



COPING WITH CHRONIC RHEUMATIC DISORDERS

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PSYCHO SOCIAL ASPECTS OF RHEUMATIC DISEASES



KUBLER ROSS

5 STAGES

- 1.Shock
- 2.Denial
- 3.Anger / Bargaining
- 4.Depression
- 5.Acceptance



EDUCATION



SELF EFFICACY



SELF
MANAGEMENT



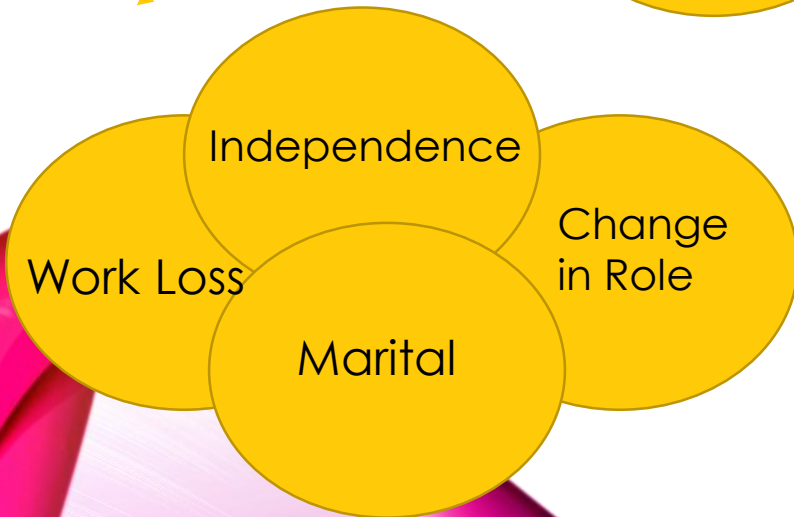
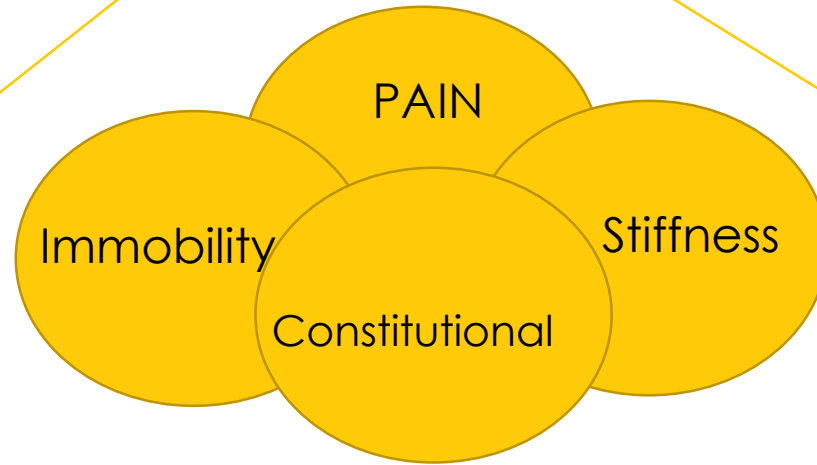
BEHAVIOUR



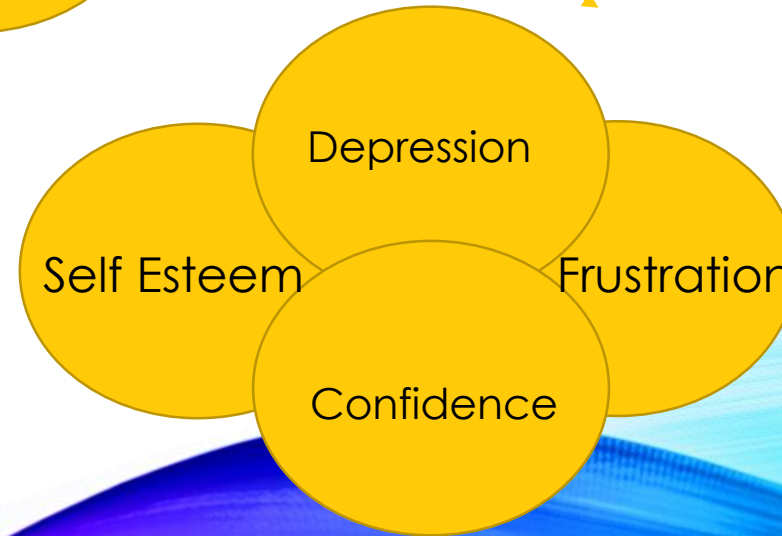
HEALTH

EFFECTS OF RHEUMATIC DISEASE ON PATIENTS

PHYSICAL



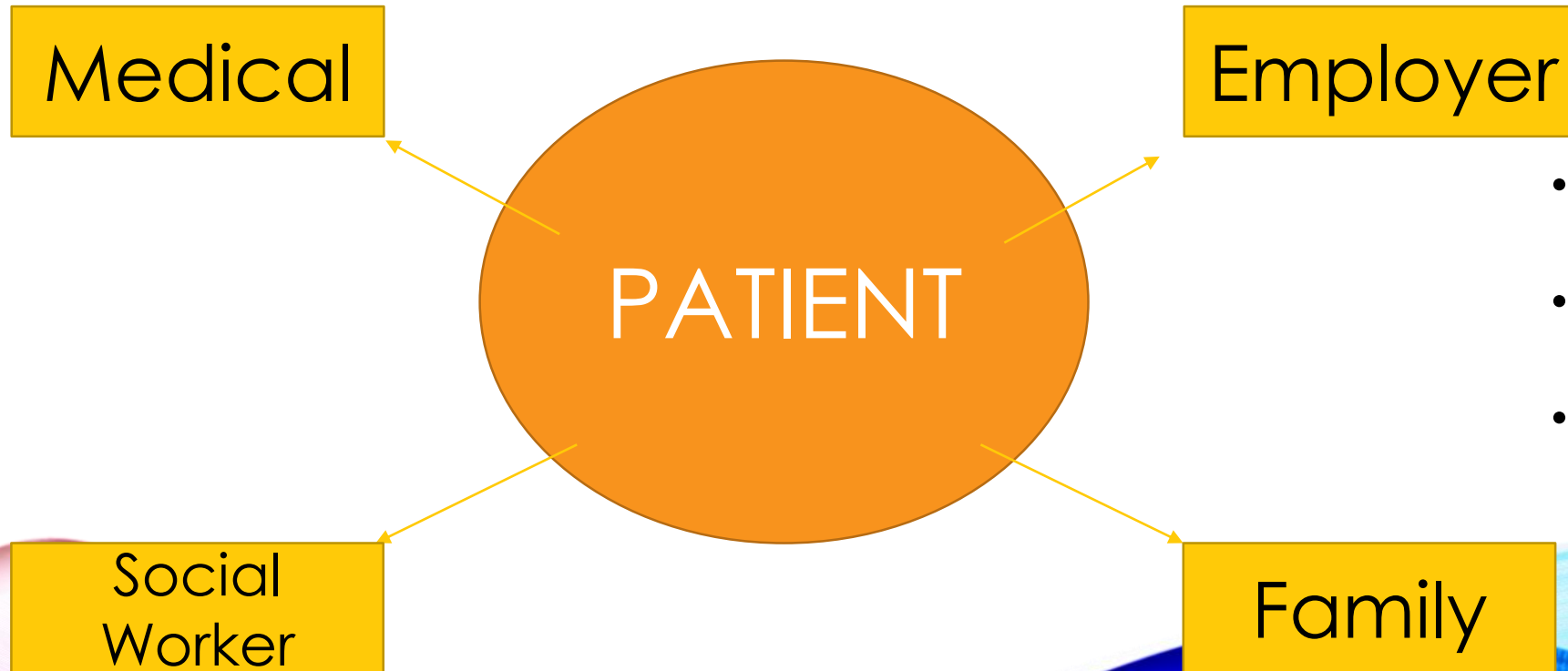
SOCIAL



PSYCHOLOGICAL

COMMUNICATION

BEING A GOOD LISTENER

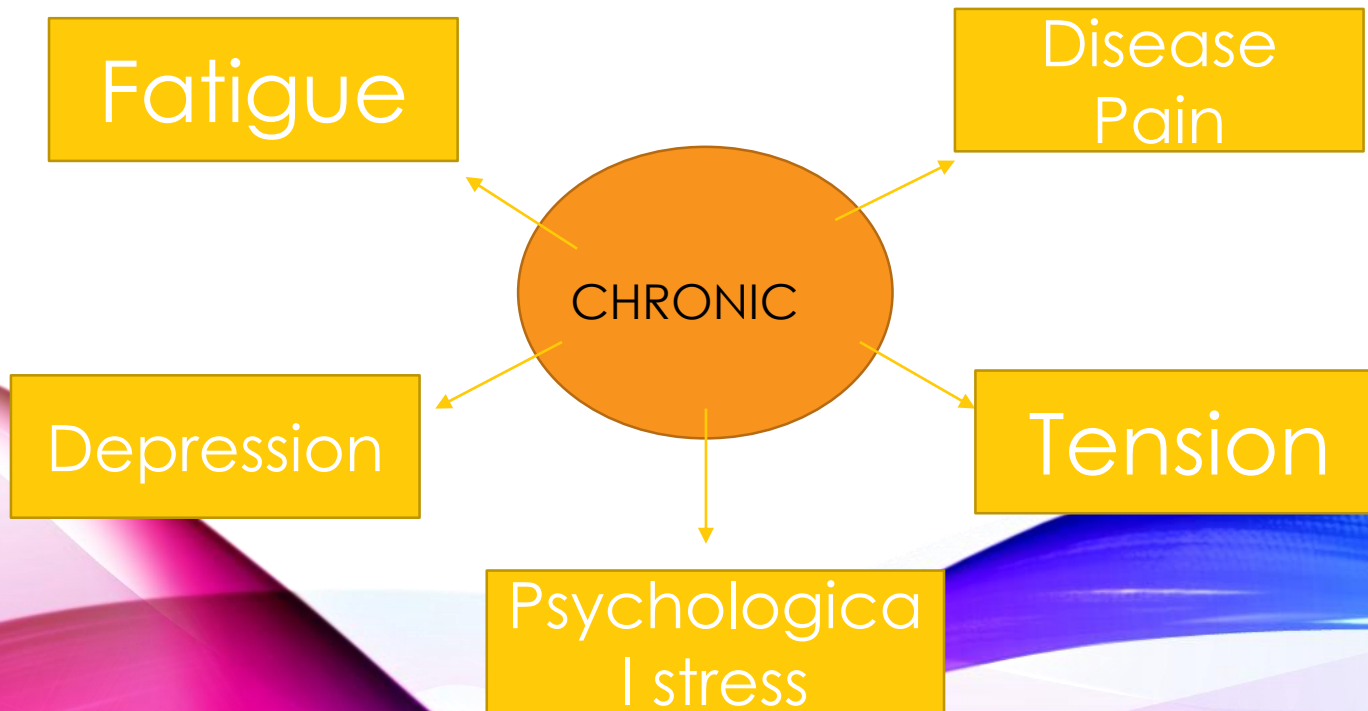


- Prevents misunderstandings
- Builds support for family and friends
- Communication builds strong team / patient

PAIN

Pain can be:

1. Acute during acute flare or post operative
2. Chronic



PAIN AND STIFFNESS

STIFFNESS

Patient has difficulty in separating stiffness and pain

- defined as a discomfort after inactivity

PATIENT TO:

- Exercise
- Relaxation – Jacobsons
- Massage
- Guided Imagery
- Distraction
- Self Talk
- Heat and cold

- Comfort Alterations

Pain
Stiffness
Sleep
Fatigue

- Adaptation Alterations

Change in
Self-Esteem
Limitations
in Insight

- Functional Alterations

Change in
mobility
Change in
Daily living
skills

- Physical Alterations

Change in
nutritional
status
Change in Skin
Integrity
Change in
Body image

CAUSES OF FATIGUE

1. Anaemia: Iron or non-iron deficiency
Anaemia of chronic disorders
2. Muscle atrophy: Decreased activity leads to less efficient muscles
3. Physical activity: More energy needed during active disease
4. Emotional stress: “Covering up” solution
“Keeping up” – Recapture former identity
Depressed patient – coping requires energy
5. Lack of knowledge: Energy conservation
6. Sleep disturbances:
 1. Physiological – pain and stiffness
 2. Psychological
 3. Environmental or iatrogenic
 4. Related factors – Age; Gastric reflux; position

DEPRESSION

RECOGNIZE DEPRESSION

- Withdrawal
- Sleep pattern disturbances
- Change in eating habits
- Lack of motivation
- Tearful
- Denial

MANAGEMENT OF DEPRESSION

PATIENT TO:

- Recognise depression
- Communicate
- Manage pain
- Increase social contact
- Exercise
- Do something enjoyable
- Goal setting
- Contracting