



Individual Performance Profile

Individual Name: Ashley Matusiak

Student Number: 6673221

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

01/20/2022

08:28

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:

Good job getting Tom and his father talking about supplements and steroid risk.

Rationale:

Very few families have any idea how unregulated the supplement market is or have talked to their children about the dangers of steroids.

Communication Technique Feedback:

Points on technique separate from overall points

0 of 0 pts

Rationale:

No additional feedback available for this conversation.

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 a great job talking with Ella about stimulants!

Rationale:

You did a good job identifying Ella's anxiety as the underlying cause of her stimulant use. Now she will be able to get the mental health support she needs.

You could have also asked about her use of alcohol or other substances. Many teens who misuse prescription medications also use other substances.

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:**

You did a great job taking Ella's concerns seriously. Instead of just trying to reassure her, you tried 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.

Scenario

Cody, 17, has put on 30 pounds of muscle in the last year and shows warning signs of steroid use. Find out if he is using steroids and help him develop a plan to wean off.

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

74 of 100 points

Selected option:

Overall you did a good job getting Cody to consider your perspective on steroids.

Rationale:

Unfortunately, you weren't able to convince Cody to consider quitting, but he did agree to continue the conversation in future visits. That is, in itself, a victory. It can take many visits and many conversations to build the level of trust to help a client quit. But for the sake of their health, it's always a conversation worth having.

Communication Technique Feedback:
Points on technique separate from overall points

Asking Respectful Questions

8 of 10 points

Rationale:

You did a great job using Ask-Tell-Ask when you offered Cody new information. Because you asked about and respected what he already knew, he was more willing to listen to you... even when faced with the arduous prospect of quitting steroids.

Next time, you could also make more use of indirect questions to approach the sensitive topic of steroid use. It's best to start with broad questions like "What do you know about testosterone?" and gradually work down to narrower questions like "Do you know anyone who uses steroids?"

Avoiding Confrontation

10 of 10 points

Rationale:

You did a great job avoiding confrontation and showing respect! You recognized that backing clients into a corner rarely gets the results you want. Instead, you built trust with Cody by asking respectful questions and validating his experiences.

Giving Accurate Information

8 of 10 points

Rationale:

You did a good job helping Cody understand the negative adverse effects that steroids can have on his health, and you helped him see that his approach to his weight and fitness might be part of a disordered pattern of eating and self-image.

Next time, you could also respectfully share information about the ongoing process of weaning off steroids. In general, the more you know about steroids, the more you'll be able to talk on the same level as teens who are using them.

Validating Cody's Experience

7 of 10 points

Rationale:

You affirmed Cody's achievements and reflected his feelings to help him know he was understood. This helped him talk about steroid use without worrying about being judged. Another technique you could use is normalizing his desire to feel fit.