Resilience In MS: Enhancing Coping Mechanisms through Nursing Practice

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Psychological Stressors of MS

- Neurologic conditions associated are well documented (physiologic and physical symptoms)
- Additional burdens arise from neuropsychiatric complications which are in part directly related to inflammation and demyelination
- Indirectly related to psychological effect of having to adapt to unpredictable disease course

Psychological Stressors of MS

- As a neuropsychiatric disease affecting young people, MS threatens personal autonomy, independence, dignity, and future plans\(^1\)

## Neuropsychiatric Features

<table>
<thead>
<tr>
<th>Most Common</th>
<th>Less Common</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>Disinhibition</td>
</tr>
<tr>
<td>Depression</td>
<td>Delirium</td>
</tr>
<tr>
<td>Cognitive impairment</td>
<td>Psychosis</td>
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<tr>
<td>Irritability</td>
<td>Dementia</td>
</tr>
<tr>
<td>Anger</td>
<td>Apathy</td>
</tr>
<tr>
<td></td>
<td>Behavioral disturbances</td>
</tr>
</tbody>
</table>

Neurobiology Effects of Stress

- Sympathetic nervous system (SNS) responds to stress by ↑ heart rate, constricting blood vessels, ↑ blood pressure, and ↓ digestion.

- In response to acute and chronic stress, the hypothalamus secretes corticotropin-releasing factor (CRF), which in turn induces the release of adrenocorticotropin hormone (ACTH).

- ACTH stimulates the synthesis and release of cortisol and dehydroepiandrosterone (DHEA) from the adrenal gland.

Neurobiology Effects of Stress

- If stress remains chronic, prolonged elevations of glucocorticoids may cause serious adverse effects, such as immunosuppression, hypertension, dyslipidemia, and osteoporosis

- In contrast to cortisol, DHEA exerts antiglucocorticoid and antiglutamatergic activity in the brain and may confer neuroprotection

Resilience

- The capability of a strained body to recover its size and shape after deformation caused by compressive stress.
- An ability to recover from or adjust easily to misfortune or change.¹

Neurobiology of Resilience

- Resilience seems to be associated with an ability to keep the HPA-axis and noradrenergic activity within an optimal range during stress exposure and terminate the stress response once the stressor is no longer present\(^1\)

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Chronicity Effects in MS

- Fatigue over time
- Feeling defeated
- Feeling overwhelmed
- Feeling alone
- Loss of control
- Unpredictability of MS can lead to anxiety and despair
The Power of Hope

- A person’s perception of their future, whether accurate or inaccurate, has a substantial influence on their quality of life.
- Patients who expect or hope for a favorable future rate higher than pessimistic patients on HRQoL measures, regardless of what doctors think might be more realistic appraisals.¹

Conceptual Framework of HOPE

- Challenges of Multiple Sclerosis
  - Education Collaboration Skills Development
  - Culturally competent care
  - Disease Modification Symptom Management
  - Appropriate Utilization of Resources
  - Wellness Quality of Life
  - Hope and Empowerment
Strategies to Enhance Coping

- Self-efficacy strongly predicts psychological adjustment to MS and is interlinked with self esteem, depression, and self-worth\(^1,2\)

- Efforts should be made to involve patients in collaborative treatment\(^3\)

Therapeutic Partnership Nurse and Patient/Family

- An intellectual and emotional bond that is focused on the patient/family and based on mutual trust, respect, and acceptance
  - Respects the patient/family as individual
  - Respects and accepts patient’s right to choose
  - Considers ethnic and cultural aspects
  - Considers health beliefs and values

- Respects confidentiality

- Focuses on well-being

- Promotes acceptance, empowerment, well-being

### Assess Patients’ Character Strengths

<table>
<thead>
<tr>
<th>Abundance</th>
<th>Compassion</th>
<th>Loyalty</th>
<th>Restraint</th>
<th>Gratitude</th>
</tr>
</thead>
<tbody>
<tr>
<td>Awareness</td>
<td>Confidence</td>
<td>Intuition</td>
<td>Serenity</td>
<td>Curiosity</td>
</tr>
<tr>
<td>Awe</td>
<td>Courage</td>
<td>Leadership</td>
<td>Strength</td>
<td>Worthiness</td>
</tr>
<tr>
<td>Acceptance</td>
<td>Depth</td>
<td>Kinship</td>
<td>Stability</td>
<td>Willingness</td>
</tr>
<tr>
<td>Accountability</td>
<td>Discipline</td>
<td>Openness</td>
<td>Transformation</td>
<td>Faith</td>
</tr>
<tr>
<td>Appreciation</td>
<td>Dignity</td>
<td>Peace</td>
<td>Truth</td>
<td>Tolerance</td>
</tr>
<tr>
<td>Aspiration</td>
<td>Forgiveness</td>
<td>Power</td>
<td>Vulnerability</td>
<td></td>
</tr>
<tr>
<td>Beauty</td>
<td>Fearlessness</td>
<td>Presence</td>
<td>Vitality</td>
<td></td>
</tr>
<tr>
<td>Beingness</td>
<td>Flexibility</td>
<td>Perseverance</td>
<td>Integrity</td>
<td></td>
</tr>
<tr>
<td>Community</td>
<td>Generosity</td>
<td>Hope</td>
<td>Love of Learning</td>
<td></td>
</tr>
<tr>
<td>Clarity</td>
<td>Growth</td>
<td>Positivity</td>
<td>Zest</td>
<td></td>
</tr>
<tr>
<td>Choice</td>
<td>Grace</td>
<td>Responsibility</td>
<td>Strive for Excellence</td>
<td></td>
</tr>
</tbody>
</table>

Foster Resilience to Enhance Coping Skills…

- Adaptable
- See the humor in situations
- Know where to turn for help and who
- Can handle uncertainty and is not derailed by it
Resilience......

- Optimistic, persevering
- Feel strong as a person
- Can handle uncomfortable feelings
- Can think clearly and logically under pressure
Resilience......

- Generally feel in control of one’s life
- Tendency to bounce back after hardship or illness
- Close, dependable relationships
- Over time like challenges because aware of capability to handle such situations
Resilience……

- Have sense that things happen for a reason or that later on will be able to make sense of situation to move in positive direction
Empowerment by MS Nurses

- Facilitate goal setting
- Provide experiences with peers
- Provide affirmation
- Maximize wellness
- Encourage motivation and persistence
- Affirmation of personal value and strength

Promote Health & Wellness

- Because a patient has a chronic illness does not destined them to be chronically ill.

- Wellness is a positive striving unique to the individual in which a person can be ill and still have wellness with a deep appreciation for the joy of living and with a life purpose.

Empowering through the Wellness Model

<table>
<thead>
<tr>
<th>Traditional Nursing Process</th>
<th>Wellness Nursing Process</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assessment</td>
<td>Implements whole person wellness; patient performs self-assessment</td>
</tr>
<tr>
<td>Diagnosis</td>
<td>Unique learning needs based on patient belief systems; patient determines needs</td>
</tr>
<tr>
<td>Outcome Identification</td>
<td>Patient determines wellness goals</td>
</tr>
<tr>
<td>Planning</td>
<td>Patient takes responsibility and develops plan for self-care</td>
</tr>
<tr>
<td>Implementation</td>
<td>Patient implements self-care and self-healing measures consistent with beliefs</td>
</tr>
<tr>
<td>Evaluation</td>
<td>Patient learns to self-evaluates results</td>
</tr>
</tbody>
</table>

Assess your patients’ coping skills...

- Nursing Diagnosis: Ineffective Coping Skills....
- “Why Me?”
- “It’s not fair”....
- “Can’t”
- “Unable”
Focus on patients’ capabilities

“What Can You Do”

- Changing semantics..”to myself” vs. “for myself” when it comes to medications
- MS…Crisis or Opportunity (It’s the context)
- Identifying factors that are NOT unpredictable…
- Diet
- Exercise
- Sleep
- Hydrate
- Support
- Attitude
Who Am I in the face of this?

“everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way."

Viktor Frankel M.D., PhD., Man’s Search for Meaning, 1956 (Neurologist, Psychiatrist & Holocaust survivor)