

N324 Therapeutic Communication Gerontology Assignment

Lakeview College of Nursing

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Assessing My Personal Thoughts Prior to the Interview

1. I want to live as long as possible, regardless of the quality of life that I experience. I am scared of dying, and I want to live as long as I can. I hope to live a long life with plenty of memories that I can experience with my kids and wife.
2. Yes, I do feel like I have a lot of control over the decisions I make in my life. Along with that, there are still times that I don't have complete control over the choices I make. I am okay with that because I still live in my parent's house, and I respect them. They told me as long as I live under their house, I still have to go by some of their rules. I am all for that too because I am living here for free. For the most part, they still let me make my own decisions and do whatever I want.
3. Sometimes I am all for decisions being made for me if it is for the right reason. I understand that I make bad decisions in my life just like everyone else does, and that's why it doesn't bother me that other people make my own decisions. There are times that my parents get mad at me and tell me that I have to listen to them because what I was planning on doing was wrong. I always get mad at the time, but at the end of the day, I always know my parents are right. Along with all that, I still like to make my decisions as much as I can.
4. I am grateful for people in my life that care for me and are always there for me. The most important people in my life are my family and my girlfriend. My family is the only reason I am who I am today. They support me through all my decisions in my life. They care for me and are always there for me throughout the rough times in my life. My girlfriend is another person that is very important in my life. She is my number one

supporter and is always there to pick me up when I am having trouble with nursing school. She is always telling me that I can do it even when I say I can't. I don't think I could pass nursing school without her by my side. My girlfriend and my family are so important to me that I don't know how I could live without them.

5. I do like taking risks in life because it keeps my life interesting. One risk that I would say I have taken is when I decided to go to nursing school. Nursing school has affected my life drastically. I would say it has changed the way I lived the past year. I haven't been able to do the same things that I used to love doing because of school. Nursing school has prevented me from spending time with the people I love, and it also doesn't give me time to do my favorite hobbies. One other risk I would like to talk about is when I bought a car. I was excited to get a new car, and I knew it was time to get one, but I had people calling me out and trying to make me change my mind. My brother tried telling me that I didn't need a new car, but I wanted to take that risk, and I am so glad I did. My car has improved my quality of life by letting me drive to certain places far away without worrying about it breaking down.
6. Starting nursing school and buying a new car has affected me in the way I live. They have both made me feel stressed at times, but they also have made me feel great. There are times that I feel down in the dumps, and I want to quit nursing school. I always know that I would never end up doing it because becoming a nurse is one of my dreams and believe that it has made me a stronger person. It has made me feel in a way that I can accomplish everything. It made me happy when I bought my new car, even though it put a dent in my bank account. My car was the first big thing that I have ever bought, and it made me feel like I was becoming an adult.

7. One risk I would like to take is buying a house. I do like living at home, but sometimes I am ready to take on the responsibility of fully taking care of myself. Buying a house is a huge risk because of how much money it can cost. Another risk I am willing to take is getting a new job. I am ready to take on the risk of starting a nursing job that will set me up for the rest of my life. I am kind of nervous about it, but I am ready to take on the challenge. I have been dying to get to where I am for a long time.
8. I am not willing to take risks that will jeopardize my future or my life. I have worked too hard in my life to be where I am today, and the last thing I want to do is throw it all away. One example of that is moving away. I have grown up in a small town called Teutopolis, Illinois, and I could not imagine moving anywhere else. My family and friends live in this small town, and I would never want to risk leaving them.
9. I would tell them that this is what I want in life, and I would ask for their support. My family and my girlfriend would support my decision because they know how much I want to be a nurse. I have been talking to them about it for the past five years. Along with that, I would explain to my parents that I am ready to take this risk because it is time for me to be a responsible adult. I also know they would accept my decision on that risk because they want me to be a responsible individual.
10. The one thing that frightens me the most is if I don't pass nursing school or if I don't pass my boards. I always have that thought in the back of my mind; I shouldn't have that mentality because I should be confident that I can pass, and I know I can deep down. Along with that, one thing that will frighten me is when I purchase a house. I am scared of running out of money. I don't think something like this would happen, but there is that

possibility that makes me scared. I know my parents or my girlfriend would help me out, but I want to do this by myself without anyone's help.

Conducting My Interview- My Great Aunt 93 Years Old

1. I want to preserve a good quality of life even if it means I may not live too long. That is easy to answer because I want the quality of life even if it means not living long. All in all, it's a lot simpler to have a good quality of life. I feel that way because I love to be independent and to be able to take care of myself. Along with that, I can do whatever I want when I want to do it.
2. I do think I always was in charge of my own decision and could make my own decisions. I always felt that way because I have lived by myself all the time.
3. It's not easy, but I still like to choose my decisions as much as I can. I usually don't hear other people's input because I can usually handle my own decisions. I don't want to be a burden to anybody, so I try to make my own choices if they can be made by myself. Sometimes I think about other people's decisions to see if they are a better choice than what I am going to make. Overall, it just takes a lot of thought when people are trying to make decisions for me, and I have to choose which one to take. Once I decide, I always go on from there and don't look back to think about what I should have done.
4. Being able to take care of myself and helping other people to some degree is important to me. Along with that, I believe the community, my family, and going to church are also important to me. It is pretty rough right now with being quarantined, but I am in a good spot. I haven't been able to go to my church on a normal basis as I used to, and that puts a

damper on me. Overall, though, I can still get out of my house and walk to the post office and other places that I need to go. Also, my family is essential to me, and I rely on them all the time because they bring me where I need to go. Most of the time, I don't even have to ask for their help; they just do it out of their kindness. They will come over and visit me throughout the week, and that always makes me feel good. Some of my older hobbies are still significant to me, and they consist of reading, being on the iPad, and playing puzzle games. I still like to read a lot and play around with my iPad every day. Between the reading, puzzle games, and being on the iPad, there aren't many other hobbies that I find to be important to me.

5. Just trying to do more than I should. One example is trying to carry stuff up the stairs from the basement. Often, I know I shouldn't be doing it, but I still end up trying. One time about five years ago, a risk I tried to take did affect me. I was carrying a mop up the stairs, and I could not see very well, and I missed a step. I ended up falling on my hip and ended up in the nursing home for five and a half weeks.
6. All in all, I considered myself very lucky that I have never suffered any permanent damage. I am just so thankful that none of the risks that I have taken in the past have affected me for a long time.
7. There aren't too many different risks that I would take now then I would take before. I still go down in the basement. I can tell it bothers my knee when I walk up the steps, but I am still willing to take the risk even today. I am also still willing to empty my dehumidifier by myself. I use it to water my flowers, and I debated if it was worthwhile, but I still believe it's a risk I am still willing to take. Along with that, there are just times

where I want stuff done now, so I will take risks because I don't feel like asking someone else to come over to help me.

8. No, I can't say there aren't any risks I wouldn't take. There were a lot of things that I used to, but now I just prefer to stay home. Overall, though, there are not many risks I wouldn't try.
9. I would tell my family that I know they are busy and have their own family and projects to do. I just don't want to be a burden to anyone unless I have too. The time might come where I will need other individuals to help me out. But up until that time, I am going to do as much as I can by myself. It always seems like it is the same ones I am falling to, to help me out. I know that they would understand the reason for me taking the risks I take.
10. There is nothing that frightens me anymore; I feel like what's going to happen is going to happen, and I am going to have to put up with the outcome. After that experience, when I broke my hip, I realized that I could do a lot to overcome certain things if I need to. I have made it to the point of accepting a lot of things and not worrying about how I could've changed the outcome.

Self-Reflective Evaluation

1. I used a lot of different types of therapeutic communication skills. One therapeutic communication I used, in particular, was open-ended questions. One example of that being was when I asked her about the specific risks she took in her life. Another example of a communication technique that I used was active listening. While I was listening to

my great aunt talk, I always stared her in the eyes and shook my head, so she understood that I was still listening to what she had to say.

2. I honestly thought my interview went well. There was never a time in my interview where I felt I had a moment of silence. I always knew what to talk about next. I also thought I did a pretty good job asking a lot of different types of questions that went further in-depth to the required items that I had to ask during my interview.
3. One specific thing that I could've done differently was speaking clearer. There were times when I was stuttering a little over the words that I was trying to say. I kind of felt a little rushed, and I don't know why I did. If I could've slowed down a little bit, it would have helped me speak a lot clearer. Overall, I thought I did a pretty good job at conducting this interview
4. One major take-home lesson that I received from my great aunt's discussion was the risks she would take. Just how different the chances I choose in my life are so much different than an older adult. My great aunt said in particular that some of her risks involve caring something substantial, which could cause her to hurt herself compared to mine is buying a house or going to school. Along with all that, my great aunt said she is not scared of taking risks because she states she has nothing to lose. She said that I am ninety-three years, I have nothing to lose. I thought about that for a while, and I think her mentality is right. She has nothing to lose anymore; she has lived a perfect life.
5. I can adapt my nursing practice to be more responsive to older adults' needs by using excellent communication skills. This project helped me realize that excellent communication skills can go a long way. My communications are pretty good, but it also made me realize that I need to develop better communication skills. Excellent

communication skills will help older adults spill more information to me when I am caring for them. So, when I am working as a nurse, excellent communication skills will help big time when responding to the needs of older adults.

6. I am building my nursing skill by practicing my communication skills. The interview helped me build on the communication skills that I already had. I believe that communicating with patients is a critical aspect of the nursing field. The better I can communicate with the patient; I think the better the outcome will be received for the patient. It helps to build relationships with the patients that are being provided with care.

“I have neither given nor receive, nor will I tolerate others’ use of unauthorized aid”