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Self esteem and the nurses' role

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Defining self concept

- ◉ A complex, dynamic integration of conscious and unconscious feelings and attitudes towards oneself.
- ◉ Develops through interaction with environmental factors and reflecting on that experience.
- ◉ Has four key components...

Four components of self concept

- ◉ Personal identity
- ◉ Body image
- ◉ Role performance
- ◉ **Self esteem**

Theoretical perspective: Rosenberg

Self esteem is ...

- an outcome of social forces, largely in childhood, resulting , generally, in a stable characteristic in adulthood.
- Social, structural positions & the appraisals and comparisons arising from these experiences are highly influential.

Ref; Rosenberg, M. (1979). *Conceiving the Self*. New York: Basic Books

Theoretical Perspective: Maslow

- ◎ The need for self-esteem plays an important role in the 'Hierarchy of Needs.'
- ◎ People need both esteem from other people as well as inner self-respect.
- ◎ Both of these needs must be fulfilled in order for an individual to grow as a person and achieve 'self actualisation'.

Ref ; Maslow, A. H. (1970a). *Motivation and Personality*. New York: Harper & Row.

Theoretical perspective: Branden

Self esteem ...

- is an essential human need that is vital for survival and normal, healthy development.
- arises automatically from within and
- occurs in conjunction with a person's thoughts, behaviours, feelings and actions.

Ref ; Branden N, The psychology of self-esteem: A revolutionary approach to self-understanding that launched a new era in modern psychology. San Francisco, CA, US: Jossey-Bass. (2001). xiii 289 pp.

In summary self esteem is...

- ◎ Only one component of self concept.
- ◎ Defined as a person's overall sense of self-worth or personal value.
- ◎ Involves a variety of beliefs about the self.
- ◎ “Low self esteem results from a discrepancy between aspirations and achievements” ^{1}

Reference ; 1} James, W. 1950, The Principles of psychology. New York. Dover

And to build self esteem you need...

- ◉ Consistency/stability in childhood
- ◉ Achievement
- ◉ Mastery
- ◉ Strength
- ◉ Competence
- ◉ Confidence
- ◉ Independence & freedom

and from others...

- ◉ Recognition, Status, Attention, Importance
and Appreciation

Negative experiences which impact on self esteem

- ◉ Being subjected to abuse
- ◉ Failing to meet parental expectations
- ◉ Being bullied
- ◉ Experience of prejudice
- ◉ Physical ill health
- ◉ Bereavement
- ◉ Redundancy /unemployment
- ◉ Social isolation and loneliness
- ◉ Drug dependence
- ◉ Financial problems

Are self esteem and HIV interrelated?

HIV related factors threatening self worth...

- ◎ **Trauma**; e.g. of diagnosis, coping with ill health, fear of dying etc.
- ◎ **Situational changes**; e.g. impact on employment, and relationships etc
- ◎ **Dissonance**; e.g. cultural and religious tensions, failure to meet life goals
- ◎ **Stigma**; e.g. experience of prejudice, violence, isolation.

Self esteem and HIV; What do we know?

- ◉ There is a significant association between HIV-infection risk behaviour and the level of self esteem {1}
- ◉ Lower self esteem is associated with more sexual partners, more unprotected sex, condom use attitudes and being paid for sex {2}
- ◉ Those with low s/e are less likely to disclose their HIV status {3}

References ,

- 1} Vincristi et al, AIDS CARE, VOL. 7, SUPPLEMENT 1, 1999, An assessment of self-esteem in PLWHIV
- 2} Sterk et al, self esteem and at risk women, Womens 'Health, 2004, 40 {4} 75-92}
- 3} Stutterheim et al, Psychological correlates of HIV disclosure, AIDS Ed., 23 {4}, 2011,

HIV and self esteem

- ◉ Visible signs of ill-health impact on self esteem {3}
- ◉ Experience of stigma correlates with self esteem {4}
- ◉ Treatment adherence is associated with level of self esteem {5}

Refs; 3} Stutterheim et al, Psychological correlates of HIV disclosure, AIDS Ed., 23 {4}, 2011,
4} Dowshen N et al, experiences of HIV related stigma in msm. AIDS Patient Care, 2009, 23
5} Bottonari et al, AIDS PATIENT CARE vol . 19, no 11, 2005

The lived experience

- ◉ “The diagnosis of AIDS didn't do a thing to enhance my self-image. On the contrary, I experienced it as a real challenge to my belief in my own self-worth”
{Lydia, charity worker, age 60}
- ◉ “Bottom line, my diagnosis raised some real self-doubts about my pride as a gay man” *{David, journalist, age 34}*
- ◉ “We have to learn to work through the guilt, forgive ourselves and move on to feeling ok enough about ourselves to work on improving our quality of life”
{Annette, women's peer advocacy worker }

Why assess self esteem?

To determine if...

- ◉ self concept is altered as a result of HIV?
- ◉ low self esteem is impacting on disease outcomes?
- ◉ there is increased risk of HIV infection and other STIs ?
- ◉ and/or increased risk of onwards transmission?
 - there is a risk of not accessing health care services?
- ◉ an increased risk of reduced treatment adherence?

Measuring self esteem

- ◎ Rosenbergs' Self Esteem Scale {SES}.
- ◎ Ten statements are given, dealing with general feelings about oneself
- ◎ The answers are scored by Likert Scale from 'strongly agree' through to 'strongly disagree'

Rosenberg Self Esteem Scale

1 = strongly agree, 2 = agree, 3 = disagree, 4 = strongly disagree

1. On the whole, I am satisfied with myself.
2. At times I think I am no good at all.
3. I feel that I have a number of good qualities.
4. I am able to do things as well as most other people.
5. I feel I do not have much to be proud of.
6. I certainly feel useless at times.
7. I feel that I'm a person of worth.
8. I wish I could have more respect for myself.
9. All in all, I am inclined to think that I am a failure.
10. I take a positive attitude toward myself.

Ref; Rosenberg, M. (1979). *Conceiving the Self*. New York: Basic Books

The role of nurses

As a 'significant other' who:

- ◉ is accepting & non judgemental.
- ◉ is caring and nurturing.
- ◉ praises and encourages.
- ◉ empowers and advocates.
- ◉ maximises opportunities for success {in terms of health related outcomes}.
- ◉ facilitates access to and uptake of treatment, care and social support networks.

Preserving and enhancing self esteem; Nursing Interventions

- ◉ Active listening
- ◉ Support patient through stages of loss, grieving etc
- ◉ Explore negative feelings
- ◉ Looking at alternative ways of viewing the same situation
- ◉ Explore positive options
- ◉ Identify strengths
- ◉ Praise and promote feelings of success

Nursing Interventions {continued}

- Facilitate discussion on the impact of HIV diagnosis on self concept
- Assist the patient to recognise that everyone is unique
- Holistic & individualised care
- Assist in the exploration of rights and choices which promote empowerment and help to dispel the perception of self as a 'victim'

Nursing Interventions; {continued}

- ◉ Work in partnership
- ◉ Recognise the importance of social support and facilitate access.
- ◉ Teach skills and offering support around disclosure.
- ◉ Support & advise in relation to outwardly visible symptoms.

Planned programmes for enhancing self esteem

- ◉ Information and education
- ◉ Teaching life skills eg safer sex negotiation, social interaction skills
- ◉ Behaviour change or modification
- ◉ Improving self control
- ◉ Realistic , personalised goal setting
- ◉ Enhancing communication skills

Where should we go from here?

- ◉ What do we not know about self esteem & interventions?
- ◉ An opportunity for further study?
- ◉ An opportunity for innovation?
- ◉ Should we build S/E assessment into routine clinical practice?

Do you measure the self esteem of your patients?

Please use your interactive handsets to vote

① **Yes, often**



② **Yes, occasionally**



③ **Rarely**



④ **Never**



Do you think measuring the self esteem of your patients should be part of your practice?

Please use your interactive handsets to vote

① **Yes, often**



② **Yes, occasionally**



③ **Rarely**



④ **Never**

0%

Some inspiration...

“Wanting to be someone else
is a waste of who you are”

{Marilyn Monroe}

“To underestimate oneself is as much a
departure from truth
as to exaggerate ones own powers”

{Arthur Conan Doyle}

“It is not the mountain that we conquer
but ourselves”

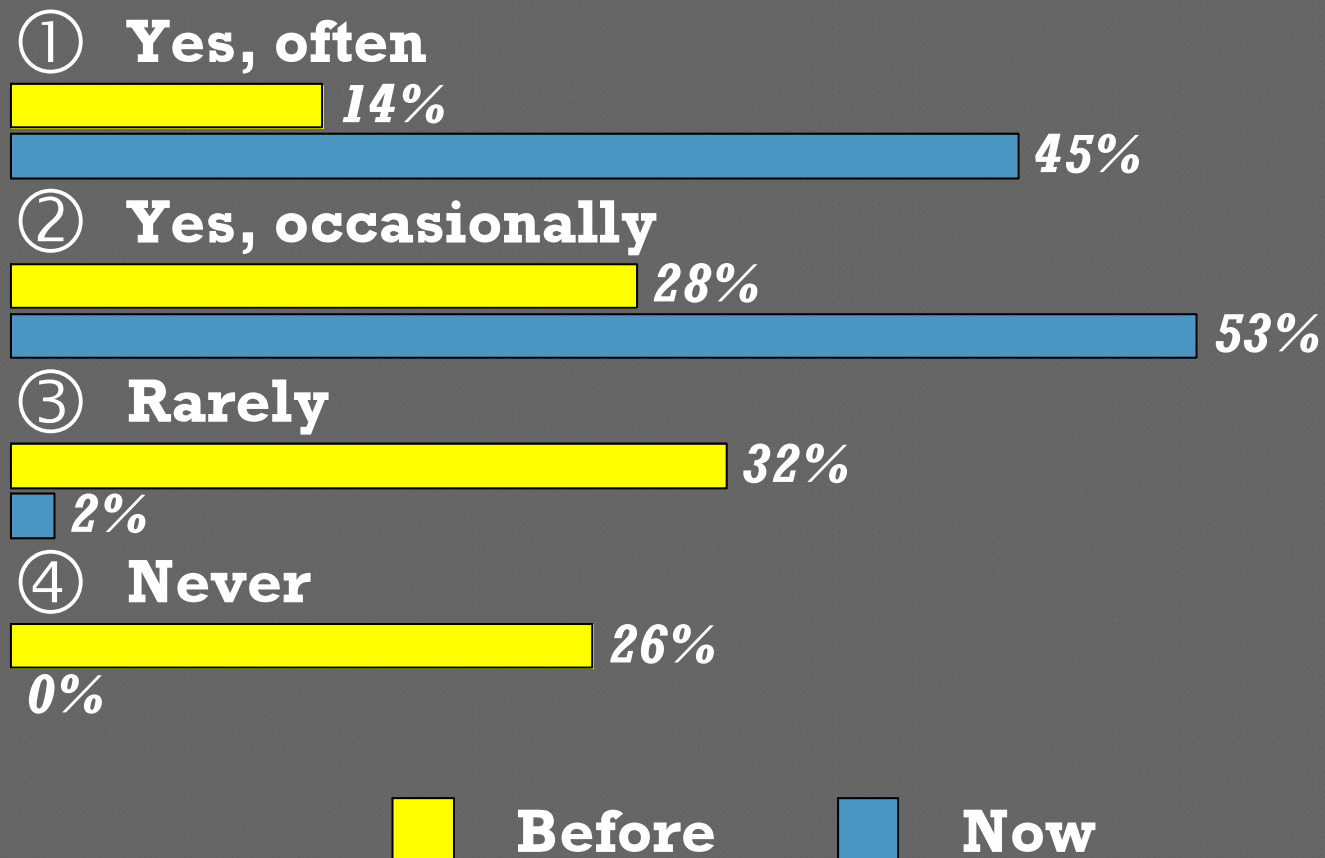
{Sir Edmund Hillary}

“Always act like you are wearing
an invisible crown”

{author unknown}

Have you changed your mind?

Please use your interactive handsets to vote



Thank you
Any questions?

