

N324 Older Adult Health – Therapeutic Communication Assignment

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<p>Question and Question Number:</p> <ul style="list-style-type: none"> List the question you asked below 	<p>Student communication:</p> <ul style="list-style-type: none"> List 1 verbal communication skill used List 1 non-verbal communication skill used. 	<p>Interviewee communication:</p> <ul style="list-style-type: none"> List 1 verbal communication skill the patient used List 1 non-verbal communication skill the interviewee used 	<p>Student thoughts & feelings related to the communication</p> <ul style="list-style-type: none"> Describe 1 thought or feeling related to the communication
<p>1. What was your first job? Tell me about your favorite job if this is a different job than your first.</p>	<ul style="list-style-type: none"> Verbal: This student speaks clearly and concisely while approaching the first question. Non-Verbal: This student displays pleasant facial expressions. 	<ul style="list-style-type: none"> Verbal: This interviewee displays “thinking before speaking” with moments of pauses and reflections. Non-Verbal: This interviewee shows comfortable body language. 	<ul style="list-style-type: none"> This student is pleased with the result of the first interview question. This is a two-part question that extends the conversation time. The interviewee spoke about her favorite job, working at the Air Force Academy bowling center, with an expression of joy during reflection of that time.
<p>2. What life advice</p>			

<p>would you pass to future generations?</p>	<ul style="list-style-type: none"> • Verbal: This student uses a pleasant tone of voice • Non-Verbal: This student uses strong eye contact. 	<ul style="list-style-type: none"> • Verbal: This interviewee uses humor to engage me. • Non-Verbal: This interviewee smiles while answering the question. 	<ul style="list-style-type: none"> • This student feels happy that the interviewee giggles while answering the question. This vulnerability shows comfort, enjoyment and trust.
<p>3. What was your favorite movie when you were younger.</p>	<ul style="list-style-type: none"> • Verbal: This student uses the technique of restating information. • Non-Verbal: This student nods while interviewee responds. 	<ul style="list-style-type: none"> • Verbal: This interviewee demonstrates cheerfulness in her voice. • Non-Verbal: This interviewee uses hand gestures. 	<ul style="list-style-type: none"> • This interviewee seems pleased that the student uses reflection during the question. Reflection and restating help the interviewee know her thoughts and words are of importance.
<p>4. What are the most rewarding things about getting older?</p>	<ul style="list-style-type: none"> • Verbal: This student asks clarifying questions. • Non-Verbal: This student uses an intimate proxemics zone during the interview. 	<ul style="list-style-type: none"> • Verbal: This interviewee speaks with conviction. • Non-Verbal: This interviewee gently touched the student's knee in midst conversation. 	<ul style="list-style-type: none"> • This student is pleased with her approach on asking clarifying questions. This ensures full understanding of the message or information being given.

<p>5. Which invention from your lifetime amazed you? What was life like before?</p>	<ul style="list-style-type: none"> • Verbal: This student uses an open-ended question • Non-Verbal: This student demonstrates moments of silence. 	<ul style="list-style-type: none"> • Verbal: This interviewee demonstrates authenticity in her tone. • Non-Verbal: This interviewee smirks as she reminisces on the very first phone, the party phone. 	<ul style="list-style-type: none"> • This student was pleased with the authenticity the interviewee displayed. While the interviewee spoke, she demonstrated transparency, realness and being genuine.

Step Two: Interview Evaluation-Reflective Activity

Step Two Directions: After interviewing an older adult, students are to complete a self-reflective evaluation. Answer all FOUR questions listed below. Complete in full sentences with proper clarity and mechanics. Follow rubric for full guidelines.

1. What are the major take-home lessons after interviewing an older adult?

After the activity, this student finds the importance of patience in an interview involving an older adult. Patience includes avoiding rushing an older individual. People who are rushed often believe that they are not being understood or even heard. Patience is imperative when communicating with older adults. When asking a question, it may take a more extended amount of time for an older individual to reflect or reminisce compared to someone of younger age.

2. How can a nurse adapt their practice to be more responsive to the unique needs of an older adult client?

By willingly expanding one's education on therapeutic techniques in communication, a nurse can adapt to be more responsive to the individualized needs of an older adult client. Comparable to cultural competency, one must recognize where they lack and take the time to be educated on that weakness. Timing is also imperative to remember when gaining new techniques; such a concept will not happen overnight. Repetitiveness will ensure the nurse is adapting appropriately.

3. In what way is a student building their nursing skills by interviewing patients, including older adults

Communication skills are imperative in every aspect of life. Employers, friends, patients, and colleagues appreciate and value individuals with superb communication skills. Communication skills improve the ability to problem solve, collaborate, organize, and lead. By interviewing patients, including older adults, additional communication skills are obtained. Skills are acquired such as patience, active listening, pace, timing, and the importance of tone. These skills can be used during an interview to become an RN or even in a patient's room when one is being admitted.

4. Reflect on one question and expand on how the communication could improve.

This student could have improved communication skills in question number 3, "What was your favorite movie when you were younger?" The interviewee responds that her first movie was "That Darn Cat" at the drive-in theater. The student assumes that the interviewee misunderstood the question since she responded with her first movie and not her favorite. The student should have taken the time to ask clarifying questions. Later in this portion of the interview, the interviewee explains that this is the first and only movie she saw as a child; therefore, it was her favorite as well. The student should not have made an assumption and used clarifying questions to help the conversation go smoother.