

Therapeutic Communication Assignment

Q: Which of these two statements is most important to you?

A: I want to preserve a good quality of life even if this means that I may not live too long. It's better to live a sane life and know that I have done good things in this life rather than doing the wrong things and live a long life to regret it.

Q: Do you feel you have full autonomy for decision making?

A: Yes I do, I feel like when it comes to decision making, I make all decisions on my own and act upon them.

Q: How do you feel when people make decisions for you?

A: I dislike it when people make decisions for me because it feels as if I don't have any freedom or I can't think for myself.

Q: What do you see as important in your life?

A: My family is the most critical thing in my life. Having many people around you that you can call a family is a blessing. The fact that there is always going to be someone who cares about you no matter how many times you guys argue. The love between family members is unconditional

Q: What risks have you taken in the past and how has this affected you?

A: I left my family back home and decided to move here to build a better life, and it was hazardous because I did not know anyone here and didn't know how to speak English, but that still did not stop me from coming here. When I moved here, I had to relearn a new language and went back to school, and I couldn't be any happier that I made that decision. If I hadn't taken that risk, I wouldn't have a better job now nor make my family any more comfortable. I am happy with the decision I made.

Q: What risks are you not willing to take?

A: I wouldn't say there are any risks I wouldn't take, just because I feel like taking a risk is part of this life. We take risks every day, only by driving out of my driveway is a risk as well because not guaranteed that I will make it back home. Going to sleep is also a risk because I might not wake up the next day, so I am willing to take any risk that life throws at me.

Interview Evaluation-Reflective Activity

1) What therapeutic communication techniques did you use during the interview? Provide examples

I mainly used nontherapeutic communication since it was an interview. Nontherapeutic communication means I had to make eye contact, put on the best facial expressions; not looking like I'm bored and did not want to be here and also my body language had to be on point. I used silence because I asked the question then let the client take a couple of seconds to think about their answers and we just sat there in silence. I also used agreeing, because I was agreeing with a lot of things that she was saying.

2) What went well?

My client was smiling a lot and was willing to answer any questions I was asking. She was very attentive and made small talk in between. The interview lasted longer than I expected because my client was very into the questions and she even asked me some of those questions as well to see what my thoughts were.

3) What would I do differently next time?

Next time I will probably work better on my interview skills, such as not being too distracted or nervous just because this was my first time having to interview someone based on questions provided.

4) What are the major take-home lessons after interviewing an older adult?

After interviewing this patient, it made me realize that older adults have so much knowledge and they are wise so we should always go to them for advice. It was also interesting when I asked her if she was scared to take any risks and she said no because life is already a risk. Life being a risk is something I have not thought about in the past. To me when someone asks me what's the risk I'm not willing to take, the first thing that comes out of my mind is how I can't skydive because I'm scared of height, but my client made me realized that I could do anything I put my mind.

5) How can I adapt my nursing practice to be more responsive to the unique needs of an older adult client?

For my nursing practice to be more responsive to the unique needs of an older adult client, I will need to explore more on how older adults respond to things. For examples when interview or talking to an older person, I will need to work on slowing down, restating the questions If they do not hear me correctly the first time. Also, make sure I'm being clarified and not asking them questions they can't understand.

6) In what way am I building my nursing skills?

I believe to be a better nurse; I will need to keep being myself, trust my guts. By being myself I mean, I'm a touchy person so when it comes to being there for my patient I can always ask them if it's okay for me to hold their hands or touch them. Touching them are my ways to better communicate with them. Also, I believe I will need to advance my career, by going for my master's degree because I am a curious person and I always want to learn more things.

Reference:

Videbeck, S. L., & Miller, C. J. (2017). *Psychiatric-mental health nursing*. Philadelphia: Wolters Kluwer.