

report

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Stigmas in the Health Care Field

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Introduction

People who have been diagnosed ³ with rare diseases usually face challenges that are different from those who have experienced common medical conditions. Most of the available studies are focused on the diagnosis focus and treatment without specifically identifying the psychological experiences for the patients. This is a major issue that has affected how these diseases and infections are identified and managed by healthcare professionals (Sartorius & Schulze, 2015). Stigmatizing these people can is always done in stereotyping, prejudicing, and also social seclusion. In many cases, the discriminatory behaviors and prejudicial attitudes usually fuel inaccurate notions and mentalities about the people who have developed these rare diseases. Quality research calls for improved psychosocial studies and also patient experiences that help in the management of these conditions to help the patients live with other individuals without any form of prejudice. The main solutions provided to prevent the causes and effects of stigmatization of ⁶ patients with rare diseases are the use of therapies, community healing and also the management of depression and anxiety.

Community Healing

In order to provide community-based healing to patients with rare diseases, there is a need to provide a diagnosis of the stigma practices. Some of the community practices that lead to stigmatization include stigmatizing behaviors, prejudices, and the development of social stereotypes in the society. These are the main factors that affect many individuals in the healthcare sector. There is a need to provide comprehensive approaches that would help to the management of stigma and also to the promotion of health. These include policies that promote equality in the healthcare centers and also ensure that individuals with rare diseases are protected

from any harm. Community advocacy and social policy standards needs to be maintained to ensure that these people are protected from any form of prejudice (Fong, Ng & Yuen, 2018).

Adolescent mothers are stigmatized by stereotypes that they represent unmotivated, unreliable, and unqualified parents. In spite of the pervasiveness of these stereotypes, stigma is seldom identified as the contributing component to teen mothers' troubles and their well-being and cultural disparities. After deciphering how adolescent mothers have been falsified and stereotyped around the last half period, I identify what is understood about this stigma related with adolescent mothering, causes for its persistence, all efforts to decrease it, as well as its potentially harmful effects.

The alternate view on stigma at national health focuses on its possible benefits that are, in some instances, stigma may change the well-being of stigmatized people and maybe the useful tool of social control discouraging unhealthy behaviors. Historically, in the America there has been a powerful practice within national health and drug that morally established norms emphasizing the part of personal responsibility shape behaviors in the benefit of public health.

Community healing can also be achieved through the launching of severe campaigns against any form of prejudice. This would help in the management of healthcare conditions without any issue of biases and discrimination coming into play. There is a need to ensure that popular individuals in the society have been involved in the management of these conditions hence providing solutions to these issues. The use of cultural communities to engage the members to uphold equality is also another consideration that can be adopted. Community members also need to understand the importance of social rights to help individuals improve their performance in society. Respectable members of the society needs to be used in the

management of these health conditions so as to ensure that the conditions have been prevented from occurring in the future (Weinstein & Geller, 2017).

If you are being impacted by bias, you may want to seek assistance in order to defeat these issues. Some of us are these victims of discrimination, that may be detrimental to our mental state. We might need help to build self-esteem and trust, or to recover from more severe mental issues caused. These culprits of discrimination may also require professional assistance and advice. That bias may be affecting badly on the ability to take a good social life, you may think out of control and issues with anger may occur. If any of the sounds familiar, it is really important to get help. Healers and advocates are there to assist anyone that wants it. They cannot take you off or betray trust. They can provide an unbiased platform to sound concerns and concerns, and encourage getting through the subjects. If you have been impacted negatively by prejudice and discrimination, contact the supervisor or therapist, and start the healing.

Social workers can remain aware to the prospect of any conflict of interest, which may alter their ability to take business judgment or bias their judgment. If such a dispute arises, they can affirm it and take proper action to ensure that the business relationship is not prejudiced. They can encourage people, families, groups, and societies to explore these alternatives for solving or balancing conflicting or competing needs and interests.

Outrage is the important work and social issue, and there are professionals who deal specifically with anger management. Unfortunately, the origin of this anger might not be work-related, which means there may be little that the employer will do to understand the cause of this rage. Although the majority of employees do not want their own matters to change their business position, they may seem powerless in their power to make such issues from affecting their performance and relationships at work.

Reacting to discrimination and prejudice on the personal level, e.g., in relationships or with friends and family, maybe a delicate topic. It will help to think that bias and discrimination frequently come from lack of knowledge and understanding, which will in exchange lead to anxiety. Although anger is the physical reaction, try to make friends and family the benefit of the doubt answer calmly and attempt to teach them about mental disease.

Use of Therapies

Studies have demonstrated that stigma usually affects some aspects of mental disorders, and for this reason, there is a need to use therapies as an intervention. Treatments are clinical measures that help to alleviate the psychosocial problems and also reduce stress. Patients with rare diseases can always use treatments to manage their conditions and also promote effective healthcare. The quality of life can also be adversely improved through the use of therapies as supportive interventions to healthcare. Appropriate advice and information can be used as supportive interventions that can provide individuals with solutions to their healthcare challenges and problems (Von der Lippe, Diesen&Feragen, 2017).

The use of therapies provides psychological intervention for the patients to manage effectively. This leads to healing as one feels safe and confidential to stand for their own. The main examples of trauma in sexual assault victims are associated with acts of hopelessness, distress, shame, and blame. In many cases, trauma leads victims to be reluctant to indulge in a normal sexual behavior from the rest of the society. Since people with trauma are reluctant to seek medical care, it is also evident that even when they seek help, they usually fail to seek effective treatment services. The use of several forms of therapies is typically beneficial in helping the victims to solve the challenges and the major problems that affect them. The main

benefit of therapies, according to the lead psychologist in the site, is to help the victims feel better after the event of sexual violence has affected them. The administration of individual therapies helps them to feel as capable of recovering from the problems they have been facing (Uhlenbusch& Lowe., et al., 2018).

5 Management of depression and anxiety

Individuals with rare and uncommon diseases are also faced with cases of anxiety and also depression. These are major conditions that affect individuals and which cause them to have severe problems and challenges in their lives. The use of psychologists and counselors can be helpful in the management of anxiety and depression among the members of the society. One of the strategies used by a counselor is to use group counseling that allows survivors to connect with fellows who have faced similar situations in the past. This can help to reduce the trauma that has been created by the abusers. These people have been found to enlarge social isolation, psychological distress and physical pain that guide them to have many problems inside the society. Furthermore, people as well increase stigma as a result of negative attitudes in addition to negative beliefs that associated with. The online community ensures that every victim has become part of a wider community that cares for them and solves the major problems they face (Weinstein& Geller, 2017).

Illness perceptions represent those cognitive representations or opinions that patients take about their sickness and are now related with the number of results at chronic illness, including self-management behaviors and health-related quality of life. Because of the influence of illness perception on care results, this study of treatments aimed at altering incorrect or unfavorable perceptions of illness is growing into an important research issue in health psychology.

Psychiatric sickness is general amongst patients through terminal sickness. Such illnesses ought to be described as those treatable syndromes that they represent, rather than as “anticipated” effects of end diagnoses. The great depression is known through about one-fourth of patients with cancer, with charges growing as this illness worsens. Different terminal illness is likewise associated with raised rates of the great depression. Moreover, one-quarter of the terminally ill patients also have considerable emotion. Symptoms, dyspnea, and sickness untreated pain will worsen abnormal mood as well as emotion.

Sadness considerably increases the total significance of sickness ² in patients with chronic medical conditions. Compared by those without low, medical outpatients through depressive symptoms or disorders had decrements in the grade of life and took nearly twice as many times of limited process or lost the job because of the illness. Similarly, Depression is linked with the 50 percent to 100 percent change in health services usage and costs.

Anxiety and development of depression among the patients have been predicted to have a significant negative impact on these ailments. There is a need to manage the chronic illnesses with the aim of increasing the mortality rates and also the overall quality of life. This would help in the management of depression and also in the improvement of the anxiety problems among the people. Having effective measures to prevent the cognitive challenges is one of the most effective approaches that can be used by clinicians to manage healthcare effects. Any treatment approaches of these rare diseases should always take into account the mental health (Lopes, & Koch, et al., 2018).

Conclusion

In sum, stigmatization of individuals with rare diseases usually comes from the factors associated with issues related to prognostic negativity, diagnostic overshadowing, and also pure marginalization of these patients. Their people are typically stigmatized as a result of the existing biases and prejudice that develop as a result. There is a necessity to adopt a practical solution that would help to manage patients who have been stigmatized for many years. The main initiatives that need to be adopted include providing the healthcare providers with solutions to help curb the outbreak. The communities need to identify solutions such as empowerment over shame to help these individuals recover. There is also a need for healthcare providers to provide more details and information about these rare diseases to prevent any cases of stigmatization coming from the people. The provision of therapies would also be an adequate solution to the management of the issue.

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