

Unit Six: Interpersonal relationship

Types of relationship:

1. Social Relationship

It is a primarily initiated for the purpose of friendship, socialization, companionship, or accomplishment إنجاز of a task. Communication, which may be superficial, usually focuses on sharing ideas, feelings, and experiences and meets the basic need for people to interact. e.g. when a nurse greets استقبال a client and chats ناقش about the weather الطقس or a sports event or engages in small talk حديث or socializing, this is a social interaction.

2. Intimate Relationship عاطفي

A healthy intimate relationship involves two people who are emotionally committed to each other. Both parties are concerned about having their individual needs met and helping each other to meet needs as well.

3. Therapeutic Relationship

Therapeutic Relationship: An interaction between two people (usually a caregiver and a care receiver) in which input from both participants contributes to a climate of healing للشفاء, growth promotion, and/or illness prevention. The therapeutic relationship differs from the social or intimate relationship in many ways because it focuses on the needs, experiences, feelings, and ideas of the client only.

Phases of Relationship Development and Major Nursing Goals:

Phase	Goals
1. Pre -interaction	يكشفExplore self-perceptions

2. Orientation (introductory تمهيدي)	Establish trust and formulate contract for intervention.
3. Working	Promote client change .
4. Termination نتيجة	Evaluate goal attainment تحقيق and ensure تضمن therapeutic closure.

Boundaries in The Nurse-Client Relationship حدود

1. **Social boundaries:** These are established within a culture and **define how individuals are expected to behave in social situations.**
2. **Personal boundaries:** These are boundaries that individuals **define for themselves.** These include physical boundaries, emotional boundaries.
3. **Professional boundaries:** These boundaries limit and outline expectations for appropriate professional relationships with clients. For example: Favoring a client's care over that of another, keeping secrets with a client, and giving special attention or treatment to one client over others.

Roles of the nurse in a therapeutic relationship:

1. **Teacher.**
2. **Caregiver.**
3. **Advocate.**
4. **Parent Surrogate.** وصي

1. Teacher: The teacher role is inherent in most aspects of client care. During the working phase of the nurse–client relationship, the nurse may teach the client new methods of coping and solving problems. He or she may instruct about the medication regimen and available community resources. To be a good teacher, the nurse must feel confident about the

knowledge he or she has and must know the limitations of that knowledge base. The nurse must be honest about what information he or she can provide and when and where to refer clients for further information. This behavior and honesty build trust in clients.

2. Caregiver: The primary care giving role in mental health settings is the implementation of the therapeutic relationship to build trust, explore feelings, assist the client in problem solving, and help the client meet psychosocial needs. Some clients may confuse physical care with intimacy, which can erode the therapeutic relationship.

3. Advocate: is the process of acting in the client's behalf when he or she cannot do so. This includes ensuring privacy and dignity, preventing unnecessary examinations and procedures, accessing needed services and benefits, and ensuring safety from abuse and exploitation by a health professional or authority figure.

4. Parent Surrogate: When a client exhibits childlike behavior or when a nurse is required to provide personal care such as feeding or bathing, the nurse may be tempted to assume the parental role as evidenced in choice of words and nonverbal communication. The nurse must ensure that the relationship remains therapeutic and does not become social or intimate.

Nurse – health team relationships:

*****The team, doctors and nurses:**

1. Doctors and nurses need to constantly استمرار collaborate and communicate despite the frustrations of a hospital.

2. They need to work together as a team.
3. They can focus on the responsibilities rather than the problems by engaging each other's strengths and they can learn from one another.
4. Doctors and nurses who collaborate, engage, inspire and appreciate each other in a heartfelt way will not struggle with communication.
5. The doctor and nurse team who learn to engage and respect each other will create a positive working environment and perform at an elevated level which can produce quality patient care with exceptional patient outcomes.

*****Therapeutic communication can help nurses to accomplish انجاز many goals:**

1. Establish a therapeutic nurse–client relationship.
2. Identify the most important client concern at that moment (the client-centered goal).
3. Teach the client and family necessary self care skills.
4. Recognize the client's needs.
5. Implement interventions designed to address the client's needs.
6. Guide the client toward identifying a plan of action to a satisfying and socially acceptable resolution.
7. Facilitate the client's expression of emotions.