

A Preliminary Study on the Teaching Design of "Hospice Care" Based on the Epidemic Phenomenon of New Coronary Pneumonia

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Abstract: Under the guidance of the State Health and Health Commission's Bureau of Disease Prevention and Control, the China Mental Health Association organized experts to cooperate with the contents of the latest guidelines issued by the State Health and Health Commission on public psychological and social support, and compiled a guidebook on psychological self-help and guidance for the public in pneumonia with new coronavirus infection, which is used to guide people to relieve psychological stress, improve their psychological immunity, enhance their confidence in overcoming the epidemic situation, and rebuild psychological and epidemic prevention dams for the public, especially for patients with new coronavirus pneumonia.

1. Psychological Characteristics of Four Patients

The author believes that the emergence of new coronary pneumonia as an infectious disease is a strong enthusiasm, people must adapt to threats and challenges from the environment, new coronary pneumonia is a common disease of healthy people, when people are seriously disturbed by the internal and external environment, The stability of human environment is destroyed. For example, the human role suddenly changes from a normal healthy person to a "new coronary pneumonia ", in addition to physical pain, there may be a series of psychological stress reactions of different degrees. the great stress factors diagnosed by neo-corona virus, in violation of the original rules of life and work, patients may experience some stress responses. in the early stage of isolation treatment, dyspnea, extreme uneasiness, facial expression problems, and mild diseases differ in family isolation.

The author believes that patients in the early stage of isolation treatment are faced with medical staff, unknown environment, unknown effect and other problems, which is undoubtedly a heavy blow to patients, some patients may be shocked, lost, or even "paralyzed ", empty expression, slow response, difficult some patients firmly deny that doctors have made mistakes, some patients angrily complain that their fate deceived them. Why me? On the one hand, they will quarrel for no reason, even vent their anger to the medical staff and their families, not only do not cooperate with the treatment, but also have all kinds of impulsive destructive behavior. There are also patients who are sad and depressed, have a negative attitude towards treatment, think that the future is hopeless, and difficult to sleep all night.

During the isolation period, the loneliness of isolating patients and diseases will become more and more obvious, patients rely on the care of medical staff, rely on the recovery of medical staff, but medical staff can not always accompany patients, at the same time, patients in the course of treatment will have a significant psychological impact, become very sensitive, when heard the low voice of medical staff will suspect that their condition is deteriorating, or doctors are hiding the condition, and then they are afraid, even because of despair and stop treatment. Patients may also have different doubts, distrust medical staff, and do not cooperate with treatment. Some patients with a slight remission will be blindly optimistic, slightly aggravated, unbearable.

The author believes that patients with dyspnea, extreme uneasiness and serious facial expression problems, especially those who are difficult to express because of respiratory distress and tracheotomy, dyspnea can lead to the aggravation of anxiety, tension, anxiety and other symptoms, even lead to their death, panic, anxiety and other symptoms, and eventually form a vicious circle, and physical pain and witnessing death can easily lead to pessimism and despair.

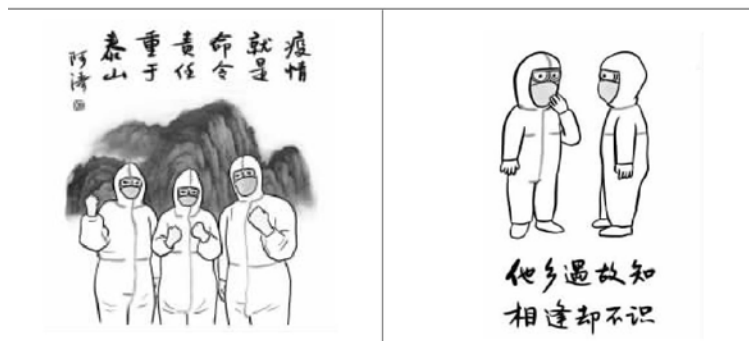


Figure 1 Medical personnel

2. Four Common Psychological Problems

The author believes that there are many factors that affect the emotional response and emotional intensity of patients, and the performance is also very different. Anxiety is the most common emotional stress response, which is the emotional state of tension, fear, and worry when people expect to have dangerous or adverse consequences. Moderate anxiety can improve people's alertness. The sympathetic nervous system produced by anxiety is activated, which can improve people's adaptability and coping ability to the environment. This is a protective response, but if excessive or inappropriate, it is a harmful psychological response.

Fear is an emotional response to panic, fear and panic in the face of disaster, manifested in the lack of confidence and ability to overcome danger, the desire to escape or escape. Excessive or persistent fear can have a serious adverse effect on people's psychology. Depression can be manifested as depression, negative pessimism, loneliness, helplessness, despair and other emotional states, accompanied by insomnia, anorexia, decreased sexual desire and other physical discomfort, and even appear pessimistic thoughts. Anger is an emotional state associated with setbacks and threats. Because the goal is blocked and self-esteem is hit, it is triggered and often accompanied by aggressive behavior to remove obstacles or restore self-esteem.

The authors believe that new coronary pneumonia is the second common psychological problem in patients with cognitive impairment. Mild stress can enhance people's attention, memory and thinking ability, thus adapting to and coping with changes in the external environment, which is a positive psychological stress response. But strong pressure can make people produce negative psychological stress response, such as fuzzy consciousness, narrow range of consciousness, attention damage, memory, thinking, imagination decline and so on.

Paranoid patients are characterized by a narrow, extreme, rational view of the problem, while rational people in peacetime become stubborn, aggressive, unreasonable; their characteristics are excessive self-care, pay attention to their own feelings, ideas, ideas and other inner world rather than the external world. disasters are characterized by exaggerating the potential and negative consequences of stress events. patients with compulsive thinking will repeatedly recall epidemic-related events in their minds. The more they want to get rid of it, the harder it is to control it, resulting in their inability to work and live normally. In addition, patients may have absolute thinking (non-black or white), selective attention to negative information, sensitivity and suspicion, selective forgetting, etc.

3. Psychological Self-Help and Counseling Methods

The new coronavirus new type coronavirus pneumonia emergency psychological crisis intervention guide, needs to carry on the psychological intervention in the isolation treatment early stage, the patient in the isolation treatment period, the home isolation 3 new mild pneumonia patients, may carry out the self-help psychological intervention positively, promotes the physical and mental recovery. For severe patients with respiratory distress, extreme uneasiness, and difficult expression, professional psychiatrists should provide psychological intervention.

The author believes that monitoring and identifying their current psychological situation is the basis of self-help psychological intervention. For possible psychological problems, patients need to monitor, identify and evaluate their emotional responses. If we can actively and effectively monitor and identify our time, situation and emotional response, we can enhance the ability to control our mental state. Because of the difference of personality, experience, health knowledge and accomplishment, severity of illness and stage of disease, the ability of patients to perceive and express their mental state is also different.

The author believes that there are many self-help coping methods for mental health status. First of all, we should face up to the information of epidemic situation, rational and objective understanding of the information of epidemic situation can help to stabilize the mood of patients and avoid the fluctuation of emotion caused by one-sided, false and emotional information of epidemic situation. The specific methods are that patients can review the information of the epidemic situation they have been exposed to in the past 1 day, whether to pay attention to the proportion of critical cases, mortality rate, cure rate, cure, death, body condition of critical cases in patients with new coronavirus pneumonia, etc. Review whether to pay attention to the specific harm of new crown pneumonia in the last 1 day, keep some doubts about the information of exaggerating the risk and exaggerating the threat, and compare the received information with the information promoted by the national media and doctors.

Second, moderate exercise, release emotions, although the patient's activity space is limited, but still need to arrange some activities to get control and fun of life, when there is sadness and depression, or when you are always worried about the development of epidemic and panic-induced disease changes, you should arrange more activities to prevent further emotional deterioration, which also helps to change negative emotions.

The specific methods are as follows: patients can review their recent daily life, whether there are less activities, such as more than 8 hours of bed rest time per day (except special medical requirements), less than 3 hours of activities, long-term monitoring of mobile phones, etc. At present, they can arrange activities such as walking 2000 steps a day, playing Taijiquan or Ba Jin, reading and listening to music. If patients realize their emotions, we need to find a reasonable way to vent our emotions and express our vulnerability. You can write down your thoughts and feelings 5-10 minutes a day, send WeChat, provide voice and video for your family and friends, listen to your favorite music, draw pictures, etc. If you feel sad, sad or desperate, let yourself cry to appease your heart.

Third, to establish a sense of safety, although the epidemic is still serious, there are many unknown risks, but active attention can help patients to rebuild their awareness of safety, more effective fight against disease. First, when the patient is isolated at home or in a hospital, you can try to observe and pay attention to the information that can bring you environmental security, such as strict control of the patient's environment, active treatment personnel, personal protective measures, strong material support from the state and society for the disease, etc. The second step is to repeat this objective safety information constantly, and the third step is to draw attention to the change of security that I realized when I finished the first two steps, which may be very small or very strong.

Fourth, relax. There are many simple ways to keep the patient calm, such as taking a deep breath, counting from 1 to 4, and then slowly exhaling. Mindfulness meditation has been shown to enhance immunity and promote recovery. There is a meditation app on the phone. You can take some time to practice each day, go back to the present, pay attention to breathing, pay attention to contact with the abdomen, nose or foot on the ground, do natural and slow abdominal breathing, relieve stress

and improve mood.

The author believes that the final emphasis on the victory over the new coronavirus pneumonia not only depends on the professional treatment of medical personnel, but also requires patients to face the disease with a positive attitude. Medical personnel, family members and society should not only pay attention to the physiological needs of patients, but also understand their psychological needs and demands, as well as possible psychological and mental problems, so as to correctly guide patients to adjust themselves, actively cooperate with treatment, and help them recover early.

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