

## Instructor's Toolkit for Bridget Nelson Hardy's Monologue

Bridget Nelson Hardy's monologue can be used in a variety of ways. Here are a few to consider:

- large class discussion
- small group discussion during class or clinical
- reflective journaling assignment
- web-based assignment: listen to the audio or read the script, then discuss and summarize the group's conclusions.

Here are some questions that might be used to stimulate discussion.

1. What are Bridget's strengths?
2. Why are your concerns about Bridget?
3. What is the cause of your concern?
4. What additional information do you need or wish you had?

These questions were adapted from the following publication: Benner, P., Sutphen, M., Leonard, V., Day, L., & Shulman, L. (2010). Paradigm case: Lisa Day, classroom and clinical instructor. In *Educating nurses: A call for radical transformation* (p. 133). San Francisco: Jossey-Bass.

### Possible answers to questions:

1. What are Bridget's strengths?
  - Her husband's support
  - Her love for her mother and her commitment to caring for her
  - Her close relationships with her adult children
  - An established successful career
2. What are your concerns for both Bridget and Peggy?
  - Is Peggy exhibiting signs of dementia?
  - Will Peggy be safe if she returns to her home?
  - Bridget's ability to cope with the increasing responsibilities related to her mother's care.
3. What is the cause of your concern?
  - Peggy's forgetfulness and confusion.
  - Peggy's home environment may increase her chances of falling.
  - Bridget has a history of depression and anxiety; this could impact her ability to cope.

- Bridget's job requires travel. How will she manage this and also care for her mom?
  - Plans that Bridget and her husband had for travel and visits to new grandchild will be disrupted.
4. What additional information do you wish you had?
- Full assessment of Peggy's cognitive functioning
  - Assessment of Peggy's home environment for safety hazards
  - Peggy's financial situation and whether or not Bridget has access to that information.
  - The feasibility of consolidating the two homes into one.
  - Could other members of the family or friends help with Peggy's care?

Other ideas:

- Explore available resources in the community that could be helpful to Bridget and Peggy.
- Investigate local support groups or other resources specific to caregivers (e.g. adult daycare centers, senior centers, churches)

We encourage you to be creative and add to the monologue or create new monologues that match the content in your curriculum. You might consider expanding the case until you have monologues and simulation scenarios that can be used throughout the entire curriculum.