

Ana Punsalan

Pre-assignment work-

Students should answer the following questions to fully understand the quality of life, personal choice of decision making, and self-reflection.

1. Which of these two statements is most important to you?

- I want to live as long as possible, regardless of the quality of life that I experience.
- **I wish to preserve a good quality of life even if this means that I may not live too long.**

2. Do you feel you have full autonomy for decision making?

Yes, I have full autonomy in decision making. I do, however, continue to seek guidance from my parents, family, and friends, but the ultimate decisions on things that matter are entirely mine.

3. How do you feel when people make decisions for you?

I feel that I'm incapable of or untrustworthy in making my own decisions.

4. What do you see as important in your life?

My family, friends, and a stable future are essential in my life.

5. What risks have you taken in the past that has affected your quality of life?

I dropped out of university and had the opportunity of living in the Philippines for one year to fulfill my dreams of becoming a model. I also had the chance to travel to other countries in that same year. The risk I took in dropping out of the university positively affected my quality of life because it brought me out of my comfort zone. I became more confident, met people in diverse cultures, and opened my eyes to wanting to become a travel nurse.

6. What risks have you taken in the past, and how has this affected you?

I have taken a risk in trusting the wrong people, and this affected my ability to trust myself and my instincts. It also made it harder for me to open up to others and build close relationships.

7. What risks do you want to take now?

Now, I am willing to take the risk of missing my family reunion so I can join the accelerated program, even though I know it will take a lot of hard work due to the impacted schedule during the summer.

8. What risks are you not willing to take?

I am not willing to take any risks that put my life or my loved ones' lives in danger.

9. How would you explain to the people who love you why you want to take this risk?

I would tell the people I love that I want to graduate and be done with school so I can start working and will be able to give back to them.

10. What frightens you about taking this risk?

I'm frightened that I might end up failing a class or two, not finishing on time, and disappointing my family. Also, what frightens me about missing the family reunion is that I might not get to see particular family members in the next gathering.

Interview process:

Find an older adult to interview; the interviewee may be a family member and does not have to be a patient. Each interview should be a minimum of 20 minutes. Students should use therapeutic communication techniques to build therapeutic relationships within the community. Students should ask a minimum of 5 questions listed below. A student may ask a question not listed below but will need to write down additional questions asked in the post-interview evaluation.

1. Which of these two statements is most important to you?

- I want to live as long as possible, regardless of the quality of life that I experience.
- **I wish to preserve a good quality of life even if this means that I may not live too long.**

2. Do you feel you have full autonomy for decision making?

Yes, I feel that I have full autonomy for decision making.

3. How do you think when people make decisions for you?

I'm not too fond of it when people make my own decisions because I'm an individual, and I will choose what I want to do.

4. What do you see as important in your life?

My family is essential in my life.

5. What risks have you taken in the past that has affected your quality of life?

I moved to America with my wife and left our children back in the Philippines to work here so we can send money to provide for them and give them a good education. This risk affected the

quality of my life and my family's lives for the better. My wife and I were able to bring our kids to America, and my children all have great careers and have their own families today.

6. What risks have you taken in the past, and how has this affected you?

We were moving away from the Philippines to America with my wife, somewhat affected our relationship with our children. We spent a lot of years apart, which was difficult, but we know we had to make this sacrifice for the benefit of our children's future.

7. What risks do you want to take now?

I want to take every possible risk, any risk to preserve my quality of life.

8. What risks are you not willing to take?

I am not willing to take any risks that will put my family's safety in danger.

9. How would you explain to the people who love you why you want to take this risk?

I would tell my loved ones that life is short, so do everything you want to do.

10. What frightens you about taking this risk?

Nothing frightens me about taking risks.

Interview Evaluation-Reflective Activity

After interviewing an older adult, students are to complete a self-reflective evaluation.

1. What therapeutic communication techniques did you use during the interview? Provide examples.

I used to silence, active listening, clarification and summarizing. I used productive silence and active listening to process, and comprehend, and to fully openly discuss the client's feelings and opinions. I also used clarification to validate what the client meant to ensure that I received and interpreted the correct message without bias and false assumptions. Lastly, I used summarizing, to sum up, the main points that the client and I discussed.

2. What went well?

The interview process went well; I've learned a lot by just asking ten simple questions. The responses were very intriguing and exciting.

3. What would I do differently next time?

Next time, I would ask more open-ended questions and gather more information regarding essential topics mentioned by the client.

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

Interviewing an older adult taught me the importance of independence, resilience, and hard work to handle constant change throughout one's life and maintaining a positive outlook to live a happy life.

5. How can I adapt my nursing practice to be more responsive to the unique needs of an older adult client?

I can adapt my nursing practice by assessing verbal and nonverbal client needs, allowing more time to communicate with the client, encouraging the client to verbalize feelings, and evaluating the effectiveness of communications with the client.

6. In what way am I building my nursing skills?

I can apply therapeutic communication techniques to improve the quality of my interactions with clients, perform my duties, and meet clients' diverse needs.