Nurse-patient-interaction positively affects self-transcendence in cognitively intact nursing home patients.

Gørill Haugan

Faculty of Nursing, Sør-Trøndelag University College (HIST)
Research Centre for Health Promotion and Resources HIST/NTNU,
Self-transcendence

- The theoretical concept of self-transcendence addresses an enhanced understanding of well-being in late adulthood (Reed 2008).

- The core of self-transcendence is the expansion of the self-boundaries - in four ways (Reed 2008):
  - Intrapersonally
  - Interpersonally
  - Transpersonally
  - Temporality
Theoretical model of associations


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1. Vulnerability
2. Self-transcendence
3. Well-being

Personal and contextual factors that mediate or moderate relationships

Nurse-Patient-Interaction

Hypothesis

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Empirical research on self-transcendence

• Studies link self-transcendence to well-being in a variety of populations, particularly those who have experienced life-changing diagnosis, such as AIDS (Kausch & Amer 2007), cancer (Coward & Kahn 2005), stem cell transplantation (Williams 2008), and in the homeless (Runquist & Reed 2007).

• Studies demonstrate a negative association between depression and self-transcendence (Bean & Wagner 2006; Hsu 2009; Haugan & Innstrand 2012; Runquist & Reed 2007).

• Expressions of self-transcendence are positively related to emotional and mental well-being, health, and functioning in adults confronting personal mortality because of advanced age and/or chronic illness (Baker 2008; Neill 2002; Nygren et al 2005; Upchurch & Muller 2005).
The factor structure of the self-transcendence scale (STS)

• Earlier research consider self-transcendence as a one-dimensional construct (Coward & Kahn 2005; Coward & Reed 1996; Ellermann & Reed 2001; Hunnibell et al 2008; Reed 1992; Runquist & Reed 2007).

• However, exploratory and confirmatory factor analyses in the present study raised questions about the dimensionality of the self-transcendence scale.

• A two-factor construct comprising an interpersonal and an intrapersonal self-transcendence dimension was used (Haugan et al 2011).

Nurse-Patient-Interaction

- Nursing is the art of caring, based in caring relationships seeking to preserve humanity and sustain human dignity, unity, and wholeness (Levy-Malmberg et al 2008; Martinsen 1993; Watson 2007).

- The caring relationship between the nurse and the patient is fundamental to nursing theory and practice; it is a special kind of a human care relationship, a union with another person, in high regard for the whole person and his/her being-in-the-world (Eriksson 1987, 1995; Martinsen 1989, 1993; Reed 2009; Travelbee 1979; Watson 2007).

- The Nurse-Patient-Interaction Scale (NPIS) was developed for the present study and validated in a paper in press accepted for the Journal of Clinical Nursing (Haugan et al 2012).

- The NPIS covers domains that identify fundamental relational qualities stressed in the nursing literature, and has shown sound psychometric properties (Haugan et al 2012).
Indicator variables included in the SEM-model:

NPIS2 The nurses take me seriously
NPIS3 Interaction with the nurses makes me feel good
NPIS4 The nurses understand me
NPIS7 The nurses treat me respectfully
NPIS9 The nurses are listening interestingly to me
NPIS11 Interaction with the nurses contributes to meaning in my life
NPIS12 The nurses pay attention to me as a unique person
NPIS13 I am satisfied with the communication with the nurses

Nurse-Patient Interaction (NPIS)
Interpersonal self-transcendence

ST-1

ST1 Having hobbies and interests I can enjoy
ST3 Being involved with other people or my community when possible
ST6 Sharing my wisdom or experience with others
ST8 Helping others in some way
ST9 Having ongoing interest in learning something
ST10 Able to move beyond things that once seemed so important

Intrapersonal self-transcendence

ST-2

ST2 Accepting myself as I grow older
ST4 Adjusting well to my present situation
ST5 Adjusting well to changes in my physical abilities
ST7 Finding meaning in my past experiences
Nurse-Patient-Interaction affects ST

*Note:* Fit indices: $\chi^2$ (92.32, df=77; p-value=0.11236), RMSEA (0.032), NFI (0.97), NNFI (0.99), CFI (1.00), GFI (0.90), AGFI (0.86) and the SRMR (0.045).
Self-transcendence & well-being

Studies based in the same sample as this study, have shown significant positive associations between self-transcendence and physical, emotional, social, functional, and spiritual well-being (Haugan et al 2012 a,b), and significantly negative associations between self-transcendence and depression (Haugan & Innstrand 2012) and anxiety (Haugan et al 2012d).


Conclusion

- Nurse-patient-interaction promotes self-transcendence.

- Self-transcendence significantly associates with emotional, functional, social, physical, and spiritual well-being (Haugan et al 2012 a,b), as well as depression (Haugan & innstrand 2012).

- Consequently, by means of the nurse-patient-interaction nurses might facilitate and promote nursing home patients’ self-transcendence, and thereby their well-being; physical and functional well-being as well as emotional, spiritual, and social well-being. Also, depression might decrease (Haugan et al 2012d).
Interpersonal self-transcendence (ST-1)

Intrapersonal self-transcendence (ST-2)

Emotional well-being

Physical well-being

Social well-being

Peace (spiritual well-being)

Meaning (spiritual well-being)

Faith (spiritual well-being)

Functional well-being

Nurse-Patient Interaction

Depression

Note: =direct effect =indirect effect
Thank you for listening!
Recent studies on self-transcendence among cognitively intact nursing home patients