

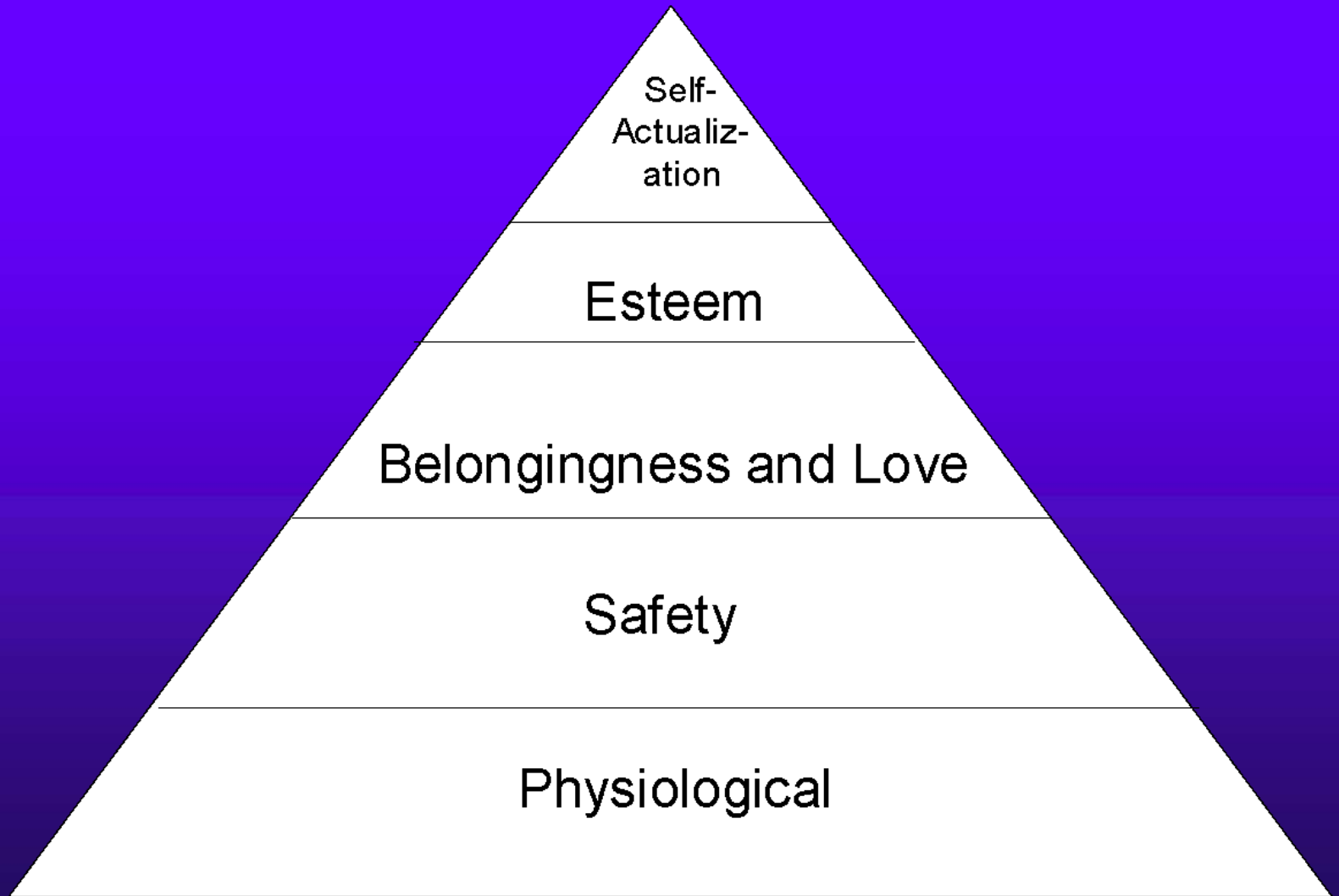


# Maslow's Hierarchy of Human Needs



Maslow defined a Hierarchy of Human Needs that stated the lower needs must be met before an individual can strive to meet the higher needs.

# Maslow's Hierarchy of Needs



# PHYSIOLOGICAL-necessary for life; unmet, these needs lead to death

- ◆ Food
- ◆ Water
- ◆ Oxygen
- ◆ Sleep
- ◆ Protection from extreme temperatures
- ◆ Elimination
- ◆ Sensory needs
- ◆ Motor needs





# SAFETY/SECURITY

- ◆ The need to be free from anxiety and fear
- ◆ The need to be secure in the environment
- ◆ The need for order and routine





# LOVE AND AFFECTION

- ◆ Social acceptance, friendship, to be loved
- ◆ Need to belong, to relate to others
- ◆ Sexuality
  - a person's feelings/attitude toward their masculine/feminine nature
- ◆ Sexuality
  - the ability to give and receive love and affection
  - reproductive capabilities





# ESTEEM



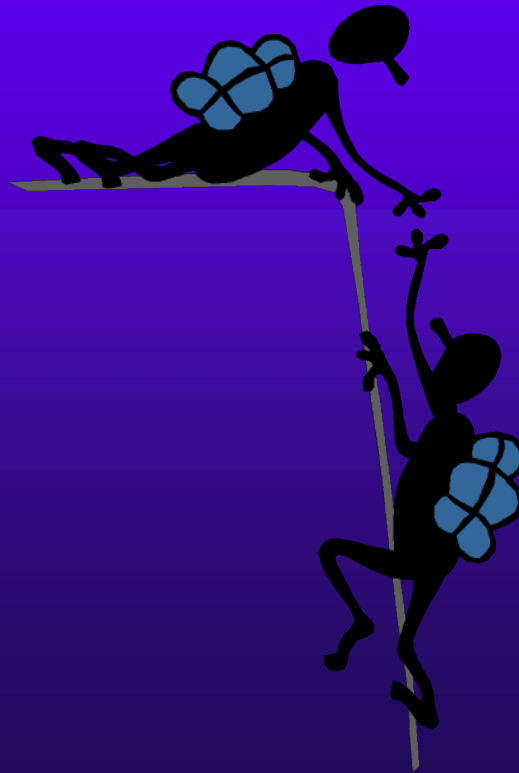
- ◆ Feeling important and worthwhile – includes respect, approval, appreciation
- ◆ We engage in activities that bring achievement, success, and recognition
- ◆ We gain self-confidence and begin to direct our actions toward becoming what we WANT to be





# SELF-ACTUALIZATION

- ◆ Self-realization; obtaining our full potential; becoming confident, eager to express our beliefs, and willing to reach out to others to help them

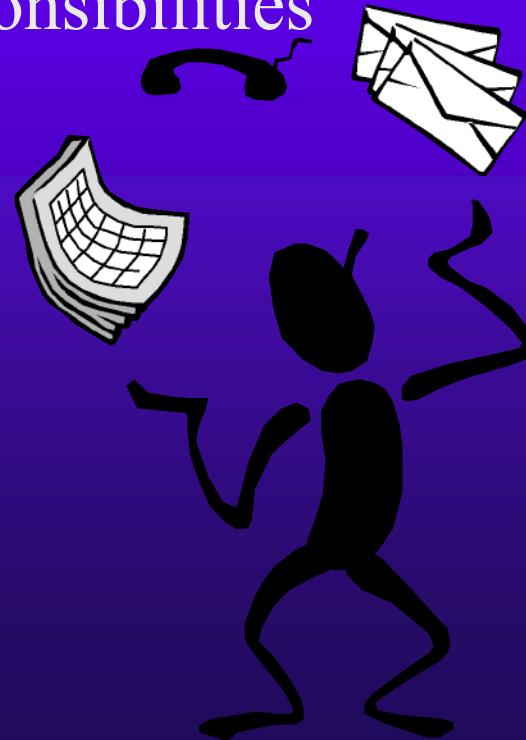




# To meet our human needs



- ◆ We usually learn what works by trial-and-error
- ◆ Direct methods v. Indirect methods
- ◆ Stress reactions
- ◆ Challenges and responsibilities





# DIRECT METHODS


- ◆ Hard work
- ◆ Setting realistic goals
- ◆ Cooperating with others
- ◆ Evaluating effectively





# INDIRECT METHODS

- ◆ Suppression
- ◆ Projection
- ◆ Denial
- ◆ Rationalization
- ◆ Compensation
- ◆ \*Note: These are unhealthy when used too often, but sometimes allows us to cope!



# When defense mechanisms are inadequate, stress reactions develop:

- ◆ Chronic complaining and demanding behavior
- ◆ Agitation with manipulative behavior
- ◆ Restlessness
- ◆ Sleeplessness
- ◆ Depression-be alert for potential suicide
- ◆ Withdrawal



To meet the needs of others...

Personalized healthcare focuses on the patient and meeting their needs and expectations



# Challenges

- ◆ Meet the patient's needs to the best of your ability
- ◆ Set standards of excellence for yourself
- ◆ Sometimes only you will know (I.e., sterile field)
- ◆ Let your conscience be your guide
- ◆ Anything less than 100% is not acceptable



# Responsibilities

- ◆ Take advantage of the opportunity to learn, develop basic skills, see the purpose of each assignment
- ◆ Set your standards for your performance
- ◆ Establish study habits that work best for you
- ◆ Relate learning to past experience
- ◆ Measure each achievement in terms of progress toward your career goal
- ◆ Be honest with yourself and take responsibility for your own actions