

Stress and its Psycho physiologic Disorders



Professor Dr. Elham fayad

Objectives:

By the end of this session the student should be able to:

- Define stress, stressors, eustress and distress.
- Describe stress response stages.
- Discuss the physiologic responses to stress.
- Explain Factors influence stress response.
- Formulate care goals and interventions for clients with stress.
- Name stress-related illnesses.
- Formulate care goals and interventions for clients with stress-related illnesses.

Outlines:



- Definition of stress, stressors, eustress and distress.
- Characteristics of stress.
- Adaptation, physiologic response to stress.
- General care goals & intervention.
- Stress management
- Stress related illness

Stress:

Is the reaction people have to excessive pressures, occurs when the pressure is greater than the resource.

Stressors:

Demands, events, and situations that cause stress.

Eustress:

Good stress — beneficial to life and goals.

Distress:

Excessive stress, destructive to physical, mental, and emotional health

Exercise:

- Write for 5 minutes about things that stressed you recently and how they made you feel?

Stress Quiz:

- ❖ Do you seem to tire more easily lately?
- ❖ Have people said you don't look well?
- ❖ Seem to be working harder and accomplishing less?
- ❖ Do you frequently forget appointments, deadlines, personal possessions?
- ❖ Do you feel yourself becoming more cynical and less enchanting?
- ❖ Are you seeing friends & family less frequently?
- ❖ Are you more irritable, short-tempered, or disappointed with people around you?
- ❖ Are you often struck by sadness you can't explain?
- ❖ Are you having physical complaints like body aches, headaches, pain, colds not able to shake more frequently?
- ❖ Do you have very little to say to people?

Scoring:

Yes to 5 or more~ may be serious candidate for burnout

Stress Response Stages:

Stimuli received by the brain through one or more of five senses.

Brain **perceive** stimuli either a threat or as a non-threat

Body stays aroused until threat is over

Body returns to homeostasis once the threat is gone

Arousal also happens for non-physical stressors (mental, emotional, & spiritual).

***Physiologic responses to stress:**

A- General adaptation syndrome (GAS).

- 1- Alarm.
- 2- Resistance.
- 3- Exhaustion.



***Physiologic responses to stress:**

The General Adaptation Syndrome

Dr. Selye claimed that the organism undergoes a generalized physiological response in its efforts to adapt to the demands and pressures it experiences, whatever they might be.

Alarm is the first stage.

The stressor is identified or realized.

The stress response is initiated.

Adrenaline floods the bloodstream, and the stress response is activated.

Resistance

Becomes necessary if the stressor persists. The body attempts to adapt as it uses all available resources. Cortisol works to mobilize energy stores to keep up with the body's demand(cause the coronary arteries to constrict).

Exhaustion

Is the final stage in this model. Bodily resources are depleted, physiological functions are impaired, and illness (physical or emotional) or death may occur.

B- Local adaptation syndrome

- 1- Inflammatory, localized reaction to injury.
- 2- Reaction similar to GAS.

C. Fight-or-flight response

The brain is directly connected to the heart by the **sympathetic nervous system** which stimulates the heart to beat faster (fight).

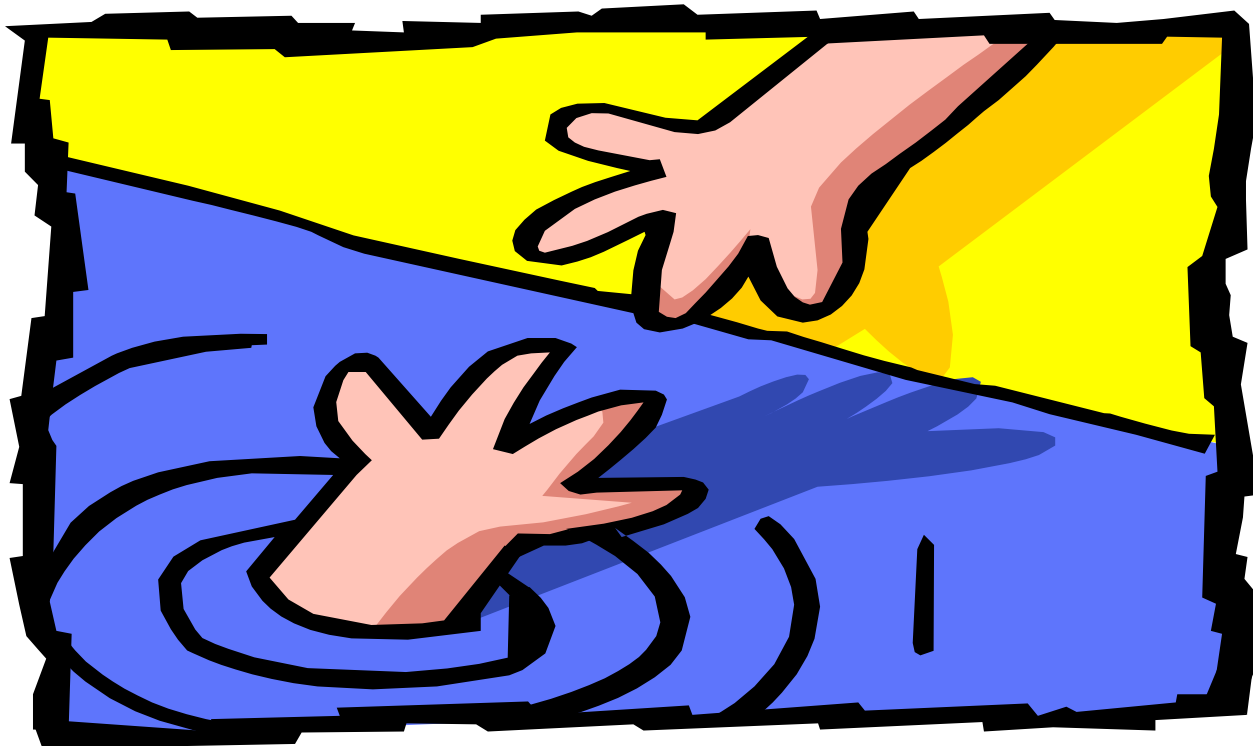
Para sympathetic nervous system stimulate the person to eat (flight).

Factors influence stress response:

Intensity of the stimulus.

Duration of the stimulus.

Perception of control over the stimulus.



Types of stressors:

Stimulus (Stressor)

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graph TD; A[Stimulus (Stressor)] --> B[Perceived as Eustress: Positive stressor Challenge Impetus]; A --> C[Perceived as Distress: Negative stressor Danger Insurmountable Barrier]; B --> D[Activation]; C --> E[Fight or Flight Response]; D --> F[Development Growth New Experience Feelings of Satisfaction]; E --> G[Chronic Stress: Physical Symptoms Psychological Symptoms Decreased Coping Skills];
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Perceived as Eustress:
Positive stressor
Challenge
Impetus

Activation

Development
Growth
New Experience
Feelings of Satisfaction

Perceived as Distress:
Negative stressor
Danger
Insurmountable Barrier

Fight or Flight
Response

Chronic Stress:
Physical Symptoms
Psychological Symptoms
Decreased Coping Skills

Symptoms of Chronic Stress Reaction

Physical:

Fatigue ,Headaches, Muscle cramps

Cognitive:

Nightmares

Blaming others

Poor problem solving

Behavioral Change:

Loss of appetite, Withdrawal

Emotional:

Anxiety Guilt ,Irritability, Uncertainty



Theories about predisposing biological factors

- 1- Endocrine activity affects personality
- 2- Genetic factors have been proposed but not proved.
- 3- Target organs may be affected by specific stressors, but this theory is not supported by research



Theories about psychological factors:

Many clinical experts contend that a relationship exists between **personality's type and specific psychophysiology disorders.**

The client's difficulty in dealing with feelings.



Interventions for clients with stress:

Main assessment data:

- A- Complete physiologic assessment.
- B- Thorough psychosocial assessment.
- C- Measurement of stress level.
- D- Investigation of coping abilities.
- E- Identification of belief systems.
- F- Examination of family dynamics.



Diagnoses:



a- Criteria

1- Must reflect the **complexity of the bio psychosocial interaction.**

2- Must consider all aspects of the client's life that may be generating stress-related anxiety, as well as **predisposing and precipitating stressors.**

Must consider the client's stress level and coping skills.

B- Types of diagnoses

- 1- DSM-III-R medical diagnoses: **psychological factors affecting the physical condition** (for example, conversion disorder or hypochondrias is)
- 2-Primary NANDA diagnostic category: **ineffective individual coping**

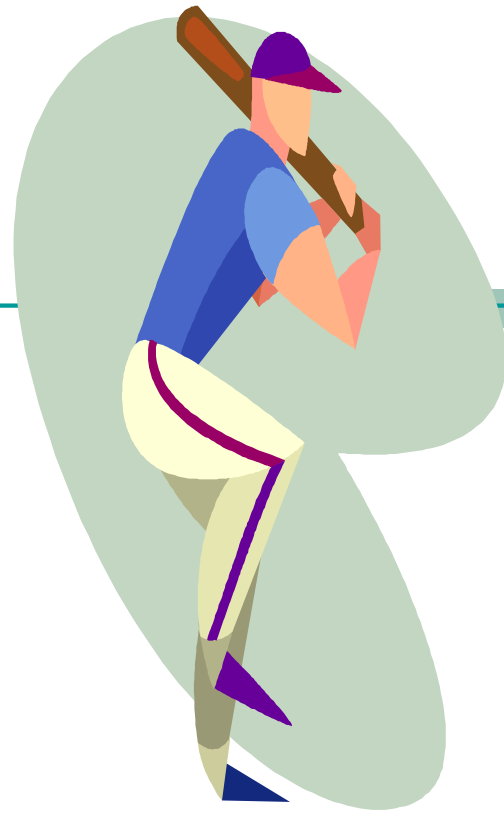


General care goals:

- A- Maintain the client's biological integrity.
- B- Offer support while establishing a trusting relationship.
- C- explain unconscious psychodynamic processes to the client.



Teach the client to



- 1- Cope more effectively.
- 2- Experience feelings consciously
Share feelings with others.
- 3- Reduce the frequency and intensity of existing stressors
- 4- Modify stimuli that might generate further stress.
- 5- Show family members how to support the client's behavioural changes.
- 6- Refer the client and family to appropriate clinicians

Stress management strategies:

- A- Progressive relaxation.
- B- Biofeedback.
- C- Meditation.
- D- Hypnosis.
- E- Guided imagery.
- F- Behaviour modification.
- G- Yoga.
- H- Exercise and stretching
- I- Attitudinal restructuring.
- J- Stress desensitization.
- K- Massage.



Evaluation:

A- Base evaluation on identified client care goals.

B- Do not interpret lack of goal achievement as failure.



Stress Related Disorders:

Psycho physiologic disorders:

- 1- **Skin disorders** may include allergy, eczema, hives, and acne.
- 2- **Respiratory system** disorders may include breathlessness, hyperventilation, hay fever, asthma, sinusitis, emphysema, and bronchial spasms.
- 3- **Cardiovascular system** disorders may include hypertension, migraine headaches, and coronary heart disease.

Cont. stress related disorders

4- **Endocrine system** disorders may include diabetes mellitus, gonadal dysfunction, and adrenal dysfunction.

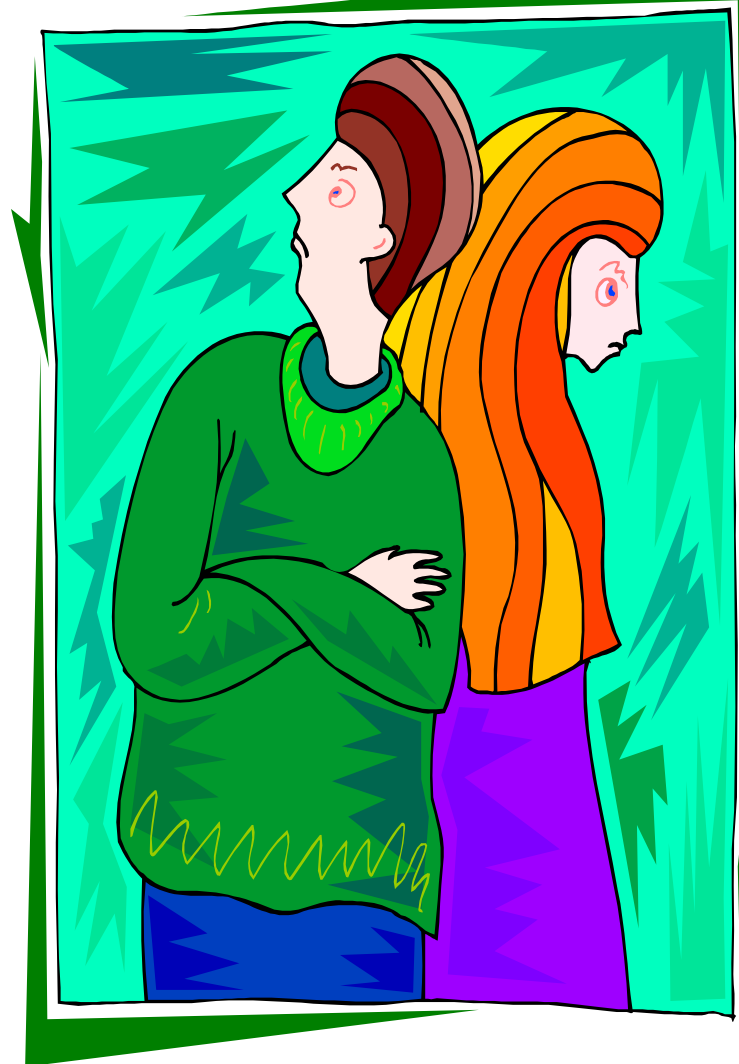
5- **Musculoskeletal system** disorders may include backaches and cramps. Stress-related gastrointestinal system disorders may include colitis, gastritis constipation, obesity, hyperacidity, duodenal ulcer, and anorexia.

6- **Genitourinary system** disorders may include menstrual disturbances, impotence, and vaginismus.

Main assessment data:

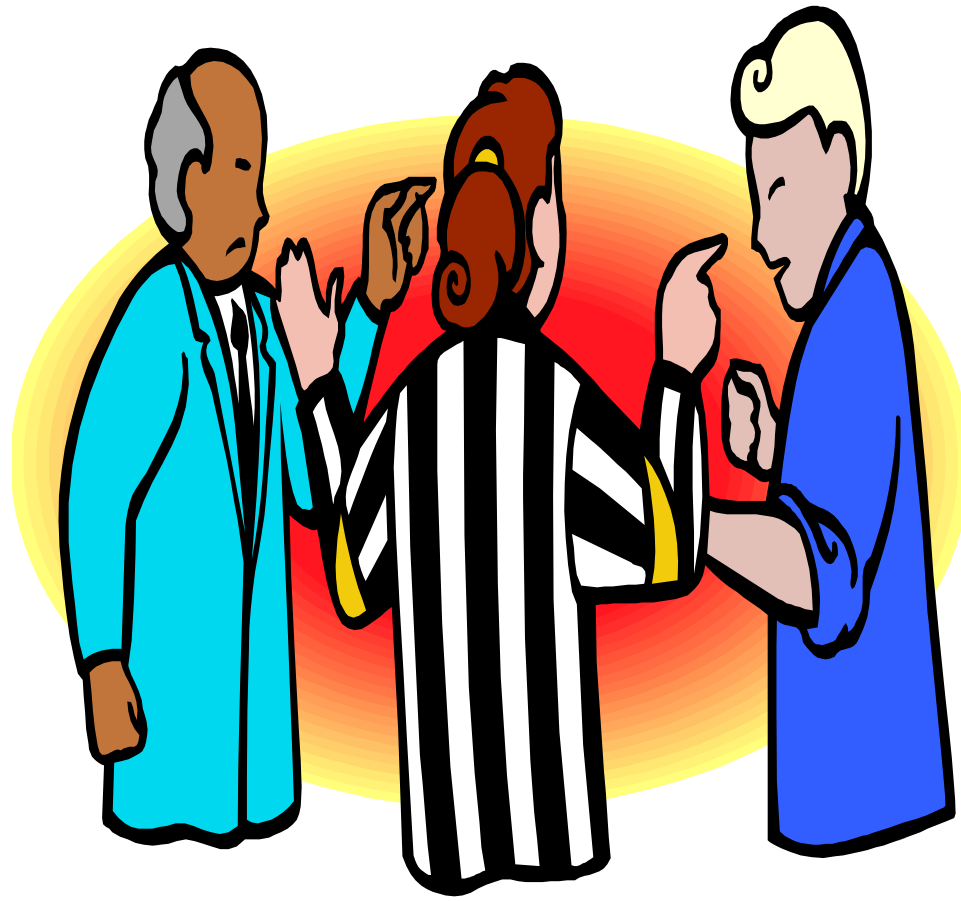
Complete physiology assessment.

- Measurement of stress level.
- Investigation of coping abilities.
- Identification of belief systems.
- Examination of family dynamics.



General care goals and interventions:

- Maintain the client's biological integrity.
- Offer support while establishing a trusting relationship.



THAN YOU

