

Name

Tutor

Course

Date

Week 3 Question 1

The nurse is experiencing a self-awareness diversity which affected the nurse-client relationship to the point of the client turning his back on her and asking her to leave whereas he is unattended. Self-awareness on the part of the nurse is essential as it enables them evaluate their reactions towards charged situations likely to distort their relationship with patients. Self-awareness allows the nurses to make a genuine self-assessment and to improve and manage self (Rasheed, p. 213). It also enables nurses make transformative changes in their behaviors and this promotes the quality of healthcare and improves the therapeutic environment as well as interpersonal relations with the clients due to empathy. Additionally, nurses cannot be aware of others if they are not aware of themselves.

The patient felt that the nurse was harsh and not empathetic to his situation. The nurse behavior also showed contempt or disrespect towards the old man and also contributed to the change of attitude. The man welcomed the nurse with a smile but the nurse did not reciprocate but instead looks at her watch impatiently. The nurse gets mad at the inability of the man to hear despite his hearing difficulties, and frowns in the process. Various actions of the nurse made the patient change his attitude

The nurse should mend the strained relationship with the patient by initially being warm and respectful. Further, she should genuinely display concern about the patient predicament through listening and positive talks. Additionally, she should be empathetic towards the patient and show interest to make him see that she understands what he is going through (Riley, p.96). The steps will improve their relations and can provide therapeutic relief to the patient and make his recovery less challenging.

Works Cited

Rasheed, Subia. "Self-Awareness As A Therapeutic Tool For Nurse/Client

Relationship." *International Journal of Caring Sciences*, vol 8, no. 1, 2015, pp. 211-215.

Riley, Julia. *Communication in Nursing*. Chicago: Elsevier Health Sciences, 2015.