

Name

Muhammad Ilyas khan

ID Number 14483

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Behavioral sciences

Q.1 what is stress? Discuss about Hans Selye's Model of Stress.

A sensation of emotional or physical discomfort is stress. Any event or thinking that makes you feel upset, angry, or anxious may come from it.

Stress is the response of the body to a threat or demand. Stress can be beneficial in brief bursts, such as when it helps you escape danger or reach a deadline. But it can affect your health when stress lasts for a long time.

Stress is a feeling that's natural. Two major forms of stress exist:

Stress acute: This is short-term stress that easily goes away. When you slam on the brakes, have a fight with your partner or ski down a steep slope, you feel it. It allows you to handle hazardous situations. It often happens when there is something different or exciting you do. At one time or another, all individuals have acute stress.

Stress chronic: This is tension that takes a longer period of time to last. If you have financial issues, an unhappy marriage, or trouble at work, you might have chronic stress. Chronic stress is any form of stress that goes on for weeks or months. You might become so used to persistent stress that it is an issue that you don't know it.

Hans Selye's Model of Stress

Introduction

Hans Selye was a Hungarian endocrinologist (1907-1982), who first gave a scientific description of biological stress. He defined his stress model as General Adaptation Syndrome (GAS), based on physiology and psychobiology.

His model notes that an occurrence that affects the well-being of an organism (a stressor) leads to a bodily reaction in three stages:

Stage 1: Alarm

Stage 2: Stamina

Step 3: Tiredness

He addressed the mechanism of the hypothalamic-pituitary - adrenal axis (HPA axis) that prepares the body to deal with stress. Selye also identified a local adaptation syndrome that refers to the inflammatory response and repair procedures that occur at the local tissue injury site as in small topical injuries, such as contact dermatitis, which may lead to GAS if the local injury is sufficiently severe.

Stages

Stages 1: Alarm

Upon meeting a stressor, the body responds with a "fight-or-flight" reaction and stimulates the sympathetic nervous system. To counter the threat or danger, hormones such as cortisol and adrenalin are released into the bloodstream. The body's resources have now been mobilized.

Stage 2: Stamina

The parasympathetic nervous system takes several physiological functions back to normal levels as the body focuses on stressor energy.

Blood glucose levels remain high, elevated levels of cortisol and adrenaline continue to circulate, however the body's outward appearance appears regular.

HR, BP Rise, Breathing. The body is already on red alert.

Step 3: Tiredness

When stressor goes beyond the capacity of the body, the organism exhausts energy and becomes vulnerable to illness and death.

Q.2 which is the most effective type of doctor-patient relationship, and why?

The relationship between doctors and patients is a vital part of health care and medical practise. Medical ethics demands that doctors show their patients concern, sympathy, and benevolence. The efficacy of the relationship between patient and physician directly relates to health outcomes. There are various types of relationships between doctor and patient, but mutuality is the most successful one.

Mutuality:

- This is an ideal physician-patient partnership model
- This model does not view either the patient or the doctor as standing aside.
- Each individual provides the partnership with strengths and tools.
- The relationship between physicians and patients is focused on
- Patients have to define their issues
- Open and utter route
- The patient is free to pursue care in a different place.
- When requests are not fulfilled satisfactorily.
- Physicians need to collaborate with the patient in order to
- Articulating the question and optimizing the appeal
- The freedom of the doctor to withhold treatment
- By a patient explicitly whether he or she knows
- It is difficult to fulfil the expectations of the patient.

Function of the patient

Patients need to identify their concerns in a transparent and complete way. The right of the patient to seek treatment elsewhere when demands are not fulfilled satisfactorily.

Function of the Doctor

To express the issue and refine the order, physicians need to collaborate with the patient. The right of the physician to officially withdraw care from a patient if he or she thinks it is difficult to meet the demand of the patient.

Advantages

- Patients can completely understand what issue they face through the assistance of physicians.
- Physicians should completely appreciate the importance of the patient.
- Decisions can be taken easily through a cooperative and constructive partnership.

Q3. Why reassurance is needed in relieving anxiety and fear?

The cause of most disagreements in healthcare settings may be anxiety. Although not particular to healthcare, nervousness, fear, anticipation and worry may be triggered by anxiety. When facing a new encounter, it is normal for individuals to encounter a general state of worry or fear, and being involved in a healthcare situation is no exception.

Most patients and families are not familiar with healthcare and its delivery. It is not their run of the mill experience to be admitted to a hospital, have surgery (either inpatient or outpatient), or be diagnosed with a chronic illness. Anxiety can manifest itself in relaxation actions in the patient and family, which can include frustration, sarcasm, avoidance and disrespectful behavior towards health care providers, whatever the cause.

Reassurance can assist patients, alleviate stress and anxiety, thus decreasing unnecessary pain behavior and facilitating constructive safe behavior. The first level of clinical therapy can be reassurance. Some writers suggest that for a patient with an episode of LBP, psychological factors should be considered at the initial visit in addition to the standard review of neurological symptoms and signs. Reassurance normally means reminding the patient that LBP is a common issue and that in 4 to 6 weeks, 90 percent of patients recover spontaneously. Patients also need to be informed that full pain relief typically occurs after daily activities are resumed rather than before and that they should return to work before full pain relief is obtained; working through any residual pain relief from LBP does not pose a danger and will not benefit them.

Reassurance and supportive interventions are recommended for all patients, but they are not supposed to improve the length of symptoms. For symptomatic relief, most patients with extreme MPH would naturally consider a recumbent position. Although the length of symptoms does not seem to be affected by excessive hydration, patients should be advised to prevent dehydration. It is possible to use oral analgesics (acetaminophen, NSAIDs or opioids), but the relief obtained is sometimes unimpressive, especially with severe headaches. As suggested, antiemetics and stool softeners should be administered. Any degree of relief may be given by abdominal binders, but they are cumbersome and are seldom used in modern practice.

Q.4. In COVID-19 situation, which type of interview is recommended, and why?

Virtual interviews, like telephone interviews, may be an efficient way to test the competencies of a candidate as they relate to the position they are being considered for. As a result of the ongoing COVID-19 outbreak, when arranging simulated interviews in lieu of in-person interviews, managers are advised to follow best practices.

There are different types of interview which are listed below.

Telephone interview

Phone interviews are increasingly used in mass hiring. The interview is conducted entirely over the phone and this is very effective in eliminating any bias that may arise from the appearance and manner of the candidate.

Video conferencing or Virtual interview (using video technology; clothing, body language and dialogue are important here as well)

Some important point taking in mind while taking virtual interview.

- Be aware that not every applicant may be able to access the technology of virtual interviews and will need to reschedule or decide an alternative interviewing process.
- Prior to the scheduled interview period, test the technology.
- Questions must be the same as what you in an in-person interview may have asked.
- Keep the notes comprehensive.
- Make sure you've allowed them to prepare by letting them know they're going to be on camera if you intend to video chat with a candidate.
- Be mindful of possible audio and/or video delays and be welcoming.

In this covid-19 situation Video conferencing or virtual interview is recommended because it will allow the interviewer to get the maximum details for the candidate. And also it will not be playing its part in the spreading of covid-19.

Q.5 Write detail note of five types of oral communication?

(Face-to - face) Oral Communication

The most known form of communication is face-to - face oral communication. Here, what you convey comes from what you speak directly. Again, this can be formal or casual: in a formal meeting or lecture with your friends and family, at work with your colleagues and boss, within your group, during professional presentations, etc.

This forms of communication

Training is getting better. The more sensitivity you exercise, the more influence you would have over your oral expressions.

A-live is lively! This implies that oral communication gives you a present-moment ability to tune, revise, revoke and correct what you convey, amid all previous rehearsals. It is also the most effective form of communication and, with any word, can work for or against you.

It engages the viewer rather than other means of communication. With oral communication, the listener (or an audience) always intends to talk to you, allowing two-way communication more than any other channel.

For superior face-to – face communication

Always meet your audience's eyes with confidence, conviction and transparency.

To refine your tone and gestures, practice in front of a mirror, so they fit the message you want to convey. Both things frequently express more than the phrases do.

Using role-play, rehearsal. "This means that even though you rehearse in front of a mirror, candidly ask yourself," Am I prepared with this tone and voice to receive this message? "If you are not convinced, neither will your spectators be. So practice again until it's perfect for you.

Consciously engage with the involvement of your audience.

This is the power of this medium of communication, so let your oral speech never be a one-way rant to yourself. By asking questions, getting their views and encouraging the expression of new ideas, you can do this.

Become an engaged listener, eventually. A successful oral communicator not only talks, but listens to his audience actively as well.

(Distance) Oral Communication.

Distance (oral) contact has made the world a more open and smaller environment. All modern extensions of distance communication, bringing its expression to the next subtle level, are mobile phones, VOIP, video-conferencing, 2-way webinars, etc. And your tone of voice and speed of delivery take precedence over other expressions in this form of communication.

For efficient oral interaction over distance,

Give your listening higher priority. You will find that many individuals want to communicate at the same time when you fail to listen, weakening the importance of this method of communication.

In face-to - face communication, talk slightly slower than you would do. This will ensure that you remain mindful of your tone's subtle nuances, and that the recipient has time to understand what you communicate.

When listening, always re-iterate what you understand. In face-to - face communication, this form of communication misses the non-verbal signs you will receive (that can signify subtle expressions such as frustration, friendliness, receptivity, sarcasm, etc.). So paraphrase what you understand and confirm that this is really what the other party has wanted to communicate.

Wear a pleasant face with a smile on your lips and eyes where appropriate. Feel this face of friendliness.

Your tone will express to the other person your openness and receptivity automatically. (If you intend to express an alert on the phone, this might not be acceptable, so ensure that your face fits your message.)

Finally, where possible, follow this up with written correspondence. The goal is to verify the take-away from the conversation so that both parties are on the same page. Even for an informal call with your mate, this makes sense-you might be able to send a fast text message to reinforce how good it was to talk to him, and then authorize the last call for action.

Meetings

In addition to one to one contact, there are times in each company where workers meet to discuss issues common to the group. This can include frequent formal meetings, committee meetings, conferences or informal meetings.

Group discussion

Group discussions are carried out to assist organizations in choosing people who are successful members of the team and professional communicators of the group. Another way of interviewing applicants before choosing them for a job is group conversation. This approach is very common since it measures the candidates' communication skills, group behavior, IQ, general knowledge and listening skills.

Interviews

The view of communication as a two-way mechanism is put into effect in interviews. It is a meeting of two individuals that, through conversation and personal contact, helps them to know more about each other. In selecting applicants for jobs, scholarships, admission to courses, etc., this interaction is particularly useful.