

CLEAR Whole Person Care® Education – Level 1

RESPOND film reflection

RESPOND Content reflection

1. What does it mean to *share resources that affirm strength and offer hope*? (choose all that apply)
 - Affirm and empower personal strengths
 - Refer to professional resources
 - Offer advice based on personal opinion
 - Offer hope that is realistic and appropriate
 - Assess need for follow-up visit
 - Share personal faith regardless of the other person's faith to show them what is important to you
 - Reflect together and privately

2. Scenario:

John Hawkins is 75 years old and hospitalized for congestive heart failure. He can barely walk across the room without difficulty breathing. His wife, Mildred, died a year ago. When the nurses and doctors make rounds, he states, "Living is harder than I thought." One of the team members responds, "Mr. Hawkins, let's focus on what gives you hope." Mr. Hawkins responds, "Mildred and I didn't have any children so I'm really the only one that's left. Frankly it would just be easier to go to sleep. Getting old by myself with an illness like this is hard." One of the team members says, "We're going to make a referral to someone who can talk with you. Is there anything else we can do for you?" Mr. Hawkins responds, "Thank you."

After reading the above scenario, please choose the items below that indicate what the team **DID NOT DO** in the encounter (choose all that apply):

- Developed a plan that considered and integrated strengths
 - Encouraged the use of identified strengths
 - Made referrals as needed
 - Utilized and integrated available resources
 - Assessed need for strengthening hope
 - Offered hope congruent with beliefs and practices (stories, prayer, comments)
 - Accurately assessed type and timeframe for follow-up
 - Followed through on the identified plan
 - Reflected on (and showed appreciation for) the interaction
 - Identified the importance of reflecting privately on the interaction
3. The *outcome of responding* well according to the CLEAR WPC® model is to "Facilitate _____"
 - Understanding
 - Wholeness
 - Acceptance
 - Progress
 4. *Following through on the identified plan* (skill) can increase one's capacity for *responsibility* (value) (true or false).
 - True
 - False
 5. *Responsibility* (value) can increase one's capacity for *following through on the identified plan* (skill) (true or false).
 - True
 - False

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RESPOND Personal reflection

6. The film discussed the use of self as a resource. When working with others I feel comfortable offering the following resource(s) (*choose all that apply*):
- Personal illustration (story from my own life)
 - Prayer
 - Inspirational reading/text
 - A listening ear
 - Other:
7. At the end of the day, in which of the following ways do you reflect on your work (*choose all that apply*):
- Talking with friends and family
 - Personal prayer
 - Journaling
 - Quiet reflection by myself
 - Other:
8. When I'm talking to patients/others I use the following to explore personal strengths (*choose all that apply*):
- Listen for clues while they're talking
 - Specifically ask them about their strengths/resources
 - Explore this topic
 - Other:
9. In the film, Dr. Alexander said, "The last thing to die is hope." What is your response to this statement? (*choose all that apply*)
- I believe it personally and find it to be true
 - I try to bring a sense of hopefulness to my patients/clients
 - Offering too much hope (or false hope) can be dangerous
 - I disagree with this statement
 - Other

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