Pre-assignment work **Joshua Carlton**

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 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?

I feel as if I have full autonomy for my decisions concerning my life.

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

I feel as if I am being seen as a child.

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

I see my health, happiness and family as important parts of my life.

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

I have been putting off getting my wisdom teeth removed. I do not eat the healthiest foods or get enough sleep on some nights.

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

The lack of proper nutrition has made me gain some weight. The lack of sleep has left me irritated and depressed.

7. What risks do you want to take now?

I do not want to take any risks at my age.

8. What risks are you not willing to take?

I will not risk being kept alive if it is not seen as a decent way.

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

If I were wanting to take risks, I would explain it as it is my choice and I hope that they support it.

10. What frightens you about taking this risk?

Taking risks can be a huge factor on your overall health.

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 question 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 preserve a good quality of life even if this means that I may not live too long.” My grandfather agreed with this statement.

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

No, I am 88 year old and I have my three children to help me make health-care decisions.

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

I wish it was not that way, but it is now, and I have to make the best of it.

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

I see my family's happiness as the most important thing in my life.

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

I was an avid smoker and drinker for most of my life. I worked a job where we would go to the bar right after our shifts. I worked crazy hours and that did not help with my sleep schedule.

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

During the interview, I kept a judgment-free free zone so my client could answer the questions as honestly as possible. I did so by keeping a neutral face and relaxed body language.

2) What went well?

This interview allowed me to see how easy it is to communicate with older clients. It is vital skill nurses need to be able to do so that they can care adequately for them.

3) What would I do differently next time?

Next time, I wish to better keep the conversation on track as

I did get sidetracked.

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

I need to remember to allow for extra time and talk in a slow and calm manner.

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

I can do so by not having any judgment towards their care based on their age.

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

I am building and developing my social skill set. This is very much needed for the nursing profession.