

The case below represents a dialogue between the client and health-care professional using the ask-tell-ask technique.

## Example of “Ask-Tell-Ask” script

### ASK

- Nurse:** Tell me in your own words, how do you think your migraines affect your daily life?  
**Client:** Well, a lot really. There are days I cannot work, or even interact with my family. I close myself off and just want to be left alone in bed.
- Nurse:** So you cannot go to work and you do not interact with your family, when you have a migraine. Is that right?  
**Client:** Yes, when I was in school, I missed so many classes I could not keep up.
- Nurse:** How many times in the last six months, have you had a migraine?  
**Client:** Hmm, probably at least seven times per month, so that would be about 52!
- Nurse:** At least seven per month?  
**Client:** At least.
- Nurse:** How long does each migraine last?  
**Client:** They last about two days
- Nurse:** So each attack last two days each, so you would be in bed and not able to work or interact with your family for 14 days per month. Is that right?  
**Client:** Yes it is
- Nurse:** So, do you know of anything that causes the headaches, or makes them worse?  
**Client:** Not really, there have been many suggestions about weather and perfumes, but I really cannot say.
- Nurse:** Okay, so you do not really know what may cause your headache; what about making them worse, does anything you can think of make them worse?  
**Client:** I guess light, because when I do have an attack, I need to be in the dark to feel better.
- Nurse:** So light makes the migraine attacks worse and you use a darkened room to feel better.
- Nurse:** So what would you like to know about migraines?  
**Client:** I need to know what causes my migraines, and if there is something that can help me function, because I cannot keep missing work and not spending time with my family.

### TELL

- Nurse:** We will need to schedule some testing to help determine that, and there are a number of ways to treat migraines. The treatment may include altering your diet, the use of medication, and changing your environment. Once we have the results of your tests, we will be able to better identify a plan of care with you. For now, we can start by you writing down what you are eating, where you are, and what you are doing when you get your migraines.
- Client:** So can you repeat for me the next steps in treating your migraines, so I know that you understand this?  
**Client:** Well, I am going to have some tests done and also write down what I ate before my migraines, where I was and what I was doing.

### ASK

- Nurse:** Yes, that is correct. Is there anything else you need to know?