Psychological Complications Resulting From Illnesses and Injuries

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Nurses often have to face certain situations in their profession that they find quite challenging. The tasks they perform is not always easy. Dealing with patients who have suffered different levels of illnesses and the depth of their injuries is often unknown to the healthcare professionals. This profession demands a lot of practice and patience while interacting with patients of different medical backgrounds. Extra care is needed, and efforts are required from the nurses so that the patients recover early than expected. Some patients might end up falling into depression after suffering from an illness or injury because they didn't expect the damage to happen to them and affecting their body adversely. They begin to lose motivation and loses interest in life (Richmond et al., 2014). In these type of situations, it becomes tough for the nurses to bring the patients out of depression (Falvo & Holland, 2017). I experienced a similar situation in my nursing profession; my patient woke up one morning with Sporadic Inclusion Body Myositis (SIBM) which paralyzed his healthy body. This disease made him very depressed, and he started saying things like, "If you come into my room and I am dead, do not wake me up." This made me realize the depth of the pain he is experiencing. I opted for specific strategies to help him recover from this poor state he has fallen in.

The first and foremost strategy applied to treat him was to diagnose the main issue due to which he had severe depression. It is very common for patients to feel depressed because of chronic illness and injuries, but sometimes this situation can also happen due to unsuitable medications. Every patient’s biological system works differently, and it is not necessary that one medicine treats all patients effectively. Some pills contain components which leads to mood disorder, thyroid issues, and aggressive behavior in patients. For this reason, doses should be adjusted to the patient's condition.

The second strategy which I applied on my patient having SIBM was the cognitive therapy. Cognitive therapy is beneficial in the cases of depression as it helps patients overcome their anxiety, suicidal feelings and depression and makes them understand their current situation (Toien et al., 2012).

Moreover, as a nurse, it was my responsibility to take care of his diet as the depression also affected his eating pattern. So, I brought some positive change in his food and shifted him to a much healthier diet along with exercise. After a few weeks, he started feeling better.

The other strategies that can be incorporated to treat patients facing similar situations from chronic illnesses and severe injuries are, making sure not to isolate the patient, daily counselling, clear communication between the patient and the doctors, nurses, provision of active social network for him, participation in healthy activities and medical support from experts etc. These additional strategies will help his mental health improve faster and to have a positive outlook on life (Lee, Chien, Hung & Chou, 2015).

There might arise some ethical and legal challenges which should be considered in providing the quality treatment for the concerned patients. Main ethical problems will be the additional burden faced by the family caregivers in the whole treatment process. Patients are dependent on their caretakers for assistance, but it causes financial hardship, stress and pressure on the caregivers (Mitnick et al., 2010). To solve this ethical issue, adequate autonomy should be given to patients while making decisions, clear communication between nurses and the caregivers regarding the patient, respecting patient's comfortability and requirements in the treatment (Mitnick et al., 2010). Whereas in legal issues, healthcare professionals including nurses might face the charge of the tort of negligence in the provision of treatment to the patient also involving medical negligence occurrence due to medical malpractice (Muthu, 2000).

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