

ANDA YAŞAMAK

Çiğdem Fulya DÖNMEZ¹

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Konu Başlıkları

1. Giriş
2. Tarihsel Bakış
3. Tanım
4. Anda yaşamak ve kültür ilişkisi
5. Farklı disiplinlerde anda yaşamak kavramı
6. Hemşirelik kuramcıları gözüyle anda yaşamak
7. Gelişim dönemlerine göre anda yaşamak
8. Anda yaşamak ve etik ilişkisi
9. Örnek Vaka
10. Kavrama ilişkin ölçekler
11. Özet Noktalar
12. Kitap ve Film Önerileri
13. Sorular
14. Kaynaklar

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Öğrenim Hedefleri

- ✓ Anda yaşamaya ilişkin hemşirelik stratejilerini kavrayabilir
- ✓ Anda yaşamak kavramına ilişkin farklı tanımları açıklayabilir
- ✓ Farklı disiplinlerin anda yaşamak kavramını ele alınış biçimini tartışabilir
- ✓ Anda yaşamanın kültürlerde farklı olarak değerlendirildiğini söyleyebilir
- ✓ Gelişim dönemlerine göre anda yaşamanın farklılaştığını kavrayabilir
- ✓ Hemşirelik bakımına anda yaşama kavramını entegre etmenin bakım kalitesine etkisine yönelik iç görü kazanabilir

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Temel Kavramlar

Anda Yaşamak, Yaratıcılık, Öz farkındalık, Şimdi ve burada, Ölüm kaygısı, Robopati, Hemşirelik, Spontanite

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3. Robopati terimi ile ilgili aşağıdaki ifadelerden hangisi doğrudur?

- A) Robopati yaratıcılığın, spontanlığın ve anda kalma becerisinin bireysel gelişim sürecinde hatalı öğrenmeler nedeniyle zarar görmesi durumudur.
- B) Robopati yaratıcılığın artmasına katkı sağlayan bir katalizördür.
- C) Robopati spontanlığın artmasına katkı sağlayan bir katalizördür.
- D) Robopati bireylerin özgür seçim yapabilme yetisinin olumlu yönde etkilenmesi durumudur.
- E) Robopati bireylerin anın içinde yaşamasını kolaylaştıran bir katalizör işlevi görür.

4. Hemşirelikte anda yaşamak kavramı ilk defa ne zaman ve kim tarafından geliştirilmiştir?

- A) Dönmez ve Johnston (2020)
- B) Walker ve Avant (2014)
- C) Freud (1912)
- D) Moreno (1941)
- E) Hymer (2004)

Cevaplar	1. E	2. B	3. C	4. A	5. A
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KAYNAKLAR

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