



Individual Performance Profile

Individual Name: Kristy Geier

Student Number:

Institution: Lakeview CON

Program Type: BSN

Please note that time spent on your Individual Performance Profile reflects only conversations fully completed.

Time Use and Score

Virtual Interaction: Clients and their nutritional needs	Date	Time Spent	Score(Points)
Practice: Ethan and His Mom	01/31/2021	13:12	Complete

Scenario

Ten-year-old Ethan`s BMI is at the 95th percentile. This is a sensitive topic for him and his mom, Heather. Use MI to uncover barriers to change, build their motivation, and collaborate on 1-2 immediate action steps.

Overall Engagement

Overall Engagement

0 of 0 points

Selected option:

Overall, you did a great job using MI techniques to put Ethan's and his mother's concerns at the center of your conversation.

Rationale:

Because they felt listened to and understood, they were willing to commit to a change toward a healthier lifestyle!

Communication Technique Feedback:

Points on technique separate from overall points

Respectfully Sharing Information

0 of 0 points

Rationale:

You made great use of the Elicit-Provide-Elicit technique to provide this family information respectfully. And you avoided many temptations to use directive language that could have alienated Ethan or his mom.

Setting the Agenda

0 of 0

Rationale:

points

You started the conversation on a good note, asking permission to discuss Ethan's weight and using client-centered questions.

When it came time to decide which of Ethan's habits to focus on, you let them decide where to start making changes. This is an effective approach because families often already know where it would be best to start.

Using Open-Ended Questions

**0 of 0
points**

Rationale:

You made good use of open-ended questions to involve Ethan in his own healthcare, and you also used some open-ended questions to evoke his mother's feelings about his weight. Next time, you might elicit more change talk if you ask one or two more open-ended questions.

Using Reflections

**0 of 0
points**

Rationale:

You chose not to use many reflections. Reflections might have helped Ethan and his mother feel understood, and motivated to make changes.

Scenario

Samantha has been breastfeeding her infant, but now she's thinking about stopping. Use reflective listening to re-ignite her motivation to continue.

Overall Engagement**Overall Engagement****0 of 0 points****Selected option:**

Overall you did a great job.

Rationale:

By using reflections, you helped this mom realize that she could continue to breastfeed while still addressing her problems with pumping.

Communication Technique Feedback:**Points on technique separate from overall points****Action Reflections****0 of 0 points****Rationale:**

Great job using action reflections to help this mom realize that changing her pumping schedule could allow her to keep breastfeeding on her own terms. And nice work using an action reflection to help the mom develop a plan for how to deal with her mother's negativity about breastfeeding.

Avoiding a Directive Tone**0 of 0 points****Rationale:**

Finally, when working with actual clients, try to resist the temptation to lead the conversation with your own agenda. When you take a directive approach, clients feel disempowered and tend to resent any advice you give. Next time, try to let the mom's agenda guide the conversation.

Complex Reflections**0 of 0 points****Rationale:**

Great job using complex reflections to help this mom work through her ambiguity to realize that pumping is the problem for her, not nursing. Next time, you might also try using a complex reflection to address the communication issues between his mom and her mother.

Simple Reflections**0 of 0 points****Rationale:**

You did a nice job using simple reflections to build a strong rapport and support this mom's positive feelings about breastfeeding.

Scenario

Four year old Maya`s BMI has been sharply increasing. Use MI techniques to help her dad, Adrian, work through his ambivalence and consider healthier choices.

Focused Undo Performance

During this simulation, you encountered 0 forced undos. Forced undos occur when your conversation reaches a "dead end" that is not positive for the client. Try to avoid conversational paths that lead to forced undos in the future in order to improve your score.

Overall Engagement

Overall Engagement

100 of 100 points

Selected option:
Overall you did a great job.

Rationale:

By using motivational interviewing techniques, you helped this dad recognize that he wants to change Maya's snacking habits, which helped him commit to making a change.

Communication Technique Feedback:

Points on technique separate from overall points

0 of 0 pts

Rationale:

No additional feedback available for this conversation.