

Anita Wilson

1/17/21

Pre- Assignment Work:

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.**

The statement that is most important to me is “I want to preserve a good quality of life even if this means that I may not live too long.” I chose the second statement, because I have lived a good life and I have seen many things and learned many lessons along the way, so I would want the remaining of my time on earth to be painful and enjoyable. Being that I would have hopefully experiences and achieved everything I set out to do, I would not want to taint that by altering my quality of life.

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

I do feel that I have full freedom and autonomy for decision making. I am 22 years old and live on my own, so I fully make my own decisions with the influence of my family members. As I like to hear different opinions when making difficult decisions.

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

I absolutely hate when others make decisions for me when it comes to my personal life. I am a grown adult so I feel that it is only right, I make decision for myself as I feel like I know myself very well. However, when asked, I do appreciate the advice and opinion of other people especially my family.

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

The most important thing in my life that I cherish and am so grateful for this first my relationship with God, my family and my education.

5. What risks have you taken in the past that has affected your quality of life?

The risks I have taken in the past that has affected my quality of life is probably over eating to the point where I was 300 pounds. This causes me to have hypertension and I was close to being diabetic. I have fortunately do not part take in that anymore and over the two years have lost close to 170 pounds.

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

The main risk that comes to mind that I have taken in the past is by moving out of my parent's house at 18. This has had a positive effect on me as it has allowed me to be more independent.

7. What risks do you want to take now?

The risk I wish to take on now is completing nursing school and then going to obtain my Masters.

8. What risks are you not willing to take?

A risk I am not willing to take is anything that interferes with my relationship with God and my family.

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

I would explain it to them by telling them if they really loved and cared about me and supported me then would support in this risk I choose to take.

10. What frightens you about taking this risk?

What frightens me most about taking this risk is failing.

Interview Process:

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.**

RESPONSE: “I want to preserve a good quality of life even if this means that I may not live too long. I don’t want to live a life filled with pain, that would be miserable.”

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

RESPONSE: “Yes, because I am an older woman and I know what I want and what is good for me. At this age, I know what is best for me.”

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

RESPONSE: “Now, I don’t allow people to make decisions for me but when it comes to a point where I can no longer make my own decision (in the future), I want my children to make my decision for me. When I am older, I don’t want to be in pain so when it comes to that time I would prefer my children to pull the plug so I am not lying there suffering. The decision will ultimately be up to my children.”

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

RESPONSE: “My family, they are the most important thing in my life.”

5. What risks have you taken in the past that has affected your quality of life?

RESPONSE: “Not taking care of myself physically and always working hard. This has caused me to develop hypertension because I was ignoring my health and focused on working and providing for my family.”

Interview Evaluation-Reflective Activity

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

The therapeutic communication techniques I used during this interview was:

- *Silence*: I used silence by allowing the person I was interviewing time to think about her answers. This gave her an opportunity to think through and process what is being asked of her as well as think through her answer.
- *Active Listening*: I used active listening throughout the interview by ensuring I was using verbal cues “I, see” after her response. Had this interview been conducted in person, I would nod to show the person I was interviewing that I was actively listening. I wanted to make sure the person knew I was showing interest in what she was saying and that I understood and was actively engaged.
- *Summarizing*: At the end of each question, I would repeat back to her what she stated to me to make sure I was correctly writing her thoughts down.

2) What went well?

What went well during this interview was the interview flowed nicely and felt like a normal conversation. The person I interviewed appeared to be comfortable. I broke down each question in detail and explained it thoroughly. I was sure to not give my own opinion and advice while she was providing her response.

3) What would I do differently next time?

If I could do this interview over, what I would do differently next time is conduct this interview in a setting where the person I am interviewing is not consumed with other things. The only older adult I know was busy with other things at the time of this interview and this was the only time that worked for both our schedule. This interview was conducted over the phone and lasted approximately 30 minutes. It is important to choose the most appropriate setting when interviewing someone and using therapeutic communication to get the best results. Choosing a quiet location with minimal distractions and in a relaxed environment are things I would do differently when doing this interview again.

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

The major take-home lesson after interviewing an older adult is the importance of family to this generation. Another take-home lesson after this interview with an older adult, is to allow them a respectively amount of time to answer each question. Although this

interview ended up taking longer than expected, it was great because she was able to elaborate on each question which provided me with more information.

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

I can adapt my nursing practice to be more responsive to the unique needs of an older adult client by allowing and schedule for more time with these individuals being that it may take longer. Circumstances that may slow the interview process and allow for it to go longer than intended would be decreases hearing or vision. With my background in nursing, I find that the older adult generation really enjoy talking to others regarding their life and are excited about sharing their life experiences with especially the younger generation.

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

This assignment is helping me build my nursing skills by being about to practice therapeutic communication effectively being that this is a lasting skill that I will use in my practice especially since I want to pursue a career in mental health nursing, it mainly revolves around therapeutic communication. This skills can easily make or break your easier with your patient and their willingness to open up to you and for you to gain their trust. By doing this interview and practicing therapeutic communication I know I will help with nursing care by increasing patient's participation in their care, aid in patient education as well as improves patients being more satisfied by listening and sharing information.

STUDENT NAME: ANITA WILSON

RUBRIC FOR THERAPUTIC COMMUNICATION GERONTOLOGY ASSIGNMENT

Pre-Assessment

Objective	Unsatisfactory 0 points	Satisfactory 5 point	Grade
Increase own self-awareness of judgments and pre-conceived notions that may affect their advocacy for older adults.	Description adequate with superficial thought and preparation; does not address all aspects of the task	Description well developed assignment that fully addresses and develops all aspects of the task.	
Content Contribution	Information that is off-topic, incorrect, or irrelevant to discussion.	Factually correct, reflective, and substantive contribution.	
Clarity & Mechanics	Communicates in manner with some 2-3 errors clarity, spelling, grammatical, or mechanics errors.	Contributes valuable information with minor 1 clarity, spelling, grammatical, or mechanics errors.	

Comments:

Pre-Assessment POINTS: _____/15

Interview Evaluation-Reflective Activity

Objective	Unsatisfactory 0 points	Satisfactory 10 point	Grade
Evaluation therapeutic	Description adequate with superficial thought and	Description well developed assignment	

communication process with older adult	preparation; does not address all aspects of the task	that fully addresses and develops all aspects of the task.	
Content Contribution	Information that is off-topic, incorrect, or irrelevant to discussion.	Factually correct, reflective, and substantive contribution.	
Clarity & Mechanics	Communicates in manner with some 2-3 errors clarity, spelling, grammatical, or mechanics errors.	Contributes valuable information with minor 1 clarity, spelling, grammatical, or mechanics errors.	

Reflective POINTS: _____/30

Total Points: _____/45

Instructor Signature: _____

Date: _____

