Module: Virtual Interaction: Adolescent clients and performance enhancement substances
Simulation: The Communicator 2.0

Individual Performance Profile

Individual Name: christine nlandu

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: Adolescent clients and performance enhancement substances	Date	Time Spent	Score(Points)
Practice: Tom and Curtis	03/29/2021	05:55	Complete

Scenario

Tom, 14, is already using supplements, which he and his dad believe are boosting his athletic performance. Intervene now to talk with them about the risks of supplement use and prevent Tom from using more dangerous substances later.

Overall Engagement

Overall Engagement

0 of 0 points

Selected option:
You did a nice job addressing Tom's use of supplements, but you chose not to broach the subject of steroids.

Rationale:
However, Tom shows many risk factors for future steroid use, like his supplement use, gym use and weight gain goals. It would have been helpful for him to hear about steroids first from his healthcare team and family.

Communication Technique Feedback:

Points on technique separate from overall points

0 of 0 pts

Rationale:
No additional feedback available for this conversation.

Practice: Ella | 03/29/2021 | 12:11 | Complete

Scenario

Ella, 16, has had heart palpitations and other warning signs of stimulant misuse. Find out if she`s using stimulants and make or assist in the development of a plan to address her stress and help her quit.

Overall Engagement

Overall Engagement

0 of 0 points

Selected option:
Overall, you did an adequate job talking with Ella about stimulants.

Rationale:
Unfortunately, once you discovered Ella's prescription medication use, you were too quick to suggest addiction counseling as the sole solution. Stimulant misuse is often comorbid with other mental health issues, such as anxiety or other substance use. A full screening for substance use and other mental health issues is advised.

When working with actual clients, you may want to break this conversation up over two or more visits. It might take multiple conversations for a teen to admit use or decide they want to change, so don't give up if you meet resistance the first time you bring it up!

Communication Technique Feedback:

Points on technique separate from overall points

Asking Respectful Questions

0 of 0 points

Rationale:
When gathering information, you used open-ended questions to encourage Ella to share her experiences.

You also made an effort to use Ask-Tell-Ask, but sometimes you gave information before asking what Ella already knew. Beginning with a question builds buy-in and allows you to tailor the information you give.

Building Trust

0 of 0 points

Rationale:
Though at one point you seemed dismissive of Ella's concerns, in general you appeared to take her problems seriously. You could get a better score in this area by avoiding dismissive language; instead of trying to reassure her, you could try to understand her concerns and collaborate on them.

Validating Ella's Experience

0 of 0 points

Rationale:
You reflected what Ella told you and normalized her feelings. This made her feel accepted and understood. It also built trust so she felt safer confiding in you.

Next time you could also use summaries to keep Ella on track and let her know you are listening.