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Case Discussion- Self Care

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Case Discussion- Self Care

Effects of The Healthcare System, Insurance, And Technology On One's Self-Care

Nurses may neglect their own personal and professional needs as they devote their lives to caring for others. They are the beating hearts of our medical systems but aren't necessarily the beneficiaries of the same. When it comes to implementing new systems in hospitals and clinics, they are at the forefront. This means that they have to take the lead in implementing these systems. This may require them to work overtime under constant pressure, which affects their self-care significantly. Nurses also play a crucial role in adopting and implementing emerging technologies as technology grows and evolves the way healthcare is delivered. It is more essential to assist nurses in adapting to change by training and assisting to guarantee that healthcare delivery is never compromised. However, this is not what happens in the real world, and nurses wound up exerting themselves, thus not taking proper care of themselves in the process. When it comes to insurance, nurses aren't offered the best policies. Protecting themselves and their families becomes a challenge. This, coupled with working in a high-stress, and fast-paced environment, increases stress and leads to deterioration of their health, thus posing as a significant self-care challenge (Crane & Ward, 2016).

Importance of Self-Assessment and Setting Goals

Self-assessment is crucial in developing lifelong skills, like thinking critically about work, increasing understanding of oneself, and enabling one to reflect on their strengths and challenges. This would be very helpful in measuring progress towards set goals. Self-assessment also helps individuals develop a growth mindset. The concept that basic traits (like that of the ability to understand things) can be nurtured through individual perseverance is promoted by using assessment instruments regularly. Nurses that have a growth mindset strive to advance;

they sought out opportunities to learn, expand their abilities, and build more effective learning practices. This would help as it helps one get into the growth mindset. Self-assessment also builds resilience. It helps nurses learn how to navigate through working challenges. When faced with a challenge, individuals recall earlier tactics for dealing with new situations, increased demand, or persevering when things get tough (Blum, 2014). They then determine how to put those techniques and experience to use in their current situation.

As a consequence, they become more capable and resilient nurses. Setting objectives aid in the introduction of new habits, the emphasis of your attention, and the preservation of your motivation. Progress not only one life but also their career. Objectives can also assist you in focusing and feeling more in charge of your work environment. It's also wise to always remember one can't handle what they do not evaluate, and one can't develop what they don't regulate properly.

Physical Signs and Symptoms of Stressors

There are some critical physical tell-tale signs and symptoms when it comes to increased stress. Headaches are among some of those physical signs that indicate one is under stress because of constantly thinking a lot. Having problems sleeping is also an indicator of increased stress, whereby one's sleeping pattern is disoriented, which will, in turn, lead to increased exhaustion and constant tiredness, which also fall under the category of stress indicators. One might also spot increased stress through dizziness or sickness because the body isn't in its state of normalcy; this goes hand in hand with being restless. In the case where one becomes sick, lack of appetite or food cravings that aren't normal. The other sign associated with increased stress is indigestion, which might result from a lack of appetite. These are some of the physical signs and symptoms worth noting when it comes to increased stress.

References

- Blum, C. (2014). Practicing Self-Care for Nurses: A Nursing Program Initiative. *OJIN: The Online Journal of Issues in Nursing*, 19(3), 3.
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