

STRES

Nurcan AKGÜL GÜNDOĞDU¹

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Konu Başlıkları

1. Giriş
2. Stres ve tarihsel süreç
3. Stres ile ilgili tanımlar
4. Stres ve kültür ilişkisi
5. Stres kavramının farklı disiplinlerde ele alınışı
6. Stres teori ve modelleri, stresörler, belirtileri, tepkileri, sonuçları
7. Stres yönetimi ve hemşirelik
8. Hemşirelik kuramcılarının stresi ele alış şekilleri
9. Stres kavramı ile ilgili hemşirelik tanıları, girişimleri
10. Gelişim dönemlerine göre stresi tanıma ve özellikleri
11. Stres ve etik
12. Stres düzeylerini değerlendirmede kullanılan ölçekler
13. Stres ile ilgili atasözleri, deyimler, fımlar, kitaplar,
14. Özet Noktalar
15. Örnek Vaka
16. Sorular
17. Kaynaklar

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Öğrenim Hedefleri

- ☑ Stres kavramının insan hayatındaki yerini fark edebilme
- ☑ Stres kavramını tanımlayabilme
- ☑ Stres kavramının teori ve modellerini tanıyabilme
- ☑ Stres kavramı ile ilgili hemşirelik tanı ve girişimlerini planlayabilme
- ☑ Stres kavramını gelişim dönemlerine göre analiz edebilme
- ☑ Stres kavramının etik ile ilişkisini kurabilme

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Temel Kavramlar

Stres, stresör, stres tepkisi, genel / lokal adaptasyon sendromu, stres modelleri, stres yönetimi, hemşirelikte stres, kültürojenik stres, moral distress

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