Therapeutic Nursing Interventions Paper

Nursing 403– Career Pathway: Expanding Horizon

Purpose of Assignment
The purpose of this paper is to define a clinical problem, review the literature for appropriate research supported nursing interventions, critique current practice and provide a plan for changing or adapting clinical practice.

Student Approach to Assignment
I approached this assignment by relating it to my specialty. PreOp and Recovery patients typically have a lot of anxiety related to procedures. This paper researches how different techniques can be used to reduce anxiety and improve a patient’s outcome.

Reason for Inclusion
Although this was not my best written paper, I met a few outcomes related to nursing practice and teaching. I am including this paper because it directly relates to my specialty.

Nursing Practice

- “Performs direct and indirect therapeutic interventions that incorporate principles of quality management and proper safety techniques based upon assessment finding.”

In this paper I identify many ways to help reduce anxiety related to surgery. These techniques include music, relaxation therapy, and better pre-assessment education. I evaluate how these techniques would be effective in my department.

- “Demonstrates an awareness of complementary modalities and their usefulness in promoting health.”

The techniques discussed in the paper are not just from a nursing standpoint. Music and relaxation therapy are their own specialties. These therapies are still effective in reducing a patient anxiety even though they are not related to the nursing field. The paper discusses how reducing anxiety can improve a patient’s perception on pain and the surgical journey.

Communication

- “Uses therapeutic communication within the nurse-patient relationship.”
This outcome is met by discussing pre-assessment education with the patient. This type of communication effectively educates the patient about the surgery and reduces anxiety. The nurse can also assess the patient for anxiety are what the cause is.

**Teaching**

- “Uses information technologies and other appropriate methods to enhance one’s own knowledge base.”

This assignment allowed me to research more into my own nursing practice. I was able to learn more about how anxiety can negatively affect a patient’s surgical experience. Learning ways to improve a patient’s experience and reduce their anxiety has helped me better understand how to provide better nursing care.