

SAULT COLLEGE

NURSING ASSISTANT PROGRAMME

RNA 103

UNIT 7

SELF CONCEPT  
(Spirituality, Loss & Grieving)

September, 1993

**OBJECTIVES**

**REFERENCES**

- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                            |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ol style="list-style-type: none"> <li>1. Define Self Concept</li> <li>2. Explain the importance of a healthy self concept.</li> <li>3. Explain how self concept relates to personal (psychological) integrity</li> <li>4. Explain the component parts of self concept:           <ul style="list-style-type: none"> <li>a) physical self/body image</li> <li>b) personal self-moral               <ul style="list-style-type: none"> <li>- ethical</li> <li>- values</li> <li>- consistency</li> <li>- expectations (roles)</li> </ul> </li> <li>c) self esteem               <ul style="list-style-type: none"> <li>- acceptance</li> <li>- worth</li> </ul> </li> </ul> </li> </ol> <p>Discuss the role of Religion and Spirituality on the development of the moral and ethical self.</p> <p>Explain the beliefs of selected religious groups related to health care.</p> | <p>Kozier, Erb &amp; Olivieri,<br/>p. 700</p> <p>Kozier, Erb &amp; Olivieri,<br/>p. 700</p><br><p>Kozier, Erb &amp; Olivieri,<br/>p. 701-702</p><br><p>Kozier, Erb &amp; Olivieri,<br/>p. 777-788</p><br><p>Kozier, Erb &amp; Olivieri,<br/>p. 777-788</p> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**u** JUN 29 TSh

## OBJECTIVES

## REFERENCES

7. Briefly describe the development of self concept in terms of Erikson's developmental stages.
8. Describe the characteristic responses/behaviour of an individual who has achieved a positive self concept for each stage.
- a) Compare these statements:  
eg. Geriatric client states: "They are making me retire."  
Another says: "I've planned to go south for Feb., Mar. and April. "
9. Describe how feedback from significant others and past experiences affect the development of self concept.
10. Loss and Grieving.
- a) Identify situations which can cause a person to grieve  
eg: loss
- b) Define the concept of death and its impact through the life span
- c) List and explain the stages of the grieving process:  
- Kubler-Ross  
- Engel's
- d) Define the terms, grief, loss, grieving and mourning
- Kozier, Erb & Olivieri,  
p. 604, 617, 621,  
622-623, 626-  
627, 628-629,  
632, 639-640,  
644-649, 661-  
662, 657-659,  
669, 673,  
703-704
- Handout
- Kozier, Erb & Olivieri,  
Ch. 34, p. 815-834  
Christenson, p. 1384-1391  
Refer to Lab on Death &  
Dying
- Kozier, Erb & Olivieri,  
p. 816-817
- Kozier, Erb & Olivieri,  
p. 817-818
- Kozier, Erb & Olivieri,  
p. 818-820
- Kozier, Erb & Olivieri,  
p. 828

## OBJECTIVES

## REFERENCES

- |                                                                                          |                                       |
|------------------------------------------------------------------------------------------|---------------------------------------|
| e) Discuss responses an individual can experience during grieving                        | Kozier, Erb & Olivieri,<br>p. 822-823 |
| f) Determine stimuli which influence the outcome of grieving                             | Kozier, Erb & Olivieri,<br>p. 822     |
| g) Explain why it is important for nurses to be educated about losses.                   | Kozier, Erb & Olivieri,<br>p. 818     |
| 11. Care of the Dying Client                                                             |                                       |
| a) Identify responses which indicate impending death                                     | Kozier, Erb & Olivieri,<br>p. 825     |
| b) Identify nursing diagnoses common to dying clients.                                   |                                       |
| c) How can the nurse help clients die with dignity.                                      | Kozier, Erb & Olivieri,<br>p. 828-831 |
| d) Define palliative care and hospice care.                                              |                                       |
| 12. Care of the body after death.                                                        |                                       |
| a) Define rigor mortis, algor mortis and livor mortis, autopsy and shroud.               | Kozier, Erb & Olivieri,<br>p. 831-832 |
| b) Describe the nursing actions necessary after death in caring for the body.            |                                       |
| 13. Define the following adaptive defence mechanisms and explain when/why they are used. | Kozier, Erb & Olivieri,<br>p. 802-804 |
| - Projection                                                                             | Christenson, p. 1293, 1294            |
| - Displacement                                                                           |                                       |
| - Denial                                                                                 |                                       |
| - Repression                                                                             |                                       |
| - Rationalization                                                                        |                                       |
| - Regression                                                                             |                                       |
| - Reaction Formation                                                                     |                                       |

## OBJECTIVES

## REFERENCES

14. Identify assessment responses which indicate adaptation in self concept.
- a) emotional level and moods, (expressions of anger, guilt, fear, anxiety, joy, love, sadness)
- attention span and focus
- perception of an attitude toward physical and personal self
- use of defense mechanisms
- values
- decision making and problem solving ability
- communication style (eye contact, voice, congruence of verbal and non-verbal message)
- religious practices and spiritual beliefs
- activity level, posture, gait
- grooming/general appearance
- perception of sexual attractiveness
- height/weight proportion
- eating patterns and appetite
- sleep patterns
- safety practices
- vital signs
- ability to perform role and feelings of worth
- feelings of control over own destiny

Kozier, Erb & Olivieri,  
p. 702-706, 708,  
802-804  
Christenson, p. 1293, 1294

**OBJECTIVES**

**REFERENCES**

15. Identify stimuli which influence adaptation in self concept.
- developmental stage
  - loss (death, failure)
  - physical functioning ability (to eat, to breath, to move etc.)
  - genetically determined physical traits
  - ability to take role/fulfilling job (role conflict and/or failure)
  - relationship with significant others
  - help seeking, attention seeking, affection seeking behaviour
  - experiences of success
  - ability to communicate
  - ability to problem solve
  - self-esteem
  - religious practices - values
  - perception of sexual attractiveness
  - cultural practices
  - economic funds
  - availability of human and material resources
  - community resources
  - education

Kozier, Erb & Olivieri,  
p. 702-707

## OBJECTIVES

## REFERENCES

16. Recognize appropriate nursing diagnosis in self concept based on assessment data.
  - a) adaptive self concept
  - b) adaptive grieving (actual/ anticipatory)
  - c) anxiety (mild, moderate)
  - d) powerlessness
  - e) low self concept
  - f) fear
  - g) ineffective individual coping
17. Contribute goal statements which reinforce and/or promote adaptive behaviour.
18. Select nursing measures to assist individual to adapt in self concept mode.
  - a) appropriate communication techniques
  - b) provide atmosphere of warmth and trust
  - c) use attending skills
  - d) help client recognize own adaptive abilities
  - e) convey a caring attitude
  - f) indicate recognition of values and worth
  - g) recognize the role of client in decision making
  - h) determine ways in which the nurse can assist the client to successfully complete the grieving process

- Kozier, Erb & Olivieri,  
p. 708-709, 770,  
779-780, 801,  
807-808  
Christenson, p. 1291-1293
- Kozier, Erb & Olivieri,  
p. 710, 770-771,  
809  
Kozier, Erb & Olivieri,  
p. 710-717, 771,  
809-811

OBJECTIVES

19. Evaluate if client met goals statements. Evaluate the effectiveness of your use of communication techniques

REFERENCES

Kozier, Erb & Olivieri,  
p. 715, 772, 787,  
811

OBJECTIVES

REFERENCES

THE ABOVE BELONGS TO HEALTH  
SCIENCES