

## Rebecca Cooper



1. I chose older adult services as a career because of my love of people and the challenge to put my education of the disease process into play on a daily basis. Over the years I have enjoyed positively impacting residents through teaching, providing care, and helping them achieve their goals in the latter years.
2. My intention is to continue my education and complete the nurse practitioner program, allowing me to continue to provide services for the geriatric population.
3. I hope to impact the profession with a focus on alternative medicine and teaching of life-long preventative behaviors.
4. For several years I worked primarily with residents who require mechanical ventilation. On multiple occasions I was able to positively impact patients' lives by using non-pharmacological interventions. A specific example would be a patient who experienced anxiety in the morning when being transferred from the ventilator to the trach-dome. I noticed that throughout the day she would often play several of her favorite CD's. Together we made a list of her all time favorites from the past, social services combined those favorites onto one CD, and every morning prior to the transfer the CD was put on. Anxiety was reduced significantly without medication.