

**Anita Wilson**

**1/24/21**

## **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 experiences hopefully and achieved everything I set out to do, I would not want to taint that by altering my life quality.

### **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 independently, so I fully make my own decisions with my family members' influence as I like to hear different opinions when making difficult decisions.

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

I 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 decide for myself as I know myself very well. However, when asked, I 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 am grateful for is my relationship with God, my family, and my education. Without the three, I would be the person I am today, and I do not know where I would be without these three things.

**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 have affected my quality of life are overeating to excess. Because of this, it resulted in me being 300 pounds and having hypertension, and being prediabetic. Fortunately, I do not partake in that anymore. Due to my change in habits, I have lost close to 170 pounds over the past two years.

**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 moving out of my parent's house at 18. It 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 obtaining my master's.

**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. Anything that puts my freedom and life in jeopardy is not a risk worth taking. Every day, I wake up genuinely blessed and appreciative for having the ability to do as I please, so doing anything detrimental is not a risk worth taking.

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

If I were to explain to the people I love about taking the risk of obtaining my masters, I would do it in a way that conveys love and understanding. If they loved and cared about me and supported me, they would invest 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. One of my biggest fears in life is not being successful in the goals and dreams I set forth myself. My future means a lot to me, so not obtaining my purposes scare and ultimately shifts my vision for my future.

## **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 were silence, active listening, and summarizing.

Silence: I used silence by allowing the person I was interviewing time to think about her answers. Silence allowed her to think through and process what is asked of her and think through her response. 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 to listen actively. 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 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 not to 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 busy with other things. The only older adult I know was busy with other stuff at the time of this interview, and this was the only time that worked for both our schedules. This interview was conducted over the phone and lasted approximately 30

minutes. It is essential to choose the most appropriate setting when interviewing someone and using therapeutic communication to get the best results. Selecting a quiet location with minimal distractions and 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. After this interview with an older adult, another take-home lesson is to allow them a respective amount of time to answer each question. Although this interview ended up taking longer than expected, it was great because she could 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 an older adult client's unique needs by allowing and scheduling for more time with these individuals being that it may take longer. Circumstances that may slow the interview process and enable it to go longer than intended would decrease hearing or vision. With my nursing background, I find that the older adult generation enjoys talking to others regarding their lives and are excited about sharing their life experiences with the younger generation.

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

This assignment helps me build my nursing skills by being about to practice therapeutic communication effectively. This is a lasting skill that I will use in my practice, especially since I want to pursue a mental health nursing career. It mainly revolves around

therapeutic communication. These skills can easily make or break your more comfortable with your patient and their willingness to open up to you and 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, and improving patients being more satisfied by listening and sharing information.

**STUDENT NAME: ANITA WILSON**

**RUBRIC FOR THERAPUTIC COMMUNICATION GERONTOLOGY ASSIGNMENT**

**Pre-Assessment**

<b>Objective</b>	<b>Unsatisfactory 0 points</b>	<b>Satisfactory 5 point</b>	<b>Grade</b>
<b>Increase own self-awareness of judgments and pre-conceived notions that may affect their advocacy for older adults.</b>	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.	
<b>Content Contribution</b>	Information that is off-topic, incorrect, or irrelevant to discussion.	Factually correct, reflective, and substantive contribution.	
<b>Clarity &amp; Mechanics</b>	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**

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

<b>communication process with older adult</b>	preparation; does not address all aspects of the task	that fully addresses and develops all aspects of the task.	
<b>Content Contribution</b>	Information that is off-topic, incorrect, or irrelevant to discussion.	Factually correct, reflective, and substantive contribution.	
<b>Clarity &amp; Mechanics</b>	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:** \_\_\_\_\_

