

Interpretive Reflection

Complex adaptive systems in the setting of healthcare describes the dynamic relationship between many individual aspects and how they relate to each other. The human body as well as the human experience isn't plainly causation simplified. This artifact was chosen to demonstrate my learning about how there are many components to disease which are simultaneously affecting one another creating an impact on a larger complex system.

Resilience is a principle that we discussed surrounding this assignment. As I was creating this artifact, I contemplated my own resilience and my childhoods influence on it. This principle shapes my nursing praxis in a manner of compassion as well as understanding. Our patients are placed under incredible stress which increases cortisol and cytokine responses yielding inflammation. Our nursing praxis is informed by comprehending this concept combined with situational awareness. This is an opportunity for us to provide a safe and secure relationship with our patients that they may have not had in their past. We can reduce distress, and increase resilience thus allowing our patients to maintain allostasis avoiding the progression of inflammation to depression and anxiety. This relationship building creates a positive relational valence which ultimately impacts the patient's health outcome. By altering the patient's relational domain, we minimize allostatic load suppressing inflammation which imparts a healing effect on our patients as well as ourselves.

There is an application to real world here. I am reminded of how not only is this information relevant to my patients lives but also mine. If we are subjected to small amounts of stress within a supportive environment given our childhood wasn't a complete disaster, we build tolerance to challenging stressful situations which allows us to overcome the challenge and leave our bodies unscathed. If the components of our relational domain are not in good shape the body suffers tremendously.