

# Nurse client relationship



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Nurse-client relationship, a therapeutic relationship between a nurse and a client built on a series of interactions and developing over time. All interactions do not develop into relationships but may nonetheless be therapeutic. The relationship differs from a social relationship in that it is designed to meet the needs only of the client. Its structure varies with the context, the client's needs, and the goals of the nurse and the client. Its nature varies with the context, including the setting, the kind of nursing, and the needs of the client. The relationship is dynamic and uses cognitive and affective levels of interaction.

It is time-limited and goal-oriented and has three phases. During the first phase, the phase of establishment, the nurse establishes the structure, purpose, timing, and context of the relationship and expresses an interest in discussing this initial structure with the client. Data collection for the nursing care plan continues, and basic goals for the relationship are stated. During the middle, developmental, phase of the relationship, the nurse and the client get to know each other better and test the structure of the relationship to be able to trust one another.

The nurse is careful to assess correctly the degree of dependency that is necessary for the particular client. Plans may be devised for improved ways of coping with problems and achieving goals. The nurse is alert to the danger of losing objectivity during this phase. The last phase, termination, ideally occurs when the goals of the relationship have been accomplished, when both the client and the nurse feel a sense of resolution and satisfaction.