



Individual Performance Profile

Individual Name: Rebekah Moutria

Student Number: 7063757

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

06:32

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 you had information to share, you did a great job using Ask-Tell-Ask to find out what Ella knew already. That built buy-in and allowed you to tailor the information you gave.

You also used open-ended questions to encourage Ella to share her experiences. Next time you could use even more open-ended questions to quickly learn how you can help her.

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

84 of 100 points

Selected option:

Overall you did a great job engaging Cody!

Rationale:

You did an amazing job helping Cody understand the terrible impact his steroid use has had on him and his family. But every client is different and some will be more ready for change than others. Even after a client agrees to quit, there might be many steps back after each step forward. It can take many conversations to build to the right level of trust. But for the sake of your clients' 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

10 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 made it clear that weaning off of steroids will be an on-going effort, not a quick fix. 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

10 of 10 points

Rationale:

You affirmed Cody's achievements and reflected his feelings so he knew he was understood. You also normalized his desire to be more fit, which helped him talk about steroid use without worrying about being judged. This built up trust between you and made him more comfortable discussing his steroid use.