

EMOTIONS IN SICKNESS

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Emotion is defined as the agitation of the mind or stirring up of the condition of the body. Emotion is strong feeling. Causes of emotions are : (1) stimuli, (2) source, and (3) situation. Emotions are linked up with motives. Emotions are expressed by joy, happiness, love, tenderness, affection, hatred, jealousy, anger, envy, etc.

There are two types of emotions viz. pleasant and unpleasant. Mild emotions aroused while doing good to persons are called pleasantness and that aroused while causing harm are called unpleasantness. Pleasant emotions are positive, e.g. joy, happiness, love, affection, etc. Unpleasant emotions are negative, e.g. hatred, jealousy, distress, anger etc. Extreme happiness, vanity and pride are also called emotions.

When a person is emotionally aroused, complex action takes place in the body. The mind is affected and thereby reasoning and thinking also. Changes take place, and a person may become angry or may be happy. Outward action shows physical activity of the person.

Inwardly the endocrine glands, the respiratory and the circulatory systems become over-active. The blood is rushed to the peripheral muscles by which there is no proper blood supply to the vital organs. Unpleasant emotions lead to some diseases, known as psychosomatic illnesses. The common diseases caused by emotions are peptic ulcer; cardiac diseases, tuberculosis, asthma, etc.

We should always keep in mind that we have to treat the patient both physically and psychologically.

Physical may make him all right, but soon he may get a relapse. A T.B. patient can recover early if he is happy. Mental happiness of heart patients helps speedy recovery. Modern nursing emphasises the total care of the patient rather than considering him as a 'disease' or 'bed no...' so and so. In comprehensive nursing care the patient is considered an individual and his individuality is maintained.

In patients suffering from leprosy, it is observed that the following are the common emotional reactions : Sadness, feeling of loneliness, depressed feeling, and lack of confidence of recovery. The worries of their family and children cause more emotional reactions. They show signs of anger and become desperate. They feel the society will not readily accept them back when they return from the hospital. Here the emotion does not produce the disease, whereas the disease forms a cause for emotional disturbances.

A nurse who possesses some knowledge on psychology can help them. Talk to them at their bed side, or when you meet them on your way. A good nurse should have the qualities of a good listener. Some patients bear their pain and suffer silently whereas some others express their feelings by crying, shouting, etc.

Give them a little knowledge about the condition of their illness. Help them to realise their own self and then they will fully co-operate in their treatment. By receiving this guidance, the patients get the feeling of security. By good understanding, reassurance and training, they can control emotions and learn how to make themselves happy.

ARTICLES INVITED

Articles on nursing and allied subjects are invited from Nurses and Health Visitors, Midwives and Auxiliary Nurses Midwives for inclusion in the Souvenir of the 5th Biennial National TNAI Conference to be held in Uttar Pradesh in October 1970.

Articles should be sent to: Miss I. Shaw, Deputy Superintendent Nursing Service, Public Library Building, Kaiserbagh, Lucknow I, not later than August 15, 1970.

HOSPITAL SUNDAY

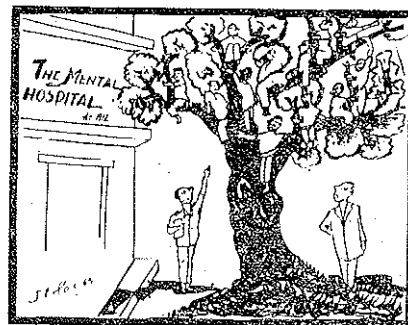
Hospital Sunday was observed throughout the world on February 8.

Special prayers and meetings were held in churches when the services of Doctors, Nurses and others in the health team were specially remembered.

Speaking at one of the functions in Delhi Mr. W. Iwatt said that the churches and the hospitals were engaged in the mission of "healing". The church heals the mind and the hospital heals the sick and wounded.

In many of the churches Doctors and Nurses led the prayers and conducted meetings.

U DID IT . . .



Nurse to Doctor : I told you there should be no trees in a Mental Hospital.