Caring for Older Adults

By

First Year Nursing Students:

A Holistic Approach to a Therapeutic Client-Student Relationship
<table>
<thead>
<tr>
<th>Faculty Name</th>
<th>Dora Maria Carbonu, RN, MN, EdD</th>
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<tbody>
<tr>
<td>Conflict of Interest</td>
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<td>Nunavut Arctic College</td>
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Session Goals and Objectives

Goal
• Generate interest and awareness of First-Year Nursing Students’ utilization of a holistic approach to meeting the physical, mental, emotional, social and spiritual needs of older adults while overcoming barriers to the therapeutic client-student relationship

Objectives
• Describe nursing students’ approach to building therapeutic bridges to overcome client-student-relationship barriers
• Appreciate the role of nursing students in motivating and empowering older adults to promote and maintain their own holistic well-being
First Year Students On A Clinical Journey ...
May 2014

Elisapee

Alison

Samantha

Kyla

Ooloota
Nunavut ...

- The largest, northernmost, newest territory of Canada
- History dates back approximately 4,000 years
- Nearly one-fifth the size of Canada
- Fifth largest country subdivision in the world
- Established on April 01, 1999
- The least populous of the provinces and territories
- Population = 36,702
- 56% of population under the age of 25 years

Premier Peter Taptuna

Iqaluit – A Place of Many Fish
Nunavut’s Capital City

Population = 7250

Government of Canada, 2015; Steve Benjamins (nd)
Nunavut Arctic College

Established in 1986

Nunatta Campus

Has Three Main Campuses and 25 Community Learning Centres
Located in all 25 Communities of Nunavut
Arctic Nursing Program
Nursing in the North

**Partnership** - Dalhousie University School of Nursing
- A four-year Bachelor of Science in Nursing Program

**Curriculum**
- Emphasizes awareness and respect for Inuit culture
- Prepares graduates as entry-level practitioners able to work in:
  - Hospitals
  - Long-term care facilities
  - Community-based agencies
Nursing Practice 1

To provide Year 1 students with the opportunity to:

• Develop beginning knowledge and skills basic to nursing practice in health care settings in Nunavut community-based clinic(s) or hospital(s)

• Assist clients to meet basic physiological and psychosocial needs

• Integrate knowledge and skills related to Inuit health practices

• Develop an approach to nursing with an emphasis on helping relationships

Arctic College Programs – 2014-2015
Clinical Practicum

The Students will demonstrate the ability to ...

• Incorporate basic nursing skills in providing nursing care to clients

• Communicate and collaborate with individuals, families, and members of the health care team to develop professional helping relationships and patient goals ...

NAC Nursing Student Manual, 2014
Elders Home

An 8-Bed Facility ... Established in 1993

The Manager

The Nurse
The Clinical Journey

**Student Assignment**

- Group One = 3 Students ... May 05 – 09, 2014
- Group Two = 2 Students ... May 20 – 23, 26*

**Elder Assignment**

- Team-Centered Care for all the Elders – in collaboration with the Care-Givers
- One Elder Assigned to Each Student
Conceptual Model

- Holistic Health Care
- Older Adults
- Therapeutic Communication
- Nurse-Client Therapeutic Relationship
- Engagement
- Touch
- Critical Thinking
- Reflective Thinking and Reflective Practice
Older Adults

Old - 65-74 Years
Old-Old - 75-84 Years
Oldest-Old - 85 Years and Older

• Each elder’s experience of the aging process is unique and reflects his or her ...
  • Genetic make-up
  • Personality
  • Life experiences
  • Environmental Factors
  • Cultural factors

*Arnold, 2011; Touhy et al., 2012*
The Joys and Challenges

Day One – Group One

• Some Elders keen on knowing the Students
• Others not enthusiastic – for various reasons
  • One Female Elder asked the Student to leave her room, that she did “not need any help”

Actions

• A very disappointed but open-minded Student
• Student request for assignment to another Elder
• Conference Sessions and Debriefing
• Student Acceptance – Held on for a 24-Hour Period

Outcome – Elder Welcomed Student the Next Day

Student Reflection “... A Wonderful Experience of my Life”
The Joys and Challenges ...

Day Three

• A Male Elder turned down a Student as an *Escort* for his Medical Appointment

• **Rationale** ... “The Student is not fluent in Inuktitut and may misinterpret the Doctor’s Instructions ...”

Actions

• Student Disappointment – and Acknowledgement

• A Conference Session

• Debriefing

*Outcome* - Student Acceptance and Satisfaction

*Student Reflection* “... I respect his (Elder’s) wishes and I will continue to work on my Inuktitut.”
The Holistic Caring Student Nurse …

**Looks on the Bright Side With a Smile**

- Incorporates within herself or himself **Holistic Caring**
- This puts him or her on the cutting edge of health-care delivery and
- **Transforms** him or her into …

*A Professional Nurse*
Team-Approach to Holistic Elder Care

The Care-Giver Team
Holistic Nursing Care …

• Wellness-focused
• Considers the Elder’s biopsychosocial, cultural, environmental, and spiritual well-being

A Beautiful Family Moment
An integrated method of functioning which is oriented toward maximizing the potential of which the Elder is capable within the environment where he or she is functioning.

Protecting the Elder’s Health and Safety ...
Therapeutic Communication

A dynamic interactive process consisting of words and actions, and entered into by the student nurse and client for the purpose of achieving identified health related goals

Nursing Students feel better about their work and their clients as they enhance their communication skills

Arnold, 2011
Therapeutic Relationships

- A professional interpersonal alliance in which the student nurse and client join together for a defined period of time to achieve identified health-related goals
- An interdependent relationship that is client-centered
- Care includes client’s individual preferences, values, beliefs, and needs as a fundamental consideration in the nursing interventions

Arnold, 2016

A Hair Cut and A Shave

- **Clients** are personal experts on their life experiences
- **Nurses** are consultive experts on health care matters
Guiding Principles that Strengthen the Healing Influence of a Therapeutic Relationship

- Presence
- Purpose
- Mutuality
- Authenticity
- Empathy
- Active Listening
- Passive Listening
- Confidentiality
- Respect for the dignity of the client
- Engagement – An ongoing relational process

A Manicure

An essence of the nurse-client relationship
Caring for and Being Present to the Elderly ...

An opportunity for students to make a significant difference in older adults’ lives by ...  
• **Assisting** Elders to achieve the highest level of wellness in relation to whatever situation exists

• **Empowering, enhancing, and supporting** Elders’ movement toward the highest level of wellness possible

*Arnold, 2016; Touhy, et al., 2012*
Inuit Values and Beliefs

Resilience
Practice
Cooperation
Consensus
Strength
Generosity
Sharing
Unity
Oneness
Love
Survival
Conservation

Teamwork
Resourcefulness
Patience
Unpretentiousness
Apology
Acceptance
Interconnectedness
Trust
Helping
Responsibility
Perseverance
Honesty

Our Story-Telling Elder
Inuit Values and Beliefs

- Equality
- Moving Forward
- Mastery
- Listening
- Significance
- Adaptability
- Observation
- Strength
- Volunteer
- Taking the Long View

The Inuit Way, 2006
Health and Wellness

• Achieving a balance between Elders’ internal and external environment and their emotional, spiritual, social, cultural, and physical processes ...

*Reverend Minister* ...

*Praying* for, and *Blessing* the Elders - and the Facility ...

*Arnold, 2016*

*Touhy et al., 2012*

*Caring* for the *Spiritual Well-Being* of the Elders
Touching ...

Provides **Comfort, Healing** and ...

Communication Through **Purposeful Contact**

**A Hair Cut**

**A Manicure**

**A Pedicure**
Nutritional Needs

A Blend of Traditional Country Food ...

Maintaining a Nutritional Balance
Meeting Nutritional Needs of Elders

Lunch Time

Enjoying My Soup the Traditional Way
Meeting Nutritional Needs ...

Relaxed and Enjoying My Favorite Dish
Social Needs ...
Celebrating an Elder’s Birthday

How Old Am I ...? Ask My Big Brother on My Left ... Or My Daughter in the Middle

Good Company for My Birthday Celebration
Relaxation and Fun Time ...

Our Driver - Turned A Model ...

Displaying a Fur Coat – A Gift from Family

Samantha Giving a Hand

Playing Solitaire
Time for an Outing

Getting An Elder on the Van for a Ride ... and an Errand

A Medical Attendant Assisting an Elder on to the Van for a Group Ride
Students Enjoying a Sunny Day with the Elders

For a Picnic with the Elders

Children Stop By...
A Wellness Perspective in Caring for the Elders ... Based on the belief that every person has an optimal level of health independent of his or her situation or functional ability

Oh Yes, We Can Still Sew ... and Knit
Sharing Some Moments with Colleagues

Samantha and Paul, Medical Attendant

Samantha and Alison

Samantha and Kyla

Samantha and Paul, Medical Attendant
Epilogue

Celebration of Life ... and Eternity ...
Reflection ...

• A meaning-making process that moves a student from one experience into the next with deeper understanding of its relationships with and connections to other experiences and ideas

• A systematic, rigorous, disciplined way of thinking with its roots in scientific inquiry

• Needs to happen in community, in interaction with others

• Requires attitudes that value the personal and intellectual growth of oneself and of others

*Teachers College Record, 2002*
Reflections on Other Challenging Moments

Transferring Elders
• An issue of body mechanics, client- and student-safety

Communication and Language Barriers
• Inability to speak Inuktitut
• Verbal and Non-Verbal Communication
• Client-Nurse Interaction
• Empathy versus Sympathy

• Respect for Client Dignity, Privacy, and Personal Space
• Confidentiality
• Cultural Sensitivity
• Students’ own health and well-being while caring for the elders
• Co-Morbidity of Client Conditions
• Team Work, Team Spirit
Establishment of a wonderful **Student-Client-Family Relationship** that:

- Promoted social and cultural inclusion
- Gained an “unquantifiable wealth of experience that elders bring to families, neighborhoods and communities”

Acknowledgement that **each Elder** ...  
- Has unique life experiences
- Must be seen holistically, through the lens of his or her time, place, space, environment, culture, gender, spirituality and personal history
Students Expressed ...  
- Appreciation for the biopsychosocial, cognitive, environmental, cultural and spiritual aspects of aging  
- Rejuvenation in their own spirituality, health and well-being, following observations, interactions and care for the Elders

Elders ...  
- Expressed appreciation for the knowledge, youthfulness, enthusiasm, and dynamism the students brought into the interpersonal therapeutic relationship  
- Motivated and encouraged the students in their personal, family, academic, and professional dreams and ambitions
ACKNOWLEDGEMENT

The Management, Staff and Elders, who welcome Students into their “Home” and make them part of the “Family”

Management of the Nunavut Arctic College Nursing Program for this Exciting and Rewarding Collaborative Venture

The Students - with heightened morale and commitment to volunteer their services to the Elders