing considerations: Monitor blood glucose levels, rotate injection sites, and educate patients about signs of hypo- and hyperglycaemia.
5	"I fight infection and stop the spread, But allergies to me can fill you with dread."	Answer: Penicillin. Common uses: Bacterial infections (e.g., strep throat, pneumonia). Key nursing considerations: Assess for penicillin allergies, monitor for anaphylaxis, complete the full course of treatment.



RIDDLE		ANSWERS TO DISCUSS
6	"I calm your nerves and help you sleep, But use me too much, and sedation runs deep."	Answer: Benzodiazepines (e.g., Lorazepam, Diazepam). Common uses: Anxiety, seizures, insomnia. Key nursing considerations: Monitor for sedation, respiratory depression, and dependence. Use cautiously in elderly patients.
7	"I block the acid, protect your gut, Take me before meals to heal the cut."	Answer: Proton Pump Inhibitors (e.g., Omeprazole). Common uses: GORD, peptic ulcers. Key nursing considerations: Administer before meals, monitor for magnesium deficiency and long-term use complications like fractures.
8	"I ease your pain and make you smile, But watch your bowels—it may take a while."	Answer: Opioids (e.g., Morphine, Oxycodone). Common uses: Severe pain management. Key nursing considerations: Monitor for respiratory depression, constipation, and signs of dependence. Use a bowel regimen to prevent constipation.
9	"I'm your friend when swelling begins, But I can upset your stomach within."	Answer: Nonsteroidal Anti-Inflammatory Drugs (NSAIDs) (e.g., Ibuprofen). Common uses: Inflammation, pain, and fever. Key nursing considerations: Monitor for gastrointestinal upset or bleeding, kidney function, and avoid use in patients with peptic ulcers or kidney disease.
10	"I bring down pressure that's high in your veins, But rise too fast, and you might feel faint."	Answer: Antihypertensives (e.g., ACE inhibitors like Lisinopril). Common uses: Hypertension, heart failure. Key nursing considerations: Monitor for hypotension, hyperkalaemia, and side effects like a persistent dry cough. Educate about rising slowly to prevent dizziness.