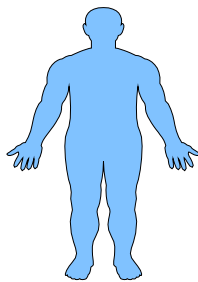


## A BRIEF LOOK AT -

### PSYCHOSOCIAL ASPECTS OF PATIENT CARE



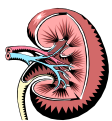
You are taking care of the patient because s/he has a physical illness. But, that illness is not all that impacts how the patient feels. The patient also has nutritional, environmental, psychological, emotional, spiritual and lifestyle needs and values that have impact. Taking all of these areas into consideration means that you are looking at the psychosocial aspects of patient care. Remember that your patient is a **PERSON** who has many needs. The needs fall into categories that can address all psychosocial aspects such as:



Psychological  
Elimination  
Rest and activity  
Safe environment  
Oxygen  
Nutrition

As you take care of a patient in the home, you can use PERSON to identify the patient's physical and functional health. Here are examples:

**PSYCHOLOGICAL** - How is the patient coping with pain? Is there depression, spiritual or emotional distress? What is the level of consciousness?



**ELIMINATION** - How is the bowel and bladder function? Does the patient have a UTI, colon cancer, renal failure, prostatitis, sexual dysfunction?

**REST AND ACTIVITY** - What is the patient's range of motion? Does s/he need help walking? Arthritis? Does s/he sleep well?



**SAFE ENVIRONMENT** - Is there any compromise of skin? Are there problems with medication management? Does the patient get annual exams such as for prostate, mammograms, etc.? Do all caregivers practice standard precautions?



**OXYGEN** - Does the patient have breathing problems such as with emphysema, COPD, pneumonia? Does s/he have circulatory problems such as CHF, MI, hypertension?



**NUTRITION** - How is the patient's ability to chew? Can s/he feed self? What assistance is needed? Is s/he overweight?



Keeping these psychosocial aspects of patient care in mind and looking at your patient as a PERSON will enable you to provide quality care and service.

## A BRIEF LOOK AT -

### PSYCHOSOCIAL ASPECTS OF PATIENT CARE



#### QUIZ

1. When you take care of a patient, all that matters is the fact that s/he is sick.  
 True  
 False
  
2. When you take care of a patient, all that matters is the fact that s/he is sick so if s/he is upset because the dog has died it isn't important.  
 True  
 False
  
3. The patient has needs that include psychological, elimination and nutrition.  
 True  
 False
  
4. An example of a rest and activity would include decreased range of motion.  
 True  
 False

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Signature

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Date

**A BRIEF LOOK AT -**

**PSYCHOSOCIAL ASPECTS OF  
PATIENT CARE**



**ANSWER KEY**

1. FALSE
2. FALSE
3. TRUE
4. TRUE