HILDEGARD PEPLAU
INTERPERSONAL RELATIONS
Background

- Hildegard Peplau (1909-1999)
  - Diploma program in Pottstown, PA, 1931
  - BA in Interpersonal Psychology, Bennington College, 1943
  - MA in Psychiatric Nursing, Columbia University, 1947
  - EdD in Curriculum Development, Columbia University, 1953
Background

- *Interpersonal Relations in Nursing* (1952)
- Professor emeritus from Rutgers University
- Started first post-baccalaureate program in nursing
- Worked as Executive Director and President of ANA
- Worked with WHO, NIMH and Nurse Corps
Development of Theory

- Flu epidemic of 1918
  - How illness and death impacted families
- Educational background
- WWII Army Corps Nurse
  - 312th Field Station Hospital
- Community based psychiatric care (Chin & Kramer)
- “Mother of psychiatric nursing” (ANA, 2012)
Purpose of Theory

- Focus on nurse-patient relationship
- Identify different roles nurses take on when working with patients
Theory Level

- Grand theory (McEwen & Wills, 2007)
- Middle range descriptive classification theory (Nursing Theory, 2011)
Client / Person

- A developing organism that tries to reduce anxiety caused by needs
Nursing

- A significant therapeutic interpersonal process
  - Functions cooperatively with other human process that make health possible for individuals in communities
Health

- Forward movement of personality and other ongoing human processes
  - In direction of creative, constructive, productive, personal and community living
Environment

- Existing forces outside the organism and in the context of culture
Relationships

Roles of the Nurse

- Stranger
- Resource person
- Teacher
- Leader
- Surrogate
- Counselor
Relationships

- Phases in nurse-patient relationships
  - Orientation
  - Identification
  - Exploitation
  - Resolution
Nurse-Patient Relationship

![Venn Diagram]

- Nurse values, culture, race, beliefs, past experiences, expectations, preconceived ideas
- Patient values, culture, race, beliefs, past experiences, expectations

Nurse-patient relationship
Limitations

- Can not use with non-participative patient
  - Unable to participate
    - Unconscious
    - Catatonic
  - Unwilling to participate
    - No perceived need
    - Defiant
How Nursing Care Enhanced

- Interactive care
- Relationships enhance healing
- Personal fulfillment
Application

- Psychiatric nursing
  - “Mother of psychiatric nursing”
  - Therapeutic relationship

- All nursing and practitioners
  - Interactive care
  - Increased compliance
  - Better outcomes
Example of Application

Psychiatric examples

- Depression and Psychosis
  - Trust
  - Accept help
  - Education
  - Support
  - Compliance
  - Termination
  - Follow up
Evidence of Improved Care

- *Power to Gain Knowledge* (Bradbury-Jones, 2012)
  - Studied nursing students 2007-2009
  - Effect of interpersonal relationships on education
  - Students felt empowered
  - Increased clinical ability
  - Increased ability to empower patients
Other Examples

- **Nursing Organizations**
  - APNA all-purpose discussion

- **Nursing Practice**
  - Renal patients

- **Nursing Education**
  - Increased participation and empowerment
References


