

N324 Therapeutic Communication  
Lakeview College of Nursing  
Justin Pranada

Honor Code: "I have neither given nor receive, nor will I tolerate others' use of unauthorized aid".

Signature: Justin Pranada Date: 6/12/2020

**Questions for myself**

- **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."**

This statement feels more like myself. For the last several years, I've always had the mindset of living life to the fullest. I want to experience everything worth experiencing with the people I want to experience it with. I want to accomplish the things I have set out to do and learn as I go. I don't have to live long, although that would be great, all I want to be able to say when I'm at the end of my life is that "I had a great run and lived my life to the best I can."

- **Do you feel you have full autonomy for decision-making?**

At 22, yes, I do feel like I have full autonomy for decision-making. I can do whatever I want, when I want, with who I want as long as it's not going to put myself or others in harm's way.

- **How do you feel when people make decisions for you?**

When people make decisions for me, it may sound dramatic, but I feel like a child, or I've lost some or all my freedom. It annoys me when that happens against my will. Like for example, I wanted to travel at the beginning of the COVID outbreak, but my parents put their foot down on it, and out of respect, I listened. Of course, after some self-reflection, I realized that my parents were right.

- **What do you see as important in your life?**

To me, the first thing that's important in my life is my person. I want to live my own life however I want to do it. The next thing is my family and friends; they are my support system and the best people that I can learn from. I love them dearly, and I couldn't do it without them.

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

None that is significant actually. I am on schedule with how I have planned and everything is going great so far. It is not to say that I won't have to decide to take a risk shortly, but I'll figure that out when I cross the bridge.

- **What risks have you taken in the past and how has this affected you?**

The only risk that I can think of is not applying to more schools before getting into college and did not try to expand my horizon. I applied to one school (Parkland) and settled. Not to say Parkland College is not a quality choice - I had great memorable experiences during my time at Parkland.

- **What risks do you want to take now?**

Now, a risk I want to take is taking my big boy steps after graduating from Lakeview - moving to a new city where I don't know anybody, living there when I don't know where everything is. That is definitely out of my comfort zone, but that's something I want to experience.

- **What risks are you not willing to take?**

Anything that will compromise my current quality of life and my future like something that would get someone hurt or killed, like drunk driving.

- **How would you explain to the people who love you why you want to take this risk?**

I think they would understand why I would want to get out of my comfort zone. I would explain to them that - "hey, I want to experience this and let me find out and learn myself if it was a terrible decision or one of the best decisions that I am ever going to make in my life. I will consider your advice and weigh the pros and cons, but I want to do this."

- **What frightens you about taking this risk?**

Not knowing anything about the area I live in and not knowing anybody.

**Interview**

**This interview was conducted with a resident at the assisted living that I work at.**

- **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."

When asked why, the resident responded, "well, to me, there's no point in living if you are just in pain, and you are miserable all of the time. Your family will be hurt seeing you in pain, and it's just not worth it."

- **Do you feel you have full autonomy for decision making?**

Living here, yes I feel like I have full freedom for decision making. I still get to go on my walks when I want, I still have my car in the parking lot and can drive around when I can, my family visits often, and I can go out with my family when I can. I can still drink some beer here and there and spend some time with my wife!

- **How do you feel when people make decisions for you?**

If I don't understand the reasoning behind it, then that's when we're going to have problems, but if it is to keep me safe and taken care of, I can make adjustments.

- **What do you see as important in your life?**

My family. They are what keeps me going, and they visit me all the time. We have a great relationship and I wouldn't trade it for anything.

- **What risks do you want to take now?**

If you count driving around town a risk, then that's the risk I want to take now. Just cruising and going to tumble inn (a bar in downtown Champaign).

- **What risks are you not willing to take?**

Anything that will get me hurt. I'm old Justin if anything breaks, it's going to be hard for me to recover from stuff.

**Post interview self-evaluation**

- **What therapeutic communication techniques did you use during the interview?**

**Provide examples**

I used active listening for the entirety of the interview. I was making eye contact while taking in the answers and communicated that with head nodding and contributing to the conversation.

- **What went well?**

The interview went well, maybe because I have known the individual for some time now and we were both comfortable being in each other's company.

- **What would I do differently next time?**

Maybe have a voice recording if allowed instead of writing down answers while the person is speaking. This way, I can listen to the recording after the interview and write down the answers.

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

Take your time to do things and do it right the first time. Make sure that you do the things that you love with the people you love. Don't stress yourself out with things that won't matter after a day.

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

They are people who still desire a great quality of life. They still want to experience the good that life has to offer. So for my nursing practice, I would help them maintain their quality of life and maintain the relationships they have with the people in their lives.

- **In what way am I building my nursing skills?**

Being more open-minded and being able to be flexible in skills and knowledge when caring for clients. The exposure to different ages in clients allows me to know how to provide care that will enable them to have the quality that they desire in life.