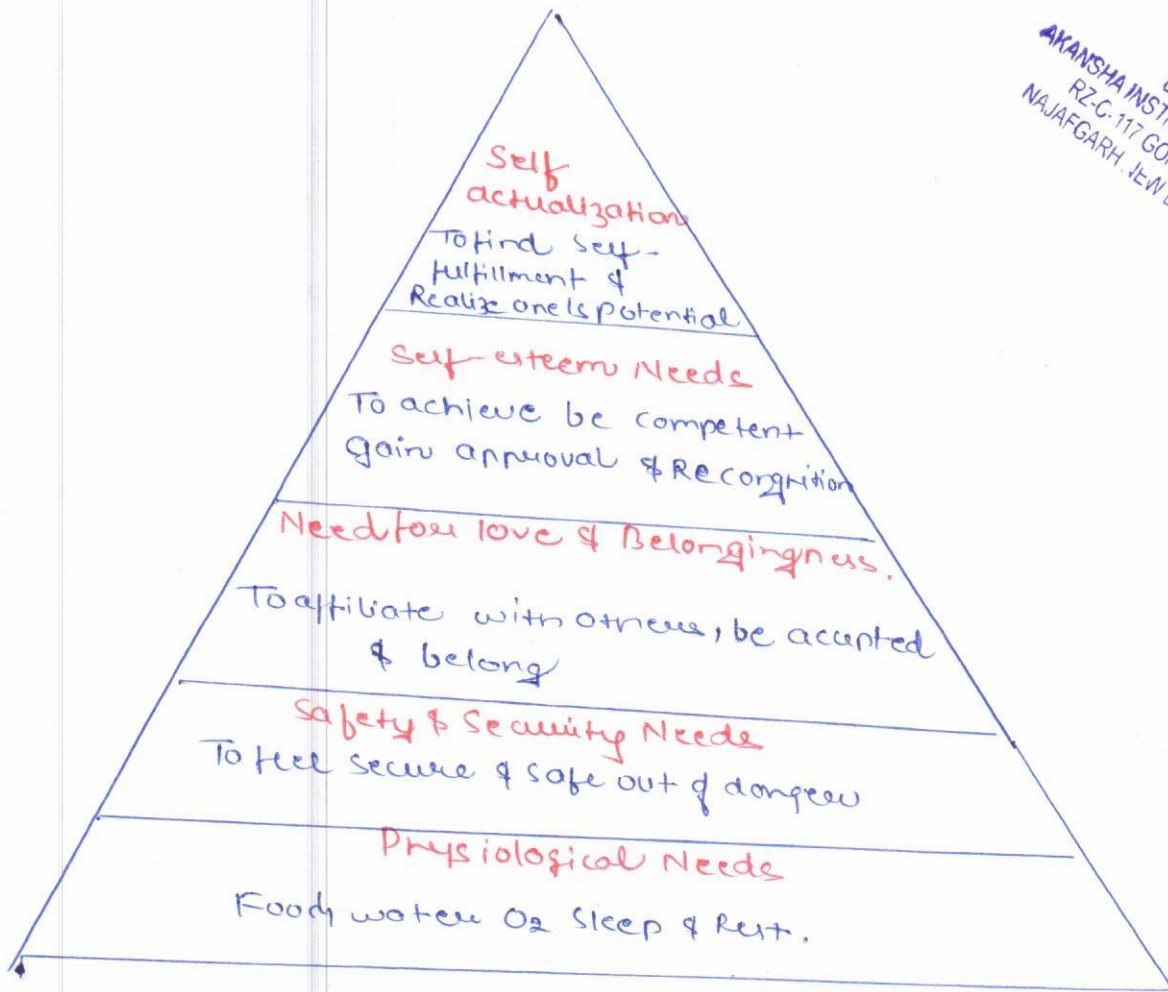


5-June-2020

GNM- 2nd year (Mental Health Nursing) - 3 Unit

(Maslow's Hierarchy of Needs)

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Maslow's Hierarchy.

Defense Mechanisms

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Mechanisms are methods of attempting to protect self & cope with basic drives, or emotionally painful thoughts feeling or events.

Repression: Unconscious & involuntary forgetting of painful ideas, events & conflicts.

1) Denial:-

Unconscious Refusal to admit an unacceptable idea or behaviour. Usually the first defense learned & used.

2) Displacement:-

Unconsciously Discharging pent-up feeling to a less threatening object.

3) Reaction formation:-

Replacing unacceptable feelings with their exact opposite.

4) Rationalization:-

It is a process in which an individual justifies his failures & socially unacceptable behaviours by giving socially approved reasons.

5) Sublimation:-

Consciously covering up for a weakness by overemphasizing up a desirable trait.

6) Intellectualization

Separation of the emotions of a painful event or situation from the facts involved, acknowledging the facts but not the emotions.

7) Undoing

Consciously doing something to counteract or making up for a transgression or wrong doing.

8) Projection

Unconsciously (or consciously) blaming some else for one's difficulties.

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9) Compensation

consciously covering up for a weakness by over emphasizing or making up a desirable trait.

10) Regression

Unconscious return to an earlier & more comfortable developmental level.

11) Dissociation

The unconscious separation of painful feeling & emotions from an unacceptable idea, situation or object.

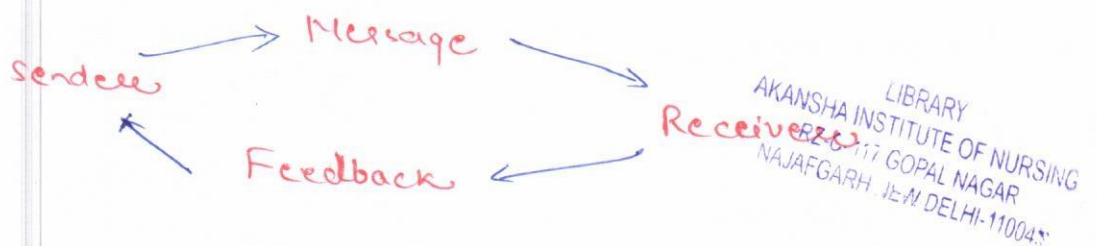
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12) Conversion

The unconscious expression of intra psychic conflict symbolically through physical symptoms.

Therapeutic Communication & Nurse-Patient Relationship

Types of communication:-



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Communication process

Principles or characteristics of Therapeutic Communication

o The patient should be the primary focus of interaction

- ② A professional attitude sets the tone of the therapeutic relationship
- ③ Use self-disclosure cautiously & only when it has a therapeutic purpose
- ④ Avoid social relationship with patients
- ⑤ Maintain patient confidentiality
- ⑥ Assess the patient's intellectual competence to determine the level of understanding
- ⑦ Implement interventions from a theoretic base.
- ⑧ Maintain a nonjudgmental attitude.
- ⑨ Avoid giving advice
- ⑩ Guide the patient to reinterpret his or her experiences rationally.

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Therapeutic Communication

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Techniques

- | | |
|------------------|------------------------|
| ① Listening | ⑨ Chewing perception |
| ② Broad openings | ⑩ Theme identification |
| ③ Restating | ⑪ Silence |
| ④ Clarification | ⑫ Suggesting. |
| ⑤ Reflection | |
| ⑥ Humour | |
| ⑦ Informing | |
| ⑧ Focusing | |

Therapeutic Nurse - Patient Relationship

Types of Relationships

- o Social Relationship
- o Intimate Relationships
- o Therapeutic Relationships.

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Components of Therapeutic Nurse - Patient Relationship

- 1) Rapport
- 2) Empathy
- 3) Warmth
- 4) Genuineness

Forces that change the Nurse - patient Relationship:-

- 1) Therapeutic use of self
- 2) Gaining self awareness
- 3) Power
- 4) Trust
- 5) Intimacy
- 6) Respect.

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Phases & tasks of Therapeutic Relationship

- 1) Pre-interaction phase
- 2) Introductory or orientation phase
- 3) Working phase
- 4) Termination phase

Johari - window

	Known to self Open or public self 1	Unknown to self Blind / Unaware of self 2
Known to others	Behaviours, feelings & thoughts known to the individual & others	Things that others know but the individual does not know
	3	4
Unknown to others	Private / Hidden self Things about self - known only to self	Unknown self Aspects of the self that are unknown to the individual & others.

Therapeutic Impasses

Therapeutic impasses are blocks in the progress of the Nurse - Patient Relationship.

- ① Resistance
- ② Transference
- ③ Countertransference
- ④ Boundary violation.

Interventions to overcome Therapeutic Impasse

- ① Nurse must have knowledge of the impasses & recognize behaviours that indicate their existence.

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- o Nurse must reflect on feelings, explore reasons behind such behaviours
- o Co-workers are more likely than others to recognize the phenomenon initially & give feedback to the nurse about it.
- o Nurse must examine their strengths, weakness; prejudices, & values before they can interact more appropriately with patient.
- o Limit setting is useful when patients act inappropriately toward the nurse.

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