Therapeutic Communication Gerontology Assignment

Assessing Your Personal Thoughts Prior To The Interview

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 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?

a. I do feel that I have complete autonomy when it comes to my decision making. According to PubMed, autonomy is "The right of patients to make decisions about their medical care without their health care provider trying to influence the decision" (Randi, 2010, pg. 1). I have never been in a situation where I was unable to make my own medical or life decisions without the influence or sway of others.

3. **How do you feel when people make decisions for you?**
    a. I do not appreciate it when people make decisions for me. I believe that we all have the right to pave our future, and if we are not able to make our own decisions, this is not possible. Decision making is a crucial part of life, and everyone should have the right to decide for themselves.
4. **What do you see as important in your life?**
    a. I have been blessed with many important things in my life, so many that I could write you a book. God gave me a loving and supporting family, some of the best friends a girl could ask for, a man that loves me well, some of the cutest pups, and He helped to pave the way for my future. I am incredibly blessed to have so many important people in my life. To narrow it down, I believe that faith and love are the most important parts of life because they make you unstoppable.
5. **What risks have you taken in the past that has affected your quality of life?**
    a. Although I was blessed with a loving and supporting family, we are rich in love, not in money. Pursing nursing, as my career, is a risk that I am currently taking to improve my quality of life. My grandpa always told me, “you have to risk it for the biscuit," and that is exactly what I did. Nursing school has been costly and has affected how I live day-to-day.
6. **What risks have you taken in the past and how has this affected you?**
    a. When I took the financial risk to attend nursing school, it altered my daily life. Being a college student is hard enough, let alone trying to figure out how to cover thousands of dollars’ worth of tuition. Going through the daily stress of school, paying for books, paying for gas, or not being able to afford breakfast because you are down to your last five

dollars motivated me to make a change. When I am finished with school, I hope to start a scholarship in order to help people like me who are barely making it through. Sometimes all a person needs is a little encouragement and someone to help them when they are down.

7. **What risks do you want to take now?**
    - **a.** I am willing to step out of my comfort zone and apply for a job that I usually would not apply for. Do to the COVID and social distancing, I relocated to a new area and am still unfamiliar with my surroundings. I am somewhat an anxious person, and being in a big, noisy city is way different than the quiet country house I am used to. I am taking this risk to build up financial freedom in hopes of reducing my stress level during my final semester of nursing school.
8. **What risks are you not willing to take?**
    - **a.** I am not willing to take any risk that can jeopardize my future. I am not willing to take any risk that could harm my family or loved ones. I am not willing to take any risk until I have prayed and have been given guidance to do so.
9. **How would you explain to the people who love you why you want to take this risk?**
    - **a.** I would explain to the people that love me that I am taking this risk in order to prepare for the upcoming semester. I believe that my family would be proud of me for stepping out of my comfort zone.
10. **What frightens you about taking this risk?**
    - **a.** When taking any risk, my first fear is being a failure. Anyone who knows me knows that I do not like to fail. I don’t want to fail so much that sometimes I will not take a risk just because there is a chance that I could fail. I am working

towards improving this mindset so that fear of failure will not stop me from accomplishing the great things I know I am capable of.

Reference:

Randi, S. (2010). The Meaning of Autonomy in Nursing Practice. Retrieved from https://pubmed.ncbi.nlm.nih.gov/19538554/#:~:text=Abstract,with one's professional knowledge base.

Conducting Your Interview

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 live as long as possible regardless of the quality of life that I experience.
- 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?

a. Yes, I feel like I have full autonomy when it comes to my decision making. I do not feel as if anybody persuades my decision making. If I need assistance in making a decision, my husband and family are always very supportive and helpful.

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

a. I do not particularly appreciate it when people make decisions for me. I feel as if I am my own person and have the right to make my decisions. If I cannot make my own decisions, I cannot weigh the pros and cons, let alone the consequences of the decision.

4. **What do you see as important in your life?**
    a. I see my family as important. As I have gotten older, I have realized that materialistic items and a fancy lifestyle do not compare to the love and time you can spend with your family. I fantasized about owning a fancy car and living in a humongous house, but I would take a simple life full of love and dogs over that any day.
5. **What frightens you about taking risks?**
    a. I have taken many risks in life so far. I would say that what frightens me the most about taking a risk is being a failure. I hope that one day I can be as fearless as my husband because he always tells Kaytlynn and me that, “you have to risk it for the biscuit.”

Completing A Self-Evaluation After the Interview

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**
    a. During this interview, I used many therapeutic communication techniques, including silence, acceptance of answers, and open-ended questions. Question number four states, “What do you see as important,” this question format allows the client to guide the conversation, which can be useful when building a relationship.
2. **What went well?**
    a. I believe that the interview went well. I was able to talk openly and discuss the questions with my client. I conducted a phone interview with my grandma, which could be why the interview was so easy going. I feel that this was an advantage because we already have a relationship, whereas, with a different client, I would need to build one while conducting the interview.
3. **What would I do differently next time?**
    a. If I were able to re-conduct this interview, I would complete it in person and use a different client. I would do this in order to make it more of a real-life scenario interview.

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

   a. A few major take-home lessons from this interview are that when speaking to an older adult about these topics, it is important to first come to terms with how you feel about the questions being asked. Another lesson is learning to listen with the intent to understand instead of listening in order to complete an assignment.

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

   a. I can adapt by listening to the unique needs of an older adult. I believe that the first step in building a relationship with a client is showing them that you are willing to listen to them. It can be easy to become busy in our field of work, but it is important to take the time to sit and listen in order to figure out how we can best help them.

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

   a. This project helped me to build my communication skills with an older adult. I am a fourth-semester nursing student and have not interacted with many older patients since my first semester. I believe this was a great refresher on applying therapeutic communication techniques when interviewing an older adult.

Therapeutic Communication Gerontology Assignment
Rubric

STUDENT NAME: Kaytlynn Roberts

Assessing Your Personal Thoughts Prior To The Interview

Objective	Unsatisfactory 0 points	Satisfactory 5 point	Grade Received
Increase own self-awareness of judgments and pre-conceived notions that may affect their advocacy for older adults.	Description adequate with superficial thought and preparation; doesn't address all aspects of the task	Description well developed assignment that fully addresses and develops all aspects of the task.	
Content Contribution	Information that is off-topic, incorrect, or irrelevant to discussion.	Factually correct, reflective and substantive contribution.	
Clarity & Mechanics	Communicates in manner with some 2-3 errors clarity, spelling, grammatical, or mechanics errors.	Contributes valuable information with minor 1 clarity, spelling, grammatical, or mechanics errors.	

Conducting Your Interview & Completing A Self-Evaluation After The Interview

Objective	Unsatisfactory 0 points	Satisfactory 10 point	Grade
Evaluation therapeutic communication process with older adult	Description adequate with superficial thought and preparation; doesn't address all aspects of the task	Description well developed assignment that fully addresses and develops all aspects of the task.	
Content Contribution	Information that is off-topic, incorrect, or irrelevant to discussion.	Factually correct, reflective and substantive contribution.	
Clarity & Mechanics	Communicates in manner with some 2-3 errors clarity, spelling, grammatical, or mechanics errors.	Contributes valuable information with minor 1 clarity, spelling, grammatical, or mechanics errors.	
		TOTAL POINTS FOR BOTH ASSESSMENT AREAS	**_____/45**

Instructor Comments: