

“Holistic Symptom Management: Modeling the Interaction Phase”: Reaction PaperAhmad Mahmoud Saleh ¹, Manar Mazher Nabulsi ²¹. Clinical Instructor, Department for Continuing Education, Al Khalidi Hospital & Medical Center, Amman, Jordan². Associate Professor, Clinical Nursing Department, Faculty of Nursing, the University of Jordan, Amman, Jordan
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Abstract: Reaction paper or response paper is a type of academic writing that requires proper writing skills and the ability to think deeply. A reaction paper necessitates the writer to analyze a text, then develop commentary related to it. It is a common academic assignment because it requires thoughtful reading, and writing. In the current paper, authors write a reaction paper about research article "Holistic symptom management: modeling the interaction phase" which details an interaction model that link the way a nurse participates in a client's effort to describe the symptom experience and the eventual symptom management outcome.

[Saleh AM, & Nabulsi MM. “**Holistic Symptom Management: Modeling the Interaction Phase**”: **Reaction Paper**. *J Am Sci* 2016;12(10):1-2]. ISSN 1545-1003 (print); ISSN 2375-7264 (online). <http://www.jofamericanscience.org>. 1. doi:10.7537/marsjas121016.01.

Keywords: Reaction Paper; Response Paper; Academic Writing

1. Authors’ Reactions Thoughts and Feelings

Client-Nurse Interaction Phase of symptom management is one of the most important issues to patients, family members, and health care providers. Authors strongly agree with the presented research purpose because managing symptoms require an understanding of the personal experiences and the meaning associated with each symptom that is very important within nursing perspective to provide the necessary care involving the client in management decision. However, this management is not only the responsibility of health care provider as physicians or nurses. It is a collaborative effort of patients, their families, and health care providers. In addition, effective symptom management is dependent on hearing and attending to the life world of the client.

Authors strongly agree that a holistic nursing approach to symptom management includes all aspects such as eliciting an accurate understanding, using a symptom cluster to determine underlying causes and involving the client in management positions. All of these aspects facilitate the achievement of desired outcomes in symptom management-accurate diagnosis, symptom relief, and agreeing on a course of action.

Authors believe that any health care provider follows the traditional pharmacological methods of symptom management that are directed only to the symptoms and disease is one of the major mistakes that should be treated as soon as possible, Client is a human being that needs caring in a holistic way.

All client nurse interaction occurs in the context of socially prescribed patterns influenced by gender, ethnicity and family role that should be recognized by nurses. The client and nurses have attributes that influence the interaction phase of symptom

management when they are in the health encounter by using the mutuality and trust relationship.

Furthermore, it was an excellent job from researchers to represent an evidence-based knowledge regarding the model of the interaction phase of symptom management that was influenced by the following theorists: Peplau's interpersonal relations model, Orlando, and Watson.

Each of these theorists plays an important role in developing the model of interaction phase, which depict a dynamic, collaborative relationship where the experience and perspective of both participants (Client and Nurse) have significance in the process and the outcome of the interaction.

On the other hand, Authors think if health care providers try to search through PubMed, CINHALL and Science Direct about holistic symptom management, they will find many articles that concentrate on the effectiveness of the interaction model regarding the symptom management.

Authors feel so satisfied regarding the findings of the article “Holistic symptom management: modeling the interaction phase" which represents emphasize for the nurse, and clinician remain on the person, not the symptom. In addition, that variable within interaction has the potential to compromise desired nurse and client outcome.

Before Authors read the article, their thoughts were only directed toward effective symptom management which depends on the symptoms itself, but now Authors’ thoughts directed toward effective symptom management which depends on hearing and attending to the life world of the client using the interaction phase model (effective symptom management remain on the person, not the symptom).

2. Implementation in Jordan

Actually, the simplicity, feasibility, and efficiency of such model like the interaction phase of symptom management model make it applicable anywhere, so it could be implemented in any unit in any hospital in Jordan.

The client-nurse interaction phase represents a synthesis of knowledge to include the symptom experience, communication theories, explanatory models of health behavior, and expectancy theories. Since all of these things are practiced by nurses, the interaction model can be used in any setting.

The idea can be transferable to any setting in any hospital in Jordan because it is relatively simple, inexpensive and it has a positive impact on the patient and their families.

Cultural aspects should be considered and health education programs are required to raise the consciousness of nurses regarding the importance of the interaction model in maintaining the holistic symptom management.

After raising the consciousness of the health care provider regarding the interaction model, Authors' thinks that auditing health care providers through head nurses' departments, supervisors and managers could lead to preventing such professional perspectives or cultures such as ethnocentrism and medico centrism.

Regarding applicability in the population, some clients such as unconscious clients or phony clients will affect the communication process in the interaction model, this will limit the model to those who are capable of talking and expressing their symptom experience.

3. Implications in Symptom Evaluation and Management

The current research findings can improve nursing care through adopting such an interaction phase of the management model that is evidence based to help in the achievement of desired outcomes in symptom management- accurate diagnosis, symptom relief, and agreement on a course of action. Furthermore, health care providers could increase the quality of life of both patients and their families by using such an interaction model.

Interestingly, the findings of the article "Holistic symptom management: modelling the interaction phase", can be used as a part of educational programs that can be provided to nursing and other health care providers to improve their care for the patient and to help them understand the positive impact of an interaction model and encourage them to adopt and facilitate using this model.

The study "Holistic symptom management: modeling the interaction phase" provides a basis for future research that may develop any other creative model which has dualistic benefits for patients and nurses. Furthermore, it encourages nursing researchers and other health care researchers to conduct new quantitative and qualitative studies to measure the effectiveness of interaction model in the clinical settings.

Finally, health policy makers may utilize the information presented in this article "Holistic symptom management: modelling the interaction phase" to enforce some policies regarding utilizing the interaction model to create more effective measures that enhance the outcomes of patients and their families and not merely concentrating on the health care providers in providing care for a symptom.

Acknowledgements:

Authors would like to thank all those who have helped make this research succeed.

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