

1. Record Nr.	UNINA9910799983103321
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Titolo	Essential psychology for nurses and other health professionals // Graham Russell
Pubbl/distr/stampa	London ; ; New York : , : Routledge, , 1999
ISBN	1-134-65922-9 1-134-65923-7 0-203-26413-4 0-203-02744-2 1-280-01862-3 9786610018628
Descrizione fisica	1 online resource (245 p.)
Disciplina	616.89
Soggetti	Clinical health psychology Patients - Psychology Nursing - Psychological aspects Psychology Nurses
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Book Cover; Title; Contents; List of illustrations; Preface; Acknowledgements; How to use this book; UNDERSTANDING OURSELVES AND OTHERS; Self-awareness and reflective practice; The self-system; The development of the self in childhood; Evaluating and protecting the self; REACTIONS TO CHANGE, CHALLENGING EVENTS AND LOSS; Stress, appraisal and coping; Anxiety in clinical practice; Anger and aggression in clinical practice; Depression in clinical practice; Dying, bereavement and loss; PROMOTING AND MAINTAINING HEALTH; Health protective behaviour; Compliance and non-compliance with medical advice PSYCHO-PHYSIOLOGY: THE RELATIONSHIP BETWEEN MIND AND BODY Psycho-physiological reactions to acute and chronic stress; Personality type and disease; Psychological perspectives on pain; APPLYING PSYCHOLOGICAL KNOWLEDGE IN CLINICAL PRACTICE;

Sommario/riassunto

This text examines the concepts which are fundamental to everyday nursing practice. Understanding how individuals function psychologically in health and illness is vital to providing appropriate care for all patients and clients. Assuming no previous knowledge of the subject, the author explores the basis of individual psychology focusing on personality traits, beliefs systems, body-image and self-esteem. Periods of illness are seen as psychologically demanding events which individuals cope with in different ways. The book considers how we recognize and interpret the signs a
