

Question and Question Number: <ul style="list-style-type: none"> List the question you asked below 	Student communication: <ul style="list-style-type: none"> List 1 verbal communication skill used List 1 non-verbal communication skill used. 	Interviewee communication: <ul style="list-style-type: none"> List 1 verbal communication skill the patient used List 1 non-verbal communication skill the interviewee used 	Student thoughts & feelings related to the communication <ul style="list-style-type: none"> Describe 1 thought or feeling related to the communication
1. What was your childhood like growing up in Mississippi?	Verbal: “That must have been such a unique experience for you. Can you tell me more about it?” Non-verbal: Sitting on her bed to maintain eye level and eye contact.	Verbal: She described farming life with joy and pride. Non-verbal: Smiling while recalling those memories.	I felt inspired by how resilient and content she was despite being born with one eye. She found joy in simplicity.
2. What is the most important lesson you have learned in life?	Verbal: “That’s such meaningful advice. I’ll remember that.” Non-verbal: Nodding while listening attentively.	Verbal: “Be faithful, don’t be lazy, and treat people equally.” Non-verbal: Raised eyebrows and a firm tone to emphasize her point.	I admired her strength and wisdom. It made me reflect on the importance of integrity and work ethic in life.
3. Can you tell me more about your relationship with your husband?	Verbal: “He sounds like a wonderful man. You must miss him deeply.” Non-verbal: Held her hand gently when she became	Verbal: “He was my first love. We were married for 47 years. He passed away in 2007.” Non-verbal: She looked down, teary-eyed, then	I felt honored that she shared such a personal moment with me. I was touched and felt the deep love she still holds.

Interview Process Chart

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 key takeaway points from an interview with an elderly person?

From this interview, I learned valuable lessons about resilience, living simply, and faithfulness.

The person I interviewed was born blind in one eye and has faced many challenges, yet she maintains a remarkably positive outlook on life. Her attitude teaches us to love others equally, avoid laziness, and take good care of people. Listening to her life story made me realize that older adults have accumulated a wealth of wisdom and experience that younger generations should hear and learn from.

2. How can a nurse alter her approach in caring for older adult clients?

A nurse can adapt by actively listening, maintaining eye contact, and showing genuine respect for the older adult's experiences. During my interview, I sat on the bed to be at eye level with the client, which helped establish trust and comfort. Nurses should be patient, avoid medical jargon, and be sensitive to sensory deficits and emotional vulnerabilities, such as losses or health issues. Additionally, acknowledging and supporting the client's autonomy and personal preferences—such as dietary choices can empower older adults and improve their care experience.

3. How does interviewing patients, including the elderly, help a student develop nursing skills?

This activity helped me develop therapeutic communication skills, especially in building rapport, demonstrating empathy, and effectively using both verbal and nonverbal communication. It also enhanced my cultural humility and appreciation for diverse life experiences. I learned to ask open-ended questions, listen attentively, respond with empathy, and convey genuine emotional presence all essential for establishing trust, which is a cornerstone of nursing care.

4. Consider one interaction and explain how it might be improved.

When the client became sad while talking about her deceased husband, I comforted her by gently holding her hand. Next time, I would first ask for permission before initiating physical contact, even if it feels like the right thing to do. I also learned to better attune to the client's emotional state without imposing my own perspective. To improve the interaction, I could have gently guided the conversation by asking, "What is a positive memory of him that you still cherish?" This might have helped her recall happier moments and process her emotions more comfortably.