

Allie Collins
Life Review

During my rotation at Arbor Springs Long Term Care Facility, I completed a life review on a current resident that will be referred to as patient A for the remainder of this essay to protect the confidentiality of the patient. Patient A was born in Yellow Bluff, Alabama on June 10, 1924. She was the oldest out of four children, two sisters and one brother. Her family moved from Yellow Bluff to Pine Hill and Alberta but remained in Willcox County until she came to Auburn. Her father worked at the local saw mill and raised cattle while her mother was a homemaker. Ms. A did not attend college, so her education is twelfth grade level. The resident worked at the telephone switchboard for twelve years. During these years, she met her husband who worked in communications at the local radio station. The two married in 1953 on September 19 and had three children. Her oldest daughter went to Troy University for college and is now placed in a group home. Her son went to the University of Alabama and majored in communications to follow in his father's footsteps. The youngest child came to Auburn University and has worked in a flower shop for at least thirty years. After raising her children, patient A returned to work at the hospital business office for twenty years where she did office work such as filing and admissions, and she also worked on the switchboard at the hospital. Ms. A's husband passed away in 1980, and she has recently lost one sister and her brother. The resident moved to Auburn to live with her daughter in 2008; however, after seven years, her health began to decline and she was admitted into the facility in 2015. She has five grandchildren and six great grand children who she sees occasionally, and patient A reported celebrating 64 years of marriage on September 19 with her late husband.

Although Ms. A has been diagnosed with paraplegia, primary hypertension, low back pain, generalized anxiety disorder, osteoarthritis, and hypothyroidism, she reports feeling mostly healthy. She expressed how grateful she has been to be alive for 93 years, and she expected her

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health to decline at some point. The resident's main support comes from her youngest daughter and her family who live nearby. The daughter decorates her room, does her laundry, and visits often. Ms. A also has also made many friends in the facility that she enjoys getting to visit with frequently.

A common interest that I share with Ms. A is our love for family. We both had copious amounts of support growing up and accredit our parents for helping us become who we are today. Patient A stated that her parents have had the biggest impact on her life due to their love, support, and compassion, and her children are who she recognizes as her greatest success of life. The most interesting thing that I learned about patient A was that she would not do anything differently in her life if she could start it over. It was powerful to hear that Ms. A has lived such a wonderful life and is so content that she would not do anything differently.

Ms. A admitted that she was not able to see her family as much as she wanted because of everyone's hectic schedules and distance. Her youngest daughter is her most involved caretaker because her other two children live farther away. Her sister is also in a home in Tuscaloosa, Alabama, so they are not able to see each other unless one has a driver.

I sincerely enjoyed completing this life review with Ms. A. I do feel that I was therapeutic and actively listened. After reminiscing, the patient confessed how much she loved to talk about her past, and how much she enjoyed completing the review with me. She complemented me on my attentiveness, and this made me feel happy that I was able to assist this resident in doing something that she truly enjoys. At the end of the review, Ms. A's advice to me was to continue on my path of education because she believes that helping others is extremely important and it takes special people to become nurses, but she thought that I would be a great nurse.