

SAULT COLLEGE

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NURSING ASSISTANT PROGRAM 1-

SAULT COLLEGE
M.A. 1975

RNA 103

UNIT 11

INTERDEPENDENCE

September 1993

PART A: INTERDEPENDENCE MODE

PART B: SEXUALITY

PART C: COMMUNICATION (UNIT XII)

OBJECTIVES

LEARNING RESOURCES

PART A - INTERDEPENDENCE

Define and explain the following:

Dependence

Independence

Interdependence

Need to be loved (affectional integrity)
and to love

Significant Others

Support Systems

Nurturing

Need for Affiliation

Need for Achievement

OBJECTIVES

LEARNING RESOURCES

Individuals work toward a comfortable balance between being dependent on someone and being independent. Each individual needs to know that he/she is special and loved. This mode involves an individual's relationship with significant others - how dependent or independent he/she is at a given point in time. Just as each of us has the need for physical integrity and psychological integrity, we too have a need for social integrity.

1. Define dependence:
 - a) give examples of dependent behaviour
 - help seeking
 - attention seeking
 - affection
2. Define independence:
 - a) give examples of independent behaviour
 - taking initiative
 - obstacle mastery
3. Define interdependence
4. Discuss the significance of independence
5. Define coping styles:
 - a) balanced coping pattern
 - b) dependent coping pattern
 - c) independent coping pattern
6. Explain and discuss interpersonal relationships.

Kozier, Erb & Olivier,
p. 798-799.

Kozier, Erb & Olivieri,
p. 243-247.

OBJECTIVES

LEARNING RESOURCES

7. Describe how group membership assists in development of interdependence.
 - a) Primary Groups
 - b) Secondary Groups
 - c) Tertiary Groups
8. Describe the dynamics of parents/infants relationships in bonding and the development of trust.
9. Discuss the developmental crisis related to interdependence
 - a) 0-2 years
 - b) 2-3 years
 - c) 3-6 years
 - d) 6 years - pubescence
 - e) Adolescence
 - f) 20-35 years
 - g) 35-65 years
 - h) 65 plus
10. Assess responses of individuals which indicate adaptation in the interdependence mode.
 - a) Dependent Behaviour
 1. help seeking
attention seeking
affection seeking
 2. Ability to accept and respond to love (affection), respect
 3. Ability to love and respect and value others

OBJECTIVES

LEARNING RESOURCES

b) Independent Behaviours

1. Ability to take initiative to be assertive, persistent
2. Ability to master obstacles, problem solve
3. Consistency, predictable, reliable

c) Interdependent

1. Ability to balance dependent and independent behaviours

11. Identify stimuli which influence adaptation in interdependence.

a) Physiological

- ability to use senses - hearing, speech
- activity level, grooming
- eating patterns, body proportions
- developmental age

b) Self Concept

- body image, self care habit, sense of wellness vs. illness
- personality, perceptions of rightness/wrongness moods, ability to be flexible, attitudes
- feelings of adequacy, living up to expectations
- sense of worth, motivation

c) Role Function

- change in role, mastery
- dependence and or independence demanded in role

OBJECTIVES

LEARNING RESOURCES

- d) Interdependence
 - social learning & social experiences
 - social rewards
 - feedback from others
 - education
 - family
 - significant others
 - child rearing practices
 - sibling order and sex
 - environment - physical
 - emotional
 - e) Other
 - adequate money
 - culture, society, laws
 - religion, rituals, values
 - community resources available
 - social services
12. Recognize nursing diagnosis in interdependence mode:
- a) adaptive social interaction
 - b) impaired social interaction
 - c) social isolation
13. Contribute to goal statements which assist the client to maintain adaptation in interdependence.
14. 1. Discuss nursing measures to assist client to adapt in the interdependent mode.
- a) therapeutic communication skills
 - orientation of client to setting
 - explanation of expectations for hospital client
 - assisting clients to meet developmental levels

OBJECTIVES

LEARNING RESOURCES

- b) specific nursing interventions related to diagnosis of loneliness
 - hospitalized child/adult, separation anxiety
- 2. Identify independent and dependent nursing functions
 - a) independent
 - record, report, refer
 - health teach (explain milestones of developing toddler to parents, explain the expected dependent and independent behaviours of various age groups relative to developmental stages)
 - b) interdependent
 - collaborate with health care team for consistent approach to patient care (complete tasks assigned by team leader)
- 15. Evaluate outcome of nursing interventions based on achievement of goals.

OBJECTIVES

LEARNING RESOURCES

PART B - SEXUALITY

Define the following terms:

Kozier, Erb & Olivieri,
p. 720-739.

- Feminity
- Masculinity
- Maternal
- Paternal
- Libido
- Virginity
- Masturbation
- Promiscuity
- Gynecology
- Obstetrics
- Orgasm
- Miscarriage
- Amenorrhea
- Homosexual
- Lesbian
- Bisexual
- Extra Marital
- Conjugal
- Celibacy
- Castration
- Chastity
- D&C
- Postpartum
- Gender
- Spontaneous Abortion
- Sterility
- 1. Define sexuality
- 2. Discuss attitudes and values regarding human sexuality
- 3. Discuss the changing interpretation of masculinity and femininity
- 4. Explain how sexuality affects self concept
- 5. Review the human sexual response
- 6. Define family planning and contraception

Kozier, Erb & Olivieri,
p. 736-738.

OBJECTIVES

LEARNING RESOURCES

7. List some of the ways in which family planning can be accomplished.
8. Know the advantages/ disadvantages of the various methods of contraception
9. Identify the role of the nursing assistant regarding family planning.
10. Assess responses of individuals which indicate adaptation in Human Sexuality. Kozier, Erb & Olivieri,
p. 722-730.
 1. biological
 2. development and expression
 - a) sexual identify
 - b) sex roles through the life span
 3. sexual activity patterns throughout lifespan
 - a) intimacy patterns
 - b) sexual activities
 - c) sexual variations
 - d) sexual outlets
 4. Attitudes toward sexuality
 - a) responsibility toward
 - b) own sexuality (personal care, use of B.C.)
 - c) reactions toward sexual activity
 - d) attitudes towards nudity
 - e) reactions to sexual partner
 - f) sexual satisfaction
11. Identify stimuli that influence adaptation in sexuality. Kozier, Erb & Olivieri,
p. 730-733.
 1. Self Concept
 - a) values and beliefs (especially conflicts)
 - b) religious beliefs related to birth control j
 - c) stress and emotions (ex. P.P. blues) |
 - d) past experience (abuse) I
 - e) change in perception of self
 - f) hobbies and interests
 - g) decision making

OBJECTIVES

LEARNING RESOURCES

- 2. Role
 - a) role cues
 - b) parenting - ex. role model, 2 parents vs. 1 parent
 - c) role change (loss of spouse)
 - d) economic/financial concerns
- 3. Interdependence
 - a) peers
 - b) marital status and history - marital relationship
 - c) number of children - privacy
 - d) communication ability
- 4. Physiological
 - a) age, developmental stage
 - b) genetic make-up
 - c) health status
 - d) nutrition
 - e) exercise and rest
- 5. Other
 - a) education - myths and old wives tales
 - b) culture
 - c) society's values
 - d) prescribed drugs - alcohol
 - e) mass media
 - f) pornography
 - g) womens liberation movement
 - h) laws

- 12 Recognize nursing diagnosis in interdependence mode under sexuality.
 - a) adaptative patterns of sexuality appropriate to developmental stage
 - b) altered patterns of sexuality related to...

Kozier, Erb & Olivieri,
p. 733.

- 13 Contribute to goal statements to exercise clients to adaptation in sexuality.

Kozier, Erb & Olivieri,
p. 733-734.

OBJECTIVES

LEARNING RESOURCES

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| 14. Describe nursing measures to promote adaptation in interdependence - sexuality | Kozier, Erb & Olivier, p. 734-738 p. 644-645 |
| a) therapeutic communication with clients in various settings regarding human sexuality | |
| b) Health teaching or referral for information on birth control, STD's, SBE, Pap test, menstruation, pregnancy, post partum care | |
| c) referrals to community based resources for family planning, eg. - health unit - family planning clinic - public health nurse - nurse practitioner - serena | |
| 15. Evaluate goal statement. | Kozier, Erb & Olivieri, p. 738. |