

Foundations Learning Guide

Nurse as provider- psychosocial-stress

1. Discuss the effects of stress on the individual and family as well as within the healthcare environment
 - Stress can impair and weaken the immune system
 - Presence of stressors delays a patient's return to health
 - When stress overwhelms existing coping mechanisms, patients lose emotional balance, and a crisis results
2. Develop a plan of care that include stress management techniques, for a patient and family experiencing stress
 - Some coping skills that can help manage the stress could include:
 - Exercise
 - Taking a bath
 - Giving yourself a pep talk
 - Meditate
 - Problem-focused coping skills
 - Work on time management
 - Ask for support
 - Establish healthy boundaries
 - Create a to-do list
3. Describe the importance of exercise and activity for health promotion and maintenance across the lifespan
 - Use of body mechanics can maintain balance, posture, and body alignment when performing a physical task
 - Physical activity guidelines show adults should have at least 30 minutes of physical activity 3-5 days a week
4. Explain normal sleep patterns and the function of sleep for different age groups
 - Insomnia- Inadequate amount of sleep
 - Sleep apnea- cessation of breathing (stopping breathing)
 - Narcolepsy- Uncontrolled sleep
 - Hypersomnolencedisorder- Excessive daytime sleepiness
5. Identify the nurse's role in promoting normal sleep, eliminating sleep disruptions
 - Help establish a bedtime routine
 - Limit waking patients during the night
 - Promote a quiet hospital environment
 - Help with personal hygiene, back rub prior to sleep
 - Adjust routines to mimic usual home routines as possible
 - Provider may order a pharmacological agent as a last resort

Foundations Of Learning Users Guide

Yijin Wang



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