

# Exam 1 Study Guide

## Modules 1 2 & 3

### Module 1

- **Review of Theories**

- **Peplau:**

- **Orientation:** The phase during which the patient, nurse and family work together to recognize, clarify and define existing problems.
- **Identification:** the phase after which the patient's initial impression has been clarified and when he or she begins to respond selectively to those who seem to offer the help that is needed; patients may respond in one of three ways. (1) on the basis of participation or interdependent relations with the nurse, (2) on the basis of independence or isolation from the nurse, (3) on the basis of helplessness or dependence on the nurse.
- **Exploitation:** the phase during which the patient proceeds to take full advantage of the services offered to him or her; knowing which services are available, feeling comfortable within the setting & serving as an active participant in his or own health care. the patient exploits the services available & explores all possibilities of changing the situation.
- **Resolution:** occurs when the patient is freed from identification with helping persons and gather strength to assume their independence; resolution is a direct result of successful completion of the other three phases.

- **Adaptation to Stress:** stress may be viewed as an individual's reaction to any change that requires an adjustment or response, which can be physical, mental, or emotional; responses directed at stabilizing internal biological processes and preserving self-esteem can be viewed as healthy adaptation to stress

- **Adaptive Response:** behavior that maintains the integrity of the individual. It is viewed as positive and is correlated with a healthy response; when the behavior disrupts the integrity of the individual, it is viewed as maladaptive.
  - Examples of adaptive coping strategies: awareness, relaxation, meditation, interpersonal communication, problem solving, music & pets.
- **Maladaptive Response:** behavior by the individual that is considered to be harmful or unhealthy
  - Examples of maladaptive coping strategies: drugs, alcohol, lack of sleep, poor diet, and social isolation.

- **Levels of Anxiety:** feelings of anxiety are so common in our society that they are almost considered universal; anxiety arises from the chaos and confusion that exists in the world; fear of the unknown and conditions of the ambiguity that allow anxiety to take root and grow; lower levels of anxiety are adaptive and can produce the motivation required for survival. anxiety becomes problematic when the individual is unable to prevent his or her

# Health Exam Study Guide

**Ying Liu**



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