Title page

Interview with elder patinet

1. Interview

Purpose of the interview was to inquire a 65 years old patient Jack Liam. In order to maintain confidentiality real name of the patient is concealed. Phone and skype were used for conducting interview with the patient. Although face-to-face interviews are more practical for understanding the patients but for time convenience phone and skype were used. The patient was told that the topic is ‘Geriatric interview’ he exhibited an uncomfortable expression by saying “so, I am old”. This reflects that the patient started to think as elderly.

1. Synopsis of interview

The purpose of the interview was to observe elder’s view of Aging, wellness, and Health. This required building direct interaction with the chosen patient. Therapeutic Communication Techniques were adopted keeping in view the requirements of the interview. The one most important therapeutic technique that I used for communicating with the patient was ‘Encouraging description of perceptions’. This technique focused on presenting different questions to the patient that made it easy for him to answer. I asked him “how do you feel about aging?” This helped him to understand the questions and reply appropriately. I further asked “how does your health looks to you?” Velea and Purcarea (2014) employed therapeutic skills for interviewing the patients. This methods emphasize on many skills such as active listening, time sequence and making observations. ‘Encouraging description of perceptions’ is an effective way of making patients speak who face difficulty in collecting their thoughts.

Therapeutic communication skills used in the interview include active listening and encouraging comparisons. Most of the interview was based on active listening as the patient was talking. I managed to accept and reject by actively listening to the patient. This was an effective way of findings the feelings and concerns of the patients. Throughout our discussion I asked many questions and actively listened that allow me to make observations on the behavior and thoughts of the patient. The patient expressed his sadness by saying “I know it would be change of habits and I will not be able to enjoy late night parties”.

The technique of ‘Encouraging description of perceptions’ helped me to understand patient’s perceptions. I managed to uncover his hidden feelings about his wellness and aging. He expressed his fear by saying “I will have to change my habits and lifestyle pattern because one need to take care of his health at this age”. This dialogue from the client represents his fear and worry about getting old (Reichstadt, Sengupta, Depp, Palinkas, & Jeste, 2010). He further mentioned “I am quite worried about my health as I know that people in this age get weaker”.

I asked the patient “do you feel sad or good about getting old?” He explained that he had enjoyed his life and now he is a bit sad. He also explained that it is quite difficult for him to accept the reality. However he was at the point where he did not denied the facts about age. The purpose of using the therapeutic methods was to encourage him to share his views and offer him help for accepting his aging.

Encouraging comparisons “offers a reliable tool for detecting the emotional states of the patient and for orienting him/her towards the most adequate therapeutic measures” (Popa-Velea & Purcărea, 2014). The purpose of adopting this therapeutic technique was to allow Liam to find the solutions to his problem. This technique was also adopted for uncovering how he thinks about his life at current phase.

Therapeutic techniques also reveals the lifestyle patterns of the patient and his level of seriousness for maintaining health. The interview also inquired information about Liam’s ability of self-care. On asking questions he explained “I prefer too eat healthy food because I want to live a healthy life”. He also expressed “I exercise daily so I could burn my calories and keep myself fit. At old age I don’t want to get obese”. He also mentioned “I go for a long walk and also give time to meditation because it a stress management technique that leads to inner peace”.

1. Teaching topic

In the interview observations were made that reveals that Liam is facing difficulty in accepting his old age. He expresses his desire of living an active life. His experiences and past depicts that he has been actively involved in different activities which made his life amazing. The assessment of the interview also depicts that the patient is concerned about his health so he has a good routine of eating healthy food. He also expressed his fear of getting obese that convince him to follow a good diet (Ranheim, Kärner, & Berterö, 2011). Therapeutic communications also had significant role in identifying the daily routine of lifestyle pattern. The patient is concerned about living a healthy life so he daily gives time to physical activity.

Liam is having a good knowledge of stress management therapies as he gives time to meditation and relaxation. He believes that this will improve his mental health and keep him happy in old age.

1. Teaching grid

A minimum of 2 goals for teaching session include: improving the approach of patient towards old age by helping to focus on positive thinking. The second goal was to bring to a state of self-realization which allow patient to take responsibility of living a healthy life. I discussed in detail about the plan with Liam and accepted his suggestions. It was important to assure that I picked only the therapies that were accepted by Liam. This also required enhancing his motivation towards self care by making him realize the importance of his health and wellness (Kathleen, 2006). He agreed to communicate me twice in a week for discussing about his health and issues that seems to be unusual (Kahya & Oral, 2018).

Objectives are SMART

* To discuss on the health and progress we agreed on communicating through skype at least three days in a week.
* The objective was to build self-care attitude such as by giving at least 30 minutes daily to exercise (Kok & Reynolds, 2017).
* To spend few hours on positive activity such as watching TV, drawing or talking to others (Hunt, McGee, Gutteridge, & Hughes, 2012).
* To motivate the patient to become self-sufficient and take medicines daily on time.
* Conducting self-assessment by observing changes in the weight, moods or physical fitness.

1. Personal reflection

The task was very educational and helped me to learn how assessments are conducted with the elderly patients. I learned about the Therapeutic Communication Techniques that were adopted keeping in view the requirements of the interview. This was an effective way of building rapport with the patient and finding how aging impacts his overall personality, thoughts and lifestyle. I learned thorough this work that aging often involve some unpleasant feelings for the people who are going through change. This is because they are unable to accept that suddenly there will be change in their lifestyle. Most of the people who are aging fear about their fitness and health concerns. I learned that therapeutic methods can help care provider to identify fears and hidden feelings of the patients.

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