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DESCRIPTION OF SITUATION AND ENVIRONMENT IN WHICH INTERACTION TOOK PLACE: The patient (HW) was lying in her bed. I walked into the room to greet her, to do an assessment, to spend time with her, and see if I could do anything to make her more comfortable. She was laying in her bed and I noticed that she was reaching under her shirt and adjusting and re-adjusting her bra as I entered the room.

INTERPERSONAL PROCESS RECORDING

VERBAL INTERACTION	NON-VERBAL CUES/ACTIONS	SN FACILITATIVE COMMUNICATION TECHNIQUES, BLOCKS TO COMMUNICATION, PREFERRED RESPONSES AND/OR ALTERNATE MECHANISMS EXHIBITED BY CLIENT	PERCEIVED THOUGHTS (T), FEELINGS (F), BELIEFS (B) & VALUES(V) OF BOTH CLIENT AND STUDENT NURSE (WRITE OUT AND LABEL)
SN: "Hi! I'm SN, I'm going to be your student nurse today!"	I smiled as I walked into the room.	Giving information.	I was a little uncomfortable because she looked uncomfortable (F). I believe that being enthusiastic is a nice way to greet and interact with people (B).
HW: "Hello."	She continued to readjust her bra under her shirt then laid back in her bed in a more relaxed position.		She is uncomfortable with the bra she has on currently (F).

<p>SN: "How are you doing today?"</p>	<p>I moved closer to her bed but continued to stand as I made eye contact with her.</p>	<p>Open-ended question. Incongruence. Alternative: I should have sat down in the chair next to her while I wasn't doing an assessment.</p>	<p>I was nervous and anxious to try to be therapeutic while interacting with her (F).</p>
<p>HW: "I'm doing better. I don't have any pain in my stomach anymore. I'm waiting for the doctor to find out what's wrong with me."</p>	<p>HW discontinued eye contact when she discussed waiting for a diagnosis.</p>		<p>She seems like an open person, she was very willing to interact with me (T). Client seems eager and nervous about uncovering some diagnoses (F).</p>
<p>SN: "You had pain in your abdomen?"</p>	<p>I made eye contact with her.</p>	<p>Restatement. Closed question, Alternative: "What kind of pain did you have in your abdomen?"</p>	<p>I thought she should elaborate more on her pain and what relieved it (T). I believed that asking her about her pain would convey that I cared about her (B).</p>
<p>HW: "Yeah. On Sunday, my daughter brought me in. It hurt so bad. They gave me morphine and it feels better."</p>	<p>HW half-smiled at me.</p>		<p>She experienced pain in her abdomen (F).</p>

<p>SN: "I'm glad you don't have pain right now. How would you feel about doing an assessment right now?"</p>		<p>Validation. Open-ended question.</p>	<p>I thought that I should do assessment soon, especially if she had experienced pain because it could come back (T). I believed it was important to make sure she was willing to do an assessment (B).</p>
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<p>HW: "That would be alright."</p>	<p>Client nodded gently and did not seem bothered by the idea of an assessment.</p>		<p>She is very agreeable (T).</p>
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<p>SN: "Okie dokie." "How is your relationship with your daughter and your family? Do you get to see them often?"</p>	<p>I walk to the other side of her bed that had more room and started my assessment. I tried to converse with her while doing my assessment. I continued eye contact when possible.</p>	<p>Open-ended, focused question. Congruence.</p>	<p>She mentioned her daughter previously and I wanted to know more about her family and relationships (T). I thought I should interact with her as much as possible and continue the conversation when I could (T).</p>
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<p>HW: "I see my daughter a lot. She lives nearby and comes to my house to help me clean. My son lives down the road from me, he is very helpful too."</p>			<p>Client values family and her relationships (V).</p>
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<p>SN: "It is nice that they like helping you! Do you have any grandchildren or pets?"</p>		<p>Paraphrasing. Possible value judgment (use of word "nice"), Alternative: They seem very helpful and caring . . .</p>	<p>I wanted her to elaborate more on her family (T).</p>
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<p>HW: "I have lots of grandchildren. They're all in school. My second oldest grandson wants to be a pediatrician. He is really into theater and plays. I like going to watch him. I have two cats, they're like my babies. I'm a widow and I miss my husband every day but my babies keep me from being lonely. I bet you have a boyfriend!"</p>			<p>HW is proud of her grandchildren and is aware of their interests (F). She misses her deceased husband and loves her cats (F). She wants to get to know me as well (T).</p>
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SN: "I do. We will probably get engaged in a year or two. He is a very sweet and loving guy. I noticed that you were adjusting your bra, is it a different one than what you are used to?"

Sharing observation.
Focused question, comment.

I value interacting with her and am willing to share information about myself (V).

I wanted to know what was making her uncomfortable and any way that I could help make her more comfortable (T).

<p>HW: "It is very uncomfortable. I'm just not used to wearing one all the time. I don't really like sports bras."</p>			<p>She is uncomfortable with wearing a bra continuously (F).</p>
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<p>SN: "It can be a hard thing to get used to."</p>		<p>Empathy.</p>	<p>I understand her discomfort (F).</p>
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	<p>I listened to her bowel sounds, lung sounds, and counting her apical.</p>	<p>Silence.</p>	<p>HW was very open and comfortable with allowing me to go under her gown and very patient while I was listening (T). I maintained the silence because I noticed she had labored breathing and I didn't want to overexert her (T).</p>
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<p>HW: "I hope I get to go home soon. I think they're sending me out to get more tests done today."</p>			<p>She misses being at home (F). She values being at her home (V).</p> <p>She understood that a diagnosis must be made and she has to get healthier before she can go home (T).</p>
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<p>SN: "The tests will help the doctor figure out what we can do to help you get better.</p> <p>What can I do to help you feel more comfortable?"</p>	<p>I had finished the assessment and fixed the client's gown and helped her fix her sheets and blanket. I lowered the bed.</p>	<p>Giving information.</p> <p>Open-ended question.</p> <p>Offering self.</p>	<p>I value her feelings and whether she is comfortable (V).</p>
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<p>HW: "Maybe fix the back of the bed a little and fix the pillows."</p>			<p>HW is willing to let me help her and make her more comfortable (T).</p>
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<p>SN: "How does that feel?"</p>	<p>I continued making eye contact with her. I fixed her bed and fluffed and rearranged her pillows for her.</p>	<p>Open-ended, focused question.</p>	<p>I wanted to make sure I was helping her be more comfortable (T).</p>
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<p>HW: “Much better, thank you.”</p>			<p>She is polite (T). She is more comfortable (F).</p>
<p>SN: “Do you like watching television?”</p>	<p>I pulled a chair up closer to the client’s bed, and tilted it so I was facing her. I sat in it with my hands placed on my lap and leaned toward her.</p>	<p>Focused question, comment. Active listening. Offering self.</p>	<p>I value her interests (V). I want to get to know about her interests and likes (T).</p>
<p>HW: “I used to watch TV and read all kinds of books, I enjoyed them so much.”</p>			<p>Client once enjoyed books and TV (F).</p>
<p>SN: “You don’t enjoy them anymore?”</p>		<p>General lead. Seeking clarification.</p>	<p>I believed that there was a reason why she no longer enjoyed those activities (B).</p>
<p>HW: “I have been thinking more about my family, books are not as important anymore.”</p>	<p>Client looked away, then yawned; her eyes appeared very drowsy.</p>		<p>Client places more value on family than on personal leisure (V). Client believes that she should spend more time on “important” things like family (B).</p>

<p>SN: "How do you feel? Tired?"</p>		<p>Focused question, comment. Sharing observation. Reflecting feelings.</p>	<p>HW seems tired (T).</p>
<p>HW: "I'm always tired, at home I don't have energy to do anything. All I can do is lay down. I feed my cats but can't do as much as I used to. I sleep more than twelve hours a day and can't do anything."</p>	<p>I continued eye contact with HW and nodded slightly.</p>	<p>Active listening. Conveying acceptance.</p>	<p>She thinks that she has had much less energy available lately (T). She feels tired often (F). She may possibly feel inadequate or unproductive that she doesn't have as much energy to do things (F).</p>
<p>SN: "When did you start feeling like that?"</p>		<p>Seeking clarification.</p>	<p>I thought that the onset of these feelings might be important or have a connection with something else (T).</p>
<p>HW: "A few months ago."</p>			<p>Client is aware of timing (T).</p>
<p>SN: "Would you like for me to let you rest?"</p>		<p>Empathy.</p>	<p>I was concerned that our extended interaction and my assessment may have been tiring for her (F).</p>

<p>HW: "That would probably be nice."</p>	<p>I nodded.</p>		<p>Client feels tired (F). She wants time alone (T).</p>
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<p>SN: "Thank you for spending time with me. If you need anything I'll be here until noon."</p>	<p>I shook her hand gently, made eye contact, and smiled at her.</p>	<p>Therapeutic touch.</p>	<p>I was thankful for her openness and honesty (F).</p>
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<p>HW: "You're welcome. It was nice meeting you."</p>	<p>She shook my hand gently and smiled. As I exited the room she lowered the head of her bed and prepared to fall asleep.</p>		<p>HW seemed genuine (T). She felt drowsy (F). She looks like she is comfortable and will probably fall asleep soon (T).</p>
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1. Why did you select this interaction?
This was the longest interaction I had with HW. In this interaction, I made mistakes and also saw where I was able to use therapeutic techniques effectively as well. I think the client opened up a lot during this interaction and she was willing to spend time with me even though she was tired.

1. What did you learn about IPR from this interaction?

IPR allows me to reflect on what I did right (therapeutically) and wrong (non-therapeutically). Going over the details and analyzing them allows me to understand the process of interacting with a client. It should help me feel more comfortable next time I interact with a patient. It promotes progress because when I did something wrong I thought of an alternative that would have been more beneficial and when I was interpreting the situation while filling out this form it was like practicing the interaction process. Assessment, analysis (or evaluation), and communication are all very important in nursing and the IPR promotes them.

1. What kind of interaction was this? Therapeutic Communication