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# Effective psychological care for physically ill patients in hospital

**NS550 Priest H (2010) Effective psychological care for physically ill patients in hospital. Nursing Standard. 24, 44, 48-56. Date of acceptance: April 29 2010.**

## Summary

This article introduces the concept of psychological care as part of a holistic approach to nursing practice. Its primary focus is on the psychological care needs of general medical and surgical patients in hospital, but the principles introduced and discussed are broadly relevant to a wide range of nursing and healthcare settings and contexts.

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## Keywords

**Holistic care, professional caring, psychological needs**

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## Aims and intended learning outcomes

The article aims to explain and promote the importance of caring for the psychological needs of people who have become physically ill and require healthcare services. It seeks to identify the skills, knowledge and personal qualities needed to assess patients' psychological needs, and deliver appropriate and realistic psychological care with the resources available. While the article is targeted at newly qualified and less experienced nurses, the broad principles continue to be relevant to experienced ward-based nurses. After reading this article and completing the time out activities you should be able to:

- Explain how psychological care fits in the broader context of holistic nursing care.
- Identify the factors that might activate psychological needs in hospital patients.
- Outline the core elements of effective psychological care delivery and summarise the benefits.
- Discuss the extent of psychological care and how it differs from counselling and therapy.
- Identify potential barriers to delivering effective psychological care and summarise possible ways to overcome them.

## Introduction

Florence Nightingale suggested many possible reasons for symptoms of ill health experienced by patients that were not attributed to illness. These included poor hygiene and diet, lack of light and lack of punctuality in care delivery (Nightingale 1859). These factors suggest discomfort rather than disease, but need to be dealt with to promote patients' recovery from illness. Other factors include anxiety, information overload, sensory deprivation, disruption to normal activities of living and having to adjust to a communal care environment.

## The nature of care

Watson (1998) suggested that care was 'the essence of nursing and the most central and unifying focus for nursing practice'. In the years since, there has been increasing interest in the nature of care, caring, and modes of care delivery in nursing. There are now many studies and theories about caring in different contexts.

# Emotional Disorders In Physically Ill Patients

**SJ Ball**



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