

An on therapeutic communication essay



**ASSIGN
BUSTER**

An Essay on Therapeutic Communication

Effective therapeutic communication is important in the practice of nursing. This paper aims to define “empowerment” which is one of the key concepts that enhances the development of relationship between the nurse and the client. Another subject that will be defined and discussed is anxiety and the related four levels. This essay will focus on how therapeutic communication will be applied in scenarios where empowerment is being practiced and in cases wherein the patient suffers from anxiety.

1. Empowerment Empowerment is one of the key concepts that can enhance the development of a therapeutic nurse-client relationship. “Through such a process, people see a closer correspondence between their goals in life and a sense of how to achieve them, and a relationship between their efforts and life outcomes” (DefinitionOfWellness.com). Empowerment is a process in which one enables a person to think, behave and take action and gain control over his destiny.

One example in which this key concept can be applied is on the case of a 65-year old woman who is confined in the hospital for a broken hip. A woman in this age will most likely be irritable and discouraged by her condition.

However, through empowerment, she can have a more positive outlook about healing and this could help in her recovery. A good way to start is by being supportive and at the same time reassuring her that she will be receiving adequate treatment. When talking to the patient, it is not good to make her feel helpless or to express a high level of sympathy.

A nurse can express her concern to the patient without making her feel overly dependent. Allow her to help herself to the best of her ability.

Empowerment can increase the positivity in her which is essential in order to enhance the rate of recovery.

It is likewise important not to give her false hopes and unrealistic goals either. Instead, make her feel more optimistic about her recovery. Express to her that her attitude towards her illness matters to a great extent. The patient may feel irritable and frustrated at first. She may even become very uncooperative and may throw a tantrum every now and then. In this case, it is important to be very broad minded and professional. Knowing how to handle the situation with patience and dignity is important.

Ask help from her family members and at the same time, make attempts to reach out and connect with her by telling her about your role towards her recovery. Making her feel that you are a part of the team that will enable her to achieve her highest level of independence post-injury can be a good start. Understanding her negative feelings towards her injury while carrying out your duties with concern can help in building trust and familiarity. These are both essential elements which are necessary in order to achieve effective therapeutic communication with the patient.

2. Anxiety Anxiety is a condition characterized by diffuse apprehension and is associated with feelings of uncertainty. It is referred to as the most common psychiatric disorder and is a threat to one's self esteem.

There are four levels of anxiety (Peplau) which are as follows; Mild Level – the person is alert with increased perceptual field, still able to motivate

learning and achieve personal growth

Moderate Level – the person is able to focus only on immediate concerns and there is narrowing of the perceptual field

Severe Level – the person is focused only on a specific detail and is characterized by reduction in the perceptual field

Panic Level – associated with dread and terror and the person cannot perform certain tasks even with direction. Personality becomes disorganized and the condition becomes life threatening. The person is also unable to carry out normal conversations and cannot function in an effective manner (Roberts, Nursing 305).

Nursing Strategies in Order to Decrease Patient’s Anxiety

1. Establish a trusting relationship. Patients suffering from anxiety need reassurance and a great deal of emotional support. It also helps to avoid asking a lot of questions such as “ why” questions because patients with anxiety do not have an understanding as to how their symptoms developed.

One of the best things to do is to become supportive of their condition and to earn their trust while maintaining a professional attitude.

2. Modify the environment. This can be done by identifying the situations that trigger anxiety and attempt to minimize them. It would be helpful to establish a calmer and quieter environment to reduce stimulation. Lesser noise and stimulation can help them feel more at peace and secure.

It can also be very soothing and relaxing for them.

3. Encourage patients to immerse in activities that they love or hobbies that they are interested in.

Physical activities like walking and light exercises can be very helpful to condition their mind and body. Hobbies that greatly interest them will also keep their minds preoccupied. These activities can serve as their therapy as

well. References Definition of Wellness. Definition of Empowerment for Health. <http://www.definitionofwellness.com/dictionary/empowerment-for-health.html>

Roberts, R. Anxiety Responses and Disorders. NUR 305. <http://faculty.msmc.edu/roberts/ppt/Anxiety%20Responses%20and%20Disorders.ppt>