Relational Practice Module Exercises

Module 2: Review of Core Relational Practice Skills

Exercise 2.1: Think of a time you needed to admit a new client to a hospital unit or care setting. That process required an interview. Reflect back. Be honest with yourself. That is how one learns and grows.

- What was your overall intention when you met that client? Did you want the facts and nothing but the facts or did you want to ‘come to know’ the client in any way?
- Did you simply ask the questions on the admissions form or did you take the extra time and effort to relate and build a relationship with that client?
- Did you stick to the questions on the form only? If so, what were your reasons for that? Now that you have the time to think about it, were you completely client-focused?

Exercise 2.2: Stop for a minute and think about reflection on your own interpersonal practice. Particularly, do you self-reflect on your own contributions to the nurse-client relationship after an interaction? Gather your thoughts and put them in writing. Examine what you’ve written in light of what you’ve previously learned about interpersonal communication and now about relational practice.

- Reflect: what did you learn from this exercise?
**Exercise 2.3**: Practice here. Change the question into one that isn’t closed but will still elicit the information you are seeking. Imagine you are speaking to a client with moderate dementia. In other words, write an open-ended or encourager type of question.

May I sit down and talk to you right now about your bath schedule today?

Rewritten: _______________________________________

Can I roll you over on your side now?

Rewritten: _______________________________________

Would you like to take your medication now?

Rewritten: _______________________________________

**Exercise 2.4**: Consider the following questions.

- Have you ever met a client that you don’t think you have anything in common with whatsoever?
  - If so, reflect on the actions you took to resolve this, knowing how important this is to establishing good rapport. (You might want to consider the Best Practices example of Gerard.)

- While talking about the weather is a form of chit-chat is it actually deeply meaningful? Is it an example of relational practice? For example, does it promote happiness, alleviate anxiety? Does it bring back good memories that lead to good discussions? Does it help the nurse get to know the client in a deeper and more holistic manner? Or rather than being helpful or therapeutic, is it simply superficial?