

Exam 1 Study Guide

Modules 1 2 & 3

Module 1

- **Review of Theories**

- **Peplau:**

- **Orientation:** The phase during which the patient, nurse and family work together to recognize, clarify and define existing problems.
- **Identification:** the phase after which the patient's initial impression has been clarified and when he or she begins to respond selectively to those who seem to offer the help that is needed; patients may respond in one of three ways. (1) on the basis of participation or interdependent relations with the nurse, (2) on the basis of independence or isolation from the nurse, (3) on the basis of helplessness or dependence on the nurse.
- **Exploitation:** the phase during which the patient proceeds to take full advantage of the services offered to him or her; knowing which services are available, feeling comfortable within the setting & serving as an active participant in his or own health care. the patient exploits the services available & explores all possibilities of changing the situation.
- **Resolution:** occurs when the patient is freed from identification with helping persons and gather strength to assume their independence; resolution is a direct result of successful completion of the other three phases.

- **Adaptation to Stress:** stress may be viewed as an individual's reaction to any change that requires an adjustment or response, which can be physical, mental, or emotional; responses directed at stabilizing internal biological processes and preserving self-esteem can be viewed as healthy adaptation to stress

- **Adaptive Response:** behavior that maintains the integrity of the individual. It is viewed as positive and is correlated with a healthy response; when the behavior disrupts the integrity of the individual, it is viewed as maladaptive.
 - Examples of adaptive coping strategies: awareness, relaxation, meditation, interpersonal communication, problem solving, music & pets.
- **Maladaptive Response:** behavior by the individual that is considered to be harmful or unhealthy
 - Examples of maladaptive coping strategies: drugs, alcohol, lack of sleep, poor diet, and social isolation.

- **Levels of Anxiety:** feelings of anxiety are so common in our society that they are almost considered universal; anxiety arises from the chaos and confusion that exists in the world; fear of the unknown and conditions of the ambiguity that allow anxiety to take root and grow; lower levels of anxiety are adaptive and can produce the motivation required for survival. anxiety becomes problematic when the individual is unable to prevent his or her

Case Worker 1 Exam Study Guide

Huangqi Zhang



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Table of Contents Case Worker 1 Exam Study Guide

1. Understanding the eBook Case Worker 1 Exam Study Guide
 - The Rise of Digital Reading Case Worker 1 Exam Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Case Worker 1 Exam Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in a Case Worker 1 Exam Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Case Worker 1 Exam Study Guide
 - Personalized Recommendations

- Case Worker 1 Exam Study Guide User Reviews and Ratings
- Case Worker 1 Exam Study Guide and Bestseller Lists
- 5. Accessing Case Worker 1 Exam Study Guide Free and Paid eBooks
 - Case Worker 1 Exam Study Guide Public Domain eBooks
 - Case Worker 1 Exam Study Guide eBook Subscription Services
 - Case Worker 1 Exam Study Guide Budget-Friendly Options
- 6. Navigating Case Worker 1 Exam Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Case Worker 1 Exam Study Guide Compatibility with Devices
 - Case Worker 1 Exam Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Case Worker 1 Exam Study Guide
 - Highlighting and Note-Taking Case Worker 1 Exam Study Guide
 - Interactive Elements Case Worker 1 Exam Study Guide
- 8. Staying Engaged with Case Worker 1 Exam Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Case Worker 1 Exam Study Guide
- 9. Balancing eBooks and Physical Books Case Worker 1 Exam Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Case Worker 1 Exam Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Case Worker 1 Exam Study Guide
 - Setting Reading Goals Case Worker 1 Exam Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Case Worker 1 Exam Study Guide
 - Fact-Checking eBook Content of Case Worker 1 Exam Study Guide

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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