Management of Stress in the Intensive Care Unit

Se-jin Ju, RN, CNS, PhD
Professor, Univ. of Namseoul, School of Nursing
Director of Center for Addiction
Era of humanity loss

- If you find a drowning man? How would you like to do?
Those who died long ago say “Most of the new arrivals seem incapable of conversation. They just stare at their hands in despair.”
Site of Nursing care

“Hurry up!!” Work Orientated, Outcome based, Performance based, Multitasking.

“우리의 모습과 너무나 흡사 하지는 않는지?”

Pictured by Jang Hyejin
Moments of conflict

Arrowroot vs Rattan
Psychological bleeding

Physical pain: Warning Sign of the physical trauma

Anger, depression: Warning Sign of the Psychological Trauma
Tremendous Pain in ICU Nurse

Death is too close!!
Clinical interest in mindfulness has been increasing in the psychological Nursing.

Mindfulness is conceptualized as a state of mind in which one’s focus is on the present moment, that is “a receptive attention to and awareness of internal and external experiences as they occur".
Concept of mindfulness

- Form of meditation
- not religious word
- Paying total attention to the present moment with a nonjudgemental awareness of inner and outer experiences.
- Moment-by-moment awareness
Factors of Mindfulness

- Awareness
- Attention
- Decentering
- Acceptance
Awareness

Templestay provides a time to search for your true self and become one with your original nature and clear your mind.
Decentering = nonattachment

- lack of fixation, nonreactivity, more quickly recovering from the emotional distress “Hetal(해탈)”
- It was associated adaptive functioning and reduction of painful emotion.
Attention: You will experience the peace of mind through the journey to inside of your mind.
Acceptance

Accept everything “바다”
Somewhere the sea to accept all?
To accept all the places is like standing in a low place.
Process of Stress Reduction

Mindfulness → Nonattachment → Well-being
Brain Emotional Set Point changed Rt. Side to Lt. Side after Mindfulness for 2 months by Davidson & Kabat-Zinn
Brain:
Neurotransmitter:
and Emotion
## 세로토닌 지수

다음 각 항에 V하시고 채점을 해보십시오. (각 1점)

<table>
<thead>
<tr>
<th>항목</th>
<th>설명 1</th>
<th>설명 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) 아침에</td>
<td>( ) 사뿐히 일어난다.</td>
<td>( ) 악지로 일어난다</td>
</tr>
<tr>
<td>2) 밥을</td>
<td>( ) 천천히 먹는 편이다.</td>
<td>( ) 빨리 먹는 편이다.</td>
</tr>
<tr>
<td>3) 걷는게</td>
<td>( ) 좁겁다.</td>
<td>( ) 악지다.</td>
</tr>
<tr>
<td>4) 운동을</td>
<td>( ) 규칙적으로 한다.</td>
<td>( ) 따로 하지 않는다.</td>
</tr>
<tr>
<td>5) 피로감</td>
<td>( ) 활기차다.</td>
<td>( ) 자주 피로하다.</td>
</tr>
<tr>
<td>6) 성질이</td>
<td>( ) 느긋한 편이다.</td>
<td>( ) 조급한 편이다.</td>
</tr>
<tr>
<td>7) 마음상태가</td>
<td>( ) 밝고 긍정적이다.</td>
<td>( ) 어둡고 부정적이다.</td>
</tr>
<tr>
<td>8) 달, 별, 낙조를</td>
<td>( ) 자주 바라본다.</td>
<td>( ) 거의 안 본다.</td>
</tr>
<tr>
<td>9) 명상이나 사색을</td>
<td>( ) 가끔한다.</td>
<td>( ) 거의 안한다.</td>
</tr>
<tr>
<td>10) 지금 사랑에</td>
<td>( ) 빠져있다.</td>
<td>( ) 아니다.</td>
</tr>
</tbody>
</table>

채점 ( )점
세로토닌 지수 결과

8-10점
의욕적입니다. 축하합니다!

5-7점
좀 더 악센트를!

0-4점
상담을!
Though no one can go back and make a brand new start, Anyone can start from now and make a brand new ending. "Carl Bard"
Thank you . . .

When I know your soul, I’ll paint your eyes”
by Modigliani