Name of Student

Name of Professor

Name of Class

Day Month Year

It is an essential part of the Health Care Professional’s job to understand patients thoroughly and deeply while communicating. A Health Care professional does not consider only the words of the patients but goes beyond what comes out of the mouth of the patient. While understanding the patient’s medical history and background HCP may face several challenges. Following this, sometimes patients start idealizing themselves and sometimes they do not. It is of utmost importance for HCP to detect that and acknowledge it.

In some cases, patients start idealizing themselves when they catch some sort of disease or illness. Such idealization leads to the realization of excessive positive qualities that they find in themselves. Such patients catch themselves coping with stress and anxiety more easily when they consider themselves perfect for having exaggerated positive qualities. This phenomenon facilitates the process of elevating courage, and strengthens positivity and will power of the patient. It is, therefore, necessary for patients to idealize themselves in sick and illness. It is important for a Health Care Professional to know about such patients it can help them fight back whatever they are into with courage and strength. Those who find it difficult to have idealization need to motivate themselves to come at this point because it enlightens the journey of the patient and makes everything easier. When the hearts of the patients are flooded in the glory of fascination, idealization may find its way into their cerebral systems. Such perceptions have a potent influence on their relationships. Choosing to adopt a positive and motivational perspective or unconsciously reconstructing good memories, might boost up the level of happiness and satisfaction in their life. Moreover, such kind of patients develop good relations with their HCPs and describe what they are feeling and their medical background honestly. They make sure that they strictly follow the instructions that are mentioned in the prescription given by HCP and do not lie and hold back anything that is important regarding their health. If health care professional finds out about such kind of patients, he/she knows that good communications can be established with the patient and from diagnosis until the cure they can take things forward remarkably.

There are some patients who negatively idealize themselves. It happens mostly when the patient is seeking more attention and care from the family members or friends around them. Also, sometimes patients portray that they are in more pain and suffering but in reality, their condition is not that bad, they want it because they want more care of the HCP than other patients. It is important for a health care professional to detect that a patient is actually suffering badly or not because believing such people can badly affect the diagnosis and there are chances that HCP ends up giving the wrong prescription to the patient which will result in drastic consequences for both patient and HCP (Henrike and Schultz). It is the central duty of a health care professional to detect such cases and deal them smartly. Moreover, there are few patients, when they told about their sickness and illness they do not take it lightly and get loads of depression and anxiety. They find themselves broken and horrified when they come to know they are suffering from some serious disease. Their weakness and zero motivation make it more difficult for the health care professional while the process of treatments. Depression, anxiety attacks and stress make the sickness and disease powerful and strong. It gets extremely tricky to handle such kind of patients.

It is a duty of health care professional to go deeper into the psychology of the patient and find out about that individual's nature, culture, and medical background. HCPs should know that there is always a possibility that he/she is provided with false information or less evidence for the diagnostics. Moreover, after the diagnosis, they need to make sure that they deliver the news to the patient in encouraging and the motivational way that breaks the patient less from inside and makes it less difficult to take in all of the information. HCPs need to comfort their patients first that no matter how bad the condition or situation is they are going to make it right with each other’s corporation. Use of “we” while communicating beams positive influence on the patient, they should always use that while having conversation with the patient. If the patient is unconsciously idealizing themselves, an HCP should encourage this and explain to the patient how much special it is to see someone with this kind of potential if the patient is negatively idealizing themselves than they should detect it for the sake of their health because if the patients are playing the card of their sickness just to get attention than wrong medications or doses can harm their health. However, HCPs cannot get direct and tell them what they are up to in a harsh way. They need to explain it to their family and recommend treatments like exercise and give health friendly supplements instead (Medical Students Patients: Topics by WorldWideScience.Org). Furthermore, if there is something serious in the diagnostic of the patient and the patient is weak enough to cope with anxiety and stress, HCP should prescribe things that can boost the level of motivation and courage for that patient, such as doing things that can relieve stress, spending more time with family and friends and more importantly having meetings with the patients who are suffering from the same disease but have positive idealization.

**Works Cited**

Henrike, Hannemann-Weber, and Carsten Schultz. “The Impact of Health Care Professionals’ Service Orientation on Patients’ Innovative Behavior.” *Health Care Management Review*, vol. 39, no. 4, Dec. 2014, pp. 329–39. *PubMed*, doi:10.1097/HMR.0b013e31829d534c.

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