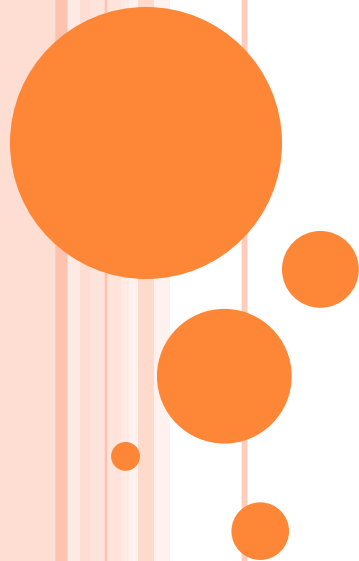


# **INTERPERSONAL RELATIONSHIP**



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# INTRODUCTION:

The interpersonal relationship is the basis of nursing practice. In health field, the helpful relationship is often referred to as a therapeutic relationship because it is a key element enabling health professional to administer care of the patient.

Nursing is one of the professions where nurses while performing this job help other people to promote and maintain their optimal health, to prevent them from becoming ill.



# SOCIAL AND PROFESSIONAL RELATIONSHIP:

In nursing profession the following relationship are considered to be significant

- Nurse-Patient
- Nurse-Patient's family
- Nurse-Physician
- Nurse-Administrator
- Nurse-Supervisor
- Nurse-Educators
- Nurse-Nurse
- Nurse-Nursing student
- Nurse-Other health care professional



# ELEMENTS OF INTERPERSONAL RELATIONSHIP:

➤ Rapport-

➤ Trust-

E.g. providing a blanket when patient feels cold,  
Being honest-telling truth.

➤ Caring-

➤ Respect-

E.g. calling the patient by his name, spending  
sufficient time with the patient.

➤ Genuineness-

➤ Empathy-



# ESSENTIAL COMPONENTS:

1. Social relationship
2. Intimate relationship
3. Therapeutic relationship-



# PHASES OF THERAPEUTIC NURSE-PATIENT RELATIONSHIP

## 1. Pre-interaction

- a) Obtaining available information about the patient from chart and other health team members.
- b) Initial assessment of patient.
- c) Plan first meeting with the patient.

## 2. Orientation

- a) Establishment of trust and rapport.
- b) Maintaining privacy.
- c) Gathering essential information from the patient or relatives.
- d) Formulate nursing diagnosis.



### 3. Working phase

- a) Maintaining the trust and rapport that was established during the orientation phase.
- b) Problem solving approach.
- c) Continuous evaluation of progress towards the goal attainment.

### 4. Termination

- a) The mutually agreed goals may have been reached
- b) Patient may be discharged from the hospital.
- c) In the case of student nurse it may be the end of clinical rotation.



## CONCLUSION-

In developing the interpersonal relationship, the important elements like rapport, respect, trust, caring, genuineness and empathy are the personal strengths in helping a person. The three essential components, namely social relationship, intimate relationship and therapeutic relationship are to be suitably interlinked with the four phases of therapeutic relationship for promoting the interpersonal relationship between nurse and patient.





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# THANK YOU

