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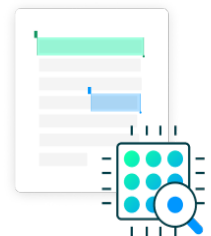
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Discussion Post On Hildegard Peplau's Theory of Interpersonal Relationships

Student

Institution

Course

Instructor

Date

Shaping the Nurse-Patient Relationship

In contemporary psychiatric nursing, the Hildegard Peplau's theory of interpersonal relationships emphasizes on the therapeutic relationship between the nurse and patient. Her theory in modern application calls for meaningful communication between nurses to build trust and collaboration. By listening actively and interacting empathetically, nurses can clarify patients' emotional and psychological needs so that it paves the way for patients' individualized care plans. In addition to humanizing care, this approach is a useful weapon against patients with anxiety and resistance to attain better clinical outcomes (Kverno & Fenton, 2021). However, psychiatric nurses can best assist their patients with recovery when their top priority is to forge a real interpersonal connection with the patients, resulting in both holistic and person-centered care.

Benefits and Challenges in Clinical Practice

According to the application of Peplau's theory, there are numerous benefits to the application of the theory in modern-day clinical settings. One of the advantages is the increase in therapeutic alliance, and patient engagement, and stimulates self-awareness of patients in the recovery process (Chafidoh et al., 2024). Nevertheless, the incorporation of such concepts into day-to-day practice is also difficult. The time constraints, staff shortages, and high demands of acute psychiatric environments may limit the opportunity for nurse-patient interactions to the point that Peplau's ideals cannot be fully realized (Sarami et al., 2023). The ongoing education and institutional support needed for the training of adequate interpersonal techniques on all staff members is also required. Although these challenges exist, the intentional use of Peplau's interpersonal relations framework remains a critical method of attaining literal and powerful psychiatric treatment.

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