

## 2021 RN Graduate Program

### Case Study (1,000 words)

The therapeutic relationship is the basic core and essence of the psychiatric nurses' role and is therefore essential for providing quality holistic care. (Pazargadi, M., Moghadam, M., Khoshknab, H., Alijani, H., & Molazem, Z. (2015). The therapeutic relationship in the shadow: Nurses experiences of barriers to the nurse-patient relationship in the psychiatric ward. Issues in Mental Health Nursing. 36, 8.)

Developing a therapeutic relationship is the first step in assisting a person's journey towards recovery. Your task is to select a consumer you have worked with and discuss the following:

- Briefly outline the persons diagnosis and reasons for admission
- Your approach to developing rapport with the person and their family / carers
- Discuss the barriers you encountered when developing a therapeutic relationship. Discuss strategies you used to overcome this. Barriers may include:
  - Communication
  - Cultural – values, beliefs, religious
  - Trauma
  - Gender sensitive practice
- Discuss your approach to working with a person towards their recovery. This may include:
  - Key capabilities required as a professional
  - Examples of what worked and what didn't work

You will be required to facilitate a 10 minute presentation during Allocated Study day to discuss the above. You are required to present this to the group using a power point presentation

#### **Please Note:**

Do not use the consumers real name.