**RNSG 1170  
Introduction to Health Care Concepts**

**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**  
None

**Objectives**

1. Explain the concept of Coping (including definition, antecedents, and attributes).

2. Analyze conditions which place a patient at risk for Ineffective/Maladaptive Coping.

3. Identify when Ineffective/Maladaptive Coping (negative consequence) is developing

or has developed.

4. Discuss exemplars of common Ineffective/Maladaptive Coping disorders.

5. Apply the nursing process (including collaborative interventions) for individuals

experiencing Ineffective/Maladaptive Coping and to promote Effective/Adaptive

Coping.

**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. Review assigned reading:

* Berman, A. & Snyder, S. (2012). *Kozier & Erb’s Fundamentals of Nursing*.

Boston: Pearson.

* Chapter 42: Stress and Coping
* 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

5. Videos and Internet resources to review:

* General Adaptation Syndrome and Stress

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

* Nursing theories

[http://www.currentnursing.com/nursing\_theory/Selye%27s\_stress\_theory.html](http://www.currentnursing.com/nursing_theory/Selye's_stress_theory.html)

6. Review the following Nursing Diagnoses

* Ineffective/Maladaptive Coping
* Compromised Family Coping
* Readiness for Enhanced Coping
* Ineffective Community Coping

**Concept content outline:**

Concept: Coping

Sub Concepts: Adaptability

Anxiety

Stress

Conflict Resolution

Addictive Behaviors

Risk Factors: Impaired cognition  
 Inability to accurately assess the stressor  
 Denial or avoidance of the stressor b  
 Actual or perceived lack of control over the situation Actual or perceived lack of support/resources  
 No experience or poor past experiences handling stressful situations  
 Age

Changes in Health or Chronic Health Conditions

Assessment: Comprehensive history

Physical assessment

Cultural, behavioral, social assessment

Physical and psychological clinical manifestations

Diagnostic tests

Positive Outcomes:

Able to ask for assistance

Successful relationship

Medication regimen compliance

Maintain employment

Able to identify stressors

Negative Outcomes:  
 Physiological

Psychological

Clinical Management:

Nursing interventions

Collaborative interventions

Pharmacological therapy

Non Pharmacological therapy

Diagnostic studies

Exemplars: None

**CONCEPT ANALYSIS DIAGRAM (TEXAS) – COPING**

**Nursing Care**

* Directed toward what contributes to a normal concept and is thereby related to all factors involved in or with the concept. Not always needed to have a normal outcome.

Attributes

* Defining characteristics of the concept
* What must occur for the concept to exist

Antecedents

* What precedes the concept for it to exist
* Events or incidents that must happen before the concept

Consequences

* Untoward events or outcomes that occur due to malfunction within the concept
* Positive events or outcomes that occur due to proper functioning within the concept

Interrelated Concept

* Concepts which can affect change in the other
* Concepts which work together to ensure a normal process
* Concepts which if depleted or impaired can cause a negative consequence in the other

Sub-Concept

* Critical components of major concept

**Attributes**

Calm Affect

Effective & Appropriate

Communication

Ability to Perform ADLs

and IADLs as Needed

Appropriate Use of

Available Resources

and Support Systems

Human Development

Mood & Affect

**Nursing Care**

Functional Ability

**Interrelated Concepts**

Cognition

Addictive Behaviors

**Antecedents**

Individual Perceptions

Life Experiences which

Lead to the Ability to

Cognitively and

Emotionally Appraise

and Manage Internal

or External Situations

Availability of Adequate

Resources and

Support Systems

Maintain

Employment

Increased Absenteeism from Work

Unsuccessful Relationships

Suicide

**Sub - Concepts**

Stress

Anxiety

Adaptability

Interpersonal Relationships

Peptic Ulcer Disease

Depression

Poor Body Hygiene

**Positive**

Able to Identify

Stressors

**Negative**

Diversity (Culture)

**Consequences**

**(Outcomes)**

**Coping**

An ever changing process involoving cognitive means and behavioral actions to manage internal and/or external situations that are perceived as difficult and/or beyond the individual’s current resources.

Able to

Ask for

Assistance

Successful

Relationship

Medication

Regimen Compliance

Conflict Resolution

N/ADN Syllabus/CBC Curriculum/Level I/RNSG ll70/Coping Adopted 06/13