**RNSG 2572**

**Health Care Concepts 2**

**Concept - COPING**

**Concept Definition**Coping is an ever changing process involving both cognitive means and behavioral actions, in order to manage internal or external situations that are perceived as difficult and/or beyond the individual’s current resources.

**Exemplars**

*Anxiety*

Generalized Anxiety Disorder, Panic Disorder (Attack), Phobia,Obsessive Compulsive

Personality Disorder, Eating Disorders (Anorexia Nervosa, Bulimia), Separation Anxiety (Developmental)

*Stress*

Divorce, Post-traumatic Stress Disorder, Peptic Ulcer Disease

*Substance Abuse/Addictive Behaviors*

Alcoholism, Maternal/Fetal Cocaine Addiction, Neonatal Abstinence Syndrome (withdrawal

**Objectives**

1. Explain the correlation between the *sub-exemplars* of *Anxiety, Stress, and Substance Abuse/Addictive Behaviors* to the concept of Coping (including compromised antecedents, deficit measurement in attributes, negative consequences and the interrelated concepts which may be involved).
2. Identify conditions which place an individual at risk for compromising his/her ability to coping and thus resulting in the *sub-exemplars* of *Anxiety, Stress, and Substance Abuse/Addictive Behaviors.*
3. Apply the nursing process with collaborative interventions (including pharmacology) for individuals experiencing the listed *sub-exemplars* of *Anxiety, Stress, and Substance Abuse/Addictive Behaviors.*

**Sub objectives**

*Anxiety*

1. Differentiate *anxiety* and stress.
2. Explain general *anxiety* disorders, panic disorders, obsessive-compulsive disorders, eating disorders and phobias.
3. Describe symptomatology associated with anorexia nervosa and bulimia nervosa.
4. Evaluate the nursing management of a patient with an eating disorder.
5. Explore the effects of developmental stages on separation *anxiety* and develop a nursing care plan for a patient.
6. Apply therapeutic communication techniques to the individual experiencing “disabling” *anxiety*.

*Stress*

1. Review Selye’s General Adaptation Theory and apply it to the development of peptic ulcer disease.
2. Describe post-traumatic stress disorder and apply the nursing process for an individual experiencing the disorder.

*Substance Abuse/Addictive Behaviors*

1. Explain the difference between abuse, dependence, intoxication and withdrawal.
2. Operationalize the nursing process for the patient and family experiencing substance use and substance induced disorders.

**Concept Analysis Diagram**

Note: Diagram is on separate page.

Explanation of Coping Diagram

Coping by definition is an ever changing process involving both cognitive means and behavioral actions, to manage internal or external situations that are perceived as difficult and/or beyond the individual’s current resources. The antecedents for coping that must be in place for coping to exist are comprised of: individual perceptions, life experiences which lead to the ability to cognitively and emotionally appraise and manage internal or external situations, and the availability of adequate resources and support systems. The attributes, which measure whether coping exists, include: calm affect, effective and appropriate communication, ability to perform ADLs and IADLs as needed, and the appropriate use of available resources and support systems.

Sub-concepts are components of Coping and include: Anxiety, Addictive behaviors, Stress, Adaptability and Conflict Resolution. Interrelated concepts (either affect coping or coping affects them) include: Human Development, Mood and Affect, Functional Ability, Cognition, Diversity (Culture), and Interpersonal Relationships. Positive consequences of coping may include things such as: maintaining employment, successful relationships, and compliance with medication regime, ability to identify stressors. Negative consequences of mal-adaptive coping include things such as: peptic ulcer disease, depression, poor body hygiene, suicide, unsuccessful relationships, and/or absenteeism from work.

Nursing care is implemented either proactively or in response to negative consequences and is focused on improving the antecedents. If the nursing care is successful the result will be the measurement of optimal attributes which will indicate coping exists.

**Assignments**

**Prior to class:**

1. Review definitions of inter-rated concepts on concept analysis diagram.

 2. Review concept analysis diagram.

 3. Review Seyle’s General Adaption Syndrome (GAS); Ego defense mechanisms

 4. Assigned reading:

* Giddens, J.F. (2013). *Concepts for nursing practice.* St. Louis. MO: Mosby

 Elsevier.

* Chapter 28: Coping
* Lewis, S.L., Heitkemper, M.M., Dirksen, S.R., O’Brien, P.G., & Bucher, L.

 (2011). *Medical surgical nursing* (8th ed). St. Louis: Mosby Elsevier.

* Chapter 8: Stress and Stress Management
* Varcarolis, E., Carson, V., & Shoemaker, N. (2010). *Foundations of psychiatric-*

 *mental health nursing (6th ed.)*. St. Louis: Saunders.

* Chapter 12: Anxiety and Anxiety Disorders
* Chapter 16: Eating Disorders
* Chapter 18: Addictive Disorders
* McKinney, E, James, S., Murray, S., Nelson, K., & Ashwill, J. (2013).

 *Maternal-child nursing(4th ed)*. St. Louis: Elsevier Saunders.

* Chapter 24: Childbearing Family with Special Needs; Neonatal abstinence; pg. 561-562.

5. Internet resources to review:

* General Adaptation Syndrome and Stress

 <http://www.youtube.com/watch?v=N5txl89dzv8>

* Skinniest Girl Ever

<http://tinyurl.com/3ve7sel>

* CBS news: Anorexia

 <http://www.youtube.com/watch?v=VS2mfWDryPE>

* Neonatal Abstinence Syndrome

 <https://www.youtube.com/watch?v=4O3Bb5tFo0A>

6. Review the following Nursing Diagnoses

* Anxiety
* Impaired verbal communication
* Ineffective coping
* Post traumatic syndrome
* Disturbed sleep pattern
* Impaired social interaction

**Concept content outline:**

Anxiety versus stress

Spectrum of anxiety

Anxiety Disorders

* Generalized Anxiety Disorder
* Panic Disorder
* Phobia
* Obsessive Compulsive Personality Disorder
* Eating disorders
	+ Anorexia
	+ Bulimia
* Separation Anxiety (Developmental)

Stress

* Post-traumatic stress
* Divorce
* Peptic Ulcer Disease
* Stress related illnesses

Anxiety-Nursing Process

Assessment

Diagnoses

Goals/Planning

Implementation/Intervention

Evaluation

Anxiolytics

* Benzodiazepines
* SSRIs
* SNRIs
* Buspar

Substance Abuse/Addictive Behaviors

* Alcoholism
* Maternal/fetal cocaine addiction
* Neonatal abstinence syndrome/withdrawal symptoms

Substance Abuse-Nursing Process

Diagnoses

Goals/Planning

Implementation/Intervention

Evaluation