

## PREFACE

The present edition is an expansion and updating of some of the ideas presented previously. It does not entail a change in purpose or argument. The concepts of stress and its physiologic correlates, acknowledgement and open awareness, and the spiritual aspect of death are developed more fully at the suggestion of students and teachers who have attempted to actualize the suggested process of promoting psychological comfort. Some sections have been left unchanged. Though one can always add or change a word here or there, those written originally still seem to convey our message to beginning students in the delivery of health care. The major argument continues to be that the promotion of psychological comfort to nonpsychiatric as well as psychiatric patients is basic to the promotion of health. Also, when man is viewed from a holistic perspective and when reasonable skill in promoting comfort is acquired, this task does not take too much time, or more time than busy health workers have to spend with sick persons.

In this short book, we cannot hope to thoroughly study the vast area of man and his environment. Our intention is only an introduction. Chapters one and two consist of an overview of the field based on the authors' synthesis of knowledge and experience. "Man: A Holistic Approach" focuses on the concept that mind and body are indivisible and are influenced by an ever-changing social, psychological, and physical environment. "Human Behavior: A Dynamic Approach" focuses on the concept that all behavior has meaning and purpose and that it can be understood. Chapter three, "Psychological Disequilibrium: Causes and Effects," focuses on the forces which threaten to disrupt man's balance and the effect of these forces upon the person. Chapter four, "Psychological Comfort:

Nursing Guidelines," focuses on specific nursing measures which can be taken to promote comfort and recovery. Problems are identified, and brief examples of nurse-patient exchanges are used to illustrate the application of guidelines.

Many persons have contributed to this edition. Among them is Michelle Nichols, Durham College, Oshawa, Ontario, whom we recognize symbolically as one of the many teachers who took the time to write critiques of the second edition.

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