

Students should answer the following questions to fully understand the quality of life, personal choice of decision making, and self-reflection.

1. Which of these two statements is most important to you?

- **I want to live as long as possible regardless of the quality of life that I experience.**
- **I want to preserve a good quality of life even if this means that I may not live too long.**

Of the two statements, I believe the second one is the most important. I don't see why anyone would want to prolong their life without a good quality. There's a quote "live life to the fullest" and I believe

2. Do you feel you have full autonomy for decision making?

I feel at my age I do.

3. How do you feel when people make decisions for you?

Most of the time I don't care when people make decisions for me because it isn't very important. It's usually just what i want to eat or things that don't hold much meaning.

4. What do you see as important in your life?

I see the people I love as the most important things in my life. Without them, I wouldn't have anything to live for because they mean the most to me.

5. What risks have been identified to your quality of life that you agree or disagree with?

Everyday I live with the risk of dying due to diabetes. One wrong dose of insulin is fatal, one low blood sugar I don't feel is fatal, one high blood sugar could lead to DKA and would be fatal. I don't even think about the everyday tasks of diabetes, I just do it because if I don't, I could die.

6. What risks have you taken in the past and how has this affected you?

I had the opportunity to play college basketball and I didn't because I was scared of everything. Making new friends, living away from home, etc. scared me so I backed out and lived at home and attended a community college my first year of college. I always live with the "what if I played", "where would I be now?",

"what school would I be at and what would I be studying?" questions. I regret not taking the risk of doing something uncomfortable and out of my comfort zone. If I did play, I would've made many new friends, but since I didn't, I wouldn't have made new friends where I went to school and became closer with people from my hometown than I ever would have thought.

7. What is your understanding of the risks you want to take now?

I want to take the risk to become a travel nurse and move away from my friends and family. I know it will be hard but I think it would be the greatest opportunity for me as a nurse to gain experience and do something I've always wanted to do, travel.

8. What risks are you not willing to take?

I am not willing to take risks if it means harm to the ones I love or others.

9. How would you explain to the people who love you why you want to take this risk?

I would just sit them down and let them know this is what I think is best for me. They can either support me or not but either way it is happening.

10. What frightens you about taking this risk?

I am scared to be alone during this time and thousands of miles away from my loved ones as well as not making any friends. I have an 8 year old sister and I just hate living away from her now let alone in a different state. I hate missing her grow up

Interview process:

Female, age 67

1. Which of these two statements is most important to you?

- I want to live as long as possible regardless of the quality of life that I experience.
- I want to preserve a good quality of life even if this means that I may not live too long.

"For me it would be the second one"

2. Do you feel you have full autonomy for decision making?

"Yes"

3. How do you feel when people make decisions for you?

"I don't usually like other people to make decisions for me. I like to be in control of my situations and surroundings. I don't like it because it makes me feel incompetent"

4. What do you see as important in your life?

"My family and our health is most important to me"

6. What risks have you taken in the past and how has this affected you?

"I have quit jobs in the past and I would hope it would turn out better than the last"

Interview Evaluation-Reflective Activity

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

The therapeutic techniques I used the most were silence, like when I would give the older adult time to think and reflect on the question. I let the interviewee break the silence because it is important to let them talk when they're ready. I don't want to speak and to seem like I am rushing. I maintained eye contact and used nonverbal communication to let her know I was interested and listening. (active listening). At first my grandmother didn't want to answer these questions as she thought they were too deep. She didn't go into too much detail in her answers for these questions but we did sit and talk for a long while after and I used humor ease the tough conversation as it seems to lighten the mood.

2) What went well?

Sitting down and enjoying time with my grandmother is something I need to do more often. She loved to answer questions, "anything to help her baby girl", even though I am her fourth of sixteen grandchildren. I became aware that I was using a lot of the therapeutic techniques we have learned in class. I was aware to not use "why" in any form even though it is hard when just talking to family, I know that this isn't a good form of therapeutic communication.

3) What would I do differently next time?

Next time I would challenge myself to choose an interviewee that wasn't my relation and get out of my comfort zone and create my own questions to challenge myself. I am kind of a shy person so unless I have to talk to strangers, I usually won't so I would benefit from reaching out to a nursing home and interviewing an elderly client.

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

Majority of the time, older folks have the mindset of "I don't give a crap" but answering these questions it really makes them reflect on their lives. It helped me realize the clients are people and they care about the questions we ask.

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

An easy way to adapt would to sit closer to the client, maybe on the side they have better hearing, and speak loud enough they can hear. All adults are different to I just have to adapt to the needs of each and every one.

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

I am building my nursing skills because I am using therapeutic techniques as well as asking questions that may be difficult for myself to ask, and for the client to answer which helps me gain confidence when in awkward scenarios.