



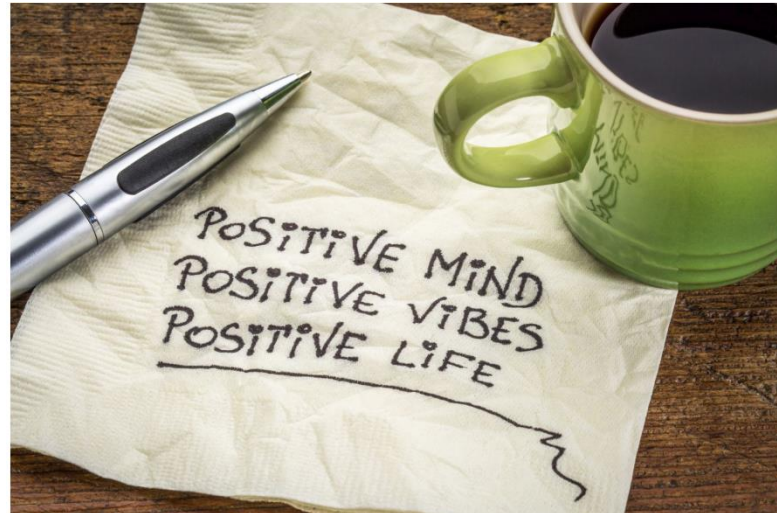
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The Adaptation Phase and the Attitude of the Client to the Disease



Attitude

- The attitude you have towards your life and its circumstances have a great deal to do with your level of success in life.
- The mind can be friend or foe depending on how we decide to use it. Greek Stoic Philosopher Epictetus explained that *“People are not disturbed by things, but by the way they view them”* and that *“It’s not what happens to you, but how you react to it that matters.”*





Pre-diagnostic Phases

1. Pre-medical

- from the outbreak of the illness to consultation with the doctor - before you visit the doctor;
- lay;
- there is a risk of neglect.

2. Medical

- first contact with health professionals.

**The frontotemporal dementias (FTD) – pre-diagnostic phases (research in 2019) - different steps of changes in the relationship with the loved one: (a) becoming distant, (b) becoming insecure, (c) becoming devastated and (d) becoming a stranger.



The Phase of Adaptation to Disease I.

1. Alarm response

- the first reaction to pain, communication of symptoms;
- diagnosis;
- increasing demands on physical and psychological aspects,
- need for help from the environment (lay x professional).

Psychological stages of illness

Kubler-Ross's five stages of grief

2. Stabilization phase

- Establishing cooperation with a doctor;
- adherence to doctor's advice, use of medicines;
- healing or resignation may occur.

1. Denial

2. Anger

3. Bargaining

4. Depression

5. Acceptance



The Phase of Adaptation to Disease II.

3. Resignation, disillusionment

- the condition does not improve, the symptoms do not disappear,
- complications arise,
- the last forces are mobilized - exhaustion of the organism
- necessary psychological support.

• 4. Terminal phase

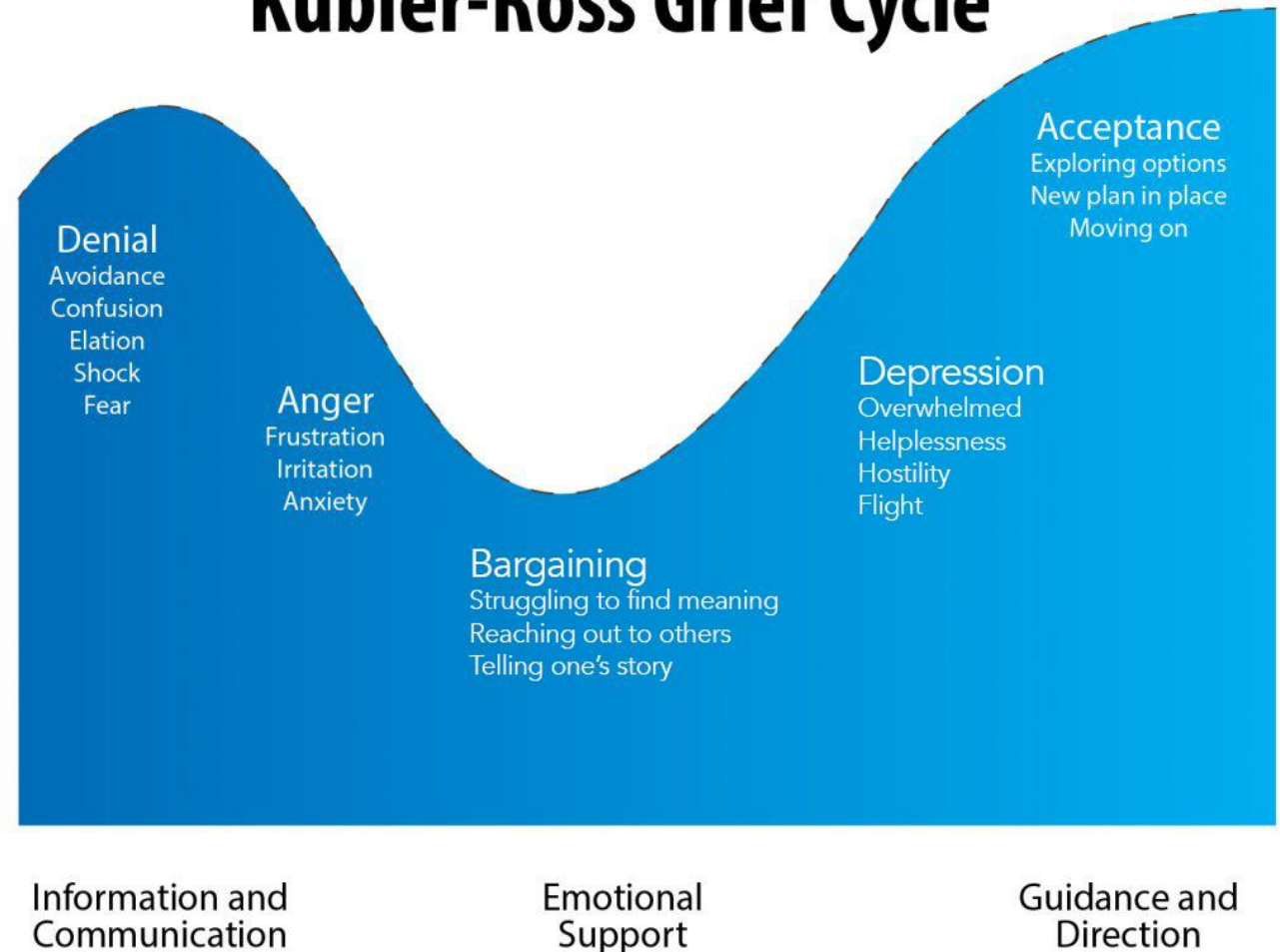
- convalescence;
- death.



The Stage of Dying – Terminal Phase

- I Phase** - shock, rejection, denial sometimes leak into isolation;
- II. Phase** - anger, rage, aggression;
- III. Phase** - haggling;
- IV. Phase** - depression, depression;
- V. Phase** - acceptance and reconciliation.

Kübler-Ross Grief Cycle





Types of Attitudes to Illness I.

1. **Normal attitude to illness** - corresponds to the actual condition of what K has been told about the illness. K is adequately adapted to the disease.
2. **Flouting attitude** - underestimates the severity of the disease, does not investigate, does not comply with the proposed measures. Reason?
3. **Repudiation attitude** means a repudiation of disease. K ignores the disease, does not go to the doctor, suppresses thoughts about the disease. It is an unconscious dissimulation. Reason?



Types of Attitudes to Illness II.

- 4. **Dissimilatory attitude** - K deliberately distorts his problems, often denies them, does not inform the doctor of all problems. The reason?
- 5. **Non-philosophical attitude** - K is disproportionately afraid of illness; it overestimates its minor problems and is particularly concerned about incurable diseases. K realizes that his fears are exaggerated, but he cannot help but constantly impose on him. Reason?



Types of Attitudes to Illness III.

6. **Hypochondriac attitude** - K believes he is suffering from a serious illness or experiencing severe illness very intensely. Reason?
7. **Non-philosophical attitude** - tends to be associated with some satisfaction and the pleasant aspects of the disease. Reason?
8. **Purpose attitude** - escalated philosophical state. Reason?



Types of Purpose Reactions I.

- **Aggravation** - exaggeration and exaggeration of disease symptoms.
- It may be *unconscious*, for example, an old abandoned man agrees to get in touch with people.
- Conscious, deliberate - *intentional*, conscious exaggeration of problems due to e.g. prolongation of incapacity for work, stay in the hospital, etc.
- Who has to talk to, is questioned by a doctor and a nurse, someone is interested in him.



Types of Purpose Reactions I.

- **Simulation** - the conscious presence of disease and its symptoms. Often because of getting some advantage.
- They simulate people very primitive - here it is usually quickly detected.
- But it is also cunning people.
- Some individuals accept non-serious illness with satisfaction (see philosophical attitude).
- In children, it is a feeling of greater care from close relatives, in adults the disease can be misused to realize hobbies and hobbies, which otherwise does not have time.



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Thank you for your attention



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