

# PSYCHOLOGY *for* NURSES

**Psychology for Nurses** is a comprehensive book written for those taking diploma and degree programmes in nursing. It is also for the registered nurses (RN) who would like to enrich their nursing practice. Psychology as a subject must provide adequate insight for those who are embarking into the nursing profession, a healthcare profession which requires adjustment to the behaviour of the patients and those around them; understanding the patients' anxiety, fear or pain; and self-acceptance by the nursing care givers in order to function independently within the areas of their responsibility.

This book is unique in that the author who is a psychologist and a mental health nurse practitioner has introduced new concepts that are relevant to the nursing practice. Among these concepts are psychology of nursing care; psychological interventions, like the therapeutic smile; and the therapeutic use of self or presence. The basic concepts of psychology are also presented in this book since, as the author views it, it is very important that all nurses know and understand the origin and the development of psychology as a science.

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PSYCHOLOGY for NURSES

• Arnel Banaga Salgado •



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# CHAPTER 1



# CHAPTER 1

# PSYCHOLOGY FOR NURSES

# EXPECTED LEARNING OUTCOMES

After studying this chapter, you are expected to:

1. identify the relationship of nursing to psychology
2. identify the role of psychology in the formation of a professional nurse who will deliver quality nursing care
3. identify the different classification of psychological nursing interventions
4. determine the significance of psychology as a behavioral science as related to the nursing practice and other health sciences

# Introduction

**What makes a good nurse?**

# the most common responses is...

‘Well, a nurse has to be able to care for his or her patients.’

# Studying nursing requires

1. aptitude,
2. money
3. as well as intelligence,

# Why?

Since no one can become a nurse if a person who wishes to be one,

1. cannot absorb even the simplest theory about nursing care, as well as
2. she has patience to learn how to care and connect with the patient that involves a thorough knowledge of one-self that is otherwise known as 'self-awareness'.



# THE PSYCHOLOGY OF NURSING CARE

The International Council of Nurses (ICN) defined *nursing* as an autonomous and collaborative care of ...

1. individuals of all ages,
2. families,
3. groups
4. communities,
5. sick or well and in all settings.

# Nursing also includes ...

....the promotion of health, prevention of illness, and the care of ill, disabled and dying people.

# KEY NURSING ROLES

1. Advocacy,
2. Promotion of a safe environment,
3. Research,
4. Participation in shaping health policy and in patient
5. Health systems management, and
6. Education

# The delivery of nursing care...

1. Preventive
2. Promotive
3. Curative
4. Rehabilitative

# A student nurse assisting a patient in the ward



# *Caring* according to the International Council of Nurses...

...a general attitude towards people involving concern, empathy and expertise.

... caring is not seen as something that can be taught.

# The amount of care that would be delivered to the clients would be dependent on...

1. skills,
2. knowledge and
3. attitude of a nurse.

# Attitude is the most important...

1. It reflects the outward manifestation of whatever the nurse thinks which is otherwise known as behavior,
2. her psychosocial make up,
3. behavioural makeup,
4. cognitive make up as well as on the way she looks at herself which is a manifestation of a psychodynamic personality.



# Dynamics of personality

1. Biological (Genetics)
2. Psychodynamic
3. Interpersonal
4. Behavioral
5. Cognitive

# THE RELATIONSHIP OF PSYCHOLOGY TO NURSING



- Psychology provides a very concise, accessible introduction to key psychological theories and outlines as well as their relevance to nursing practice.

- Psychology also explores developmental theories which is necessary in pediatric nursing specialization, theories of emotion, psychometrics

- Stress and the different defense mechanisms that maybe used by the nurse to know more about themselves and solve some emotional problems that burden them as a human being.

# Psychology also discusses ...

1. Some issues relevant to nursing practice such as motivation, change, stereotypes, relationships and motivation.
2. Issues of suffering, including stress and pain as well as it contributes in the health care delivery system like the therapeutic touch, therapeutic use of self and therapeutic smile.

# Classification of Psychological Nursing Interventions

## 1. The Therapeutic Touch

...touching a patient while communicating emotional information usually indicates a degree of warmth and concern (McCann and McKenna, 1993).



# TOUCH maybe used by the nurses are the following...

1. Reassurance
2. Relief of anxiety as in the case of pre-operative preparation
3. Education and Health teaching
4. Giving of security
5. Boosting self-esteem

## 2. The Therapeutic Smile



...Imagine that you are admitted at the hospital because of hypertension.

1. What would you feel if the nurse who would be caring for you rarely smiles?
2. Would you be healed or would it make your condition worse?

# 3. The therapeutic Use of Self (Presence)

1. Physical presence includes touching but also seeing, examining and hugging too.

2. Psychological presence is made up of communicating active listening, reflecting, being empathic, non-judgemental and accepting.

3. Therapeutic presence is centring, intentionality and intuitive knowing to describe the experience.



# KEY POINTS

- The study of psychology is a key part of nursing training.
- The psychology of nursing care is built around the concept derived from the different disciplines which that are studied by psychologists.

- Psychology helps the nurse to become holistic in the care of her clients in various set up like schools, community, family, secondary and tertiary hospitals which focus on the different levels of care such as promotive, preventive, curative and rehabilitative nursing care.

- The nurse can use always use various types of psychological nursing interventions such as the therapeutic use of touch which for centuries existed from the time Florence Nightingale founded nursing.

- The therapeutic use of smile as well as the therapeutic use of self or presence can help the nurse practitioner to effectively deliver her nursing care plans to the clients.