

## **Learning Objectives**

MedBridge

*Optimizing Coping and Stress Management Skills for Patients and Caregivers*

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### **Course Objectives:**

- Explain the physiology of the stress response.
- Describe types of stress and stressors.
- Identify at least two common theories related to the stages of coping, stress, grief and the adjustment to loss.
- Discuss reasons why understanding the stages of coping are relevant to the assessment of the emotional well-being of patients and caregivers in the rehabilitation setting.
- Apply technique to assess of coping abilities and stress management into clinical practice.
- Utilize cultural competence in adapting assessment techniques to various age groups and socio-economic populations.
- Assess potential for harm to self and others during the interactive process with patients and caregivers.
- Utilize therapeutic communication to implement and evaluate strategies to reduce stress and improve positive outcomes through successful coping for patients, families and caregivers.
- Facilitate appropriate referrals to inter-professional team members to promote self-management, provide community resources and prevent harm of patients and/or caregivers throughout the continuum of care.