




Boundaries: Keeping it Safe CHNC 2014 Conference



VON
CANADA

COMMUNITY HEALTH NURSES OF CANADA INFIRMIÈRES ET INFERMIERS EN SANTÉ COMMUNAUTAIRE DU CANADA

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Objectives



This presentation will address:

- The difference between a therapeutic and non therapeutic client relationship
- Education strategies to assist in spreading safe therapeutic relationships
- The challenges to creating safe boundaries in home and community care practice

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Therapeutic Relationships

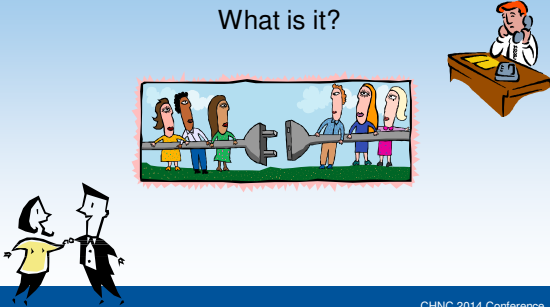


- Establishing and maintaining therapeutic relationships is an integral part of nurses' professional relationships
- Is an essential nursing competency that is achieved by thinking about one's actions
- Regulated Care Providers are accountable to practice standards & code of ethics of their provincial regulatory body.

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Therapeutic Relationships

What is it?



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A Definition: Therapeutic Relationship




Is a **purposeful, goal directed** relationship that is directed at advancing the **best interest** and **outcome** of the client

(RNAO, 2006)

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Quality & Risk




- Quality team identified an increase in consults on how to manage boundaries issues
- VON has both regulated & unregulated staff
- Both areas had risk issues involving boundaries
- Education developed and presented to all new staff at Orientation

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Characteristics of Nurse Client Therapeutic Relationships




- 1) Trust
- 2) Respect
- 3) Intimacy
- 4) Fiduciary Duty
- 5) Power




(CRNNS, 2012; CNO, 2009)

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Why are boundaries important ?




Crossing boundaries shifts the balance of power in the nurse client relationship




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Boundaries




Setting clear boundaries sets limits that respect both the *client* as a person who needs care and the *healthcare worker* as a person providing care.



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Boundary Crossing & Boundary Violations



<p>Boundary Crossing</p> <p>An action or behavior that <i>deviates</i> from an established boundary in the nurse-client relationship.</p> <p><i>It is not acceptable when an activity or action benefits the nurse at the expense of the client.</i> (CRNNS, 2012)</p>	<p>Boundary Violations</p> <p>Actions or behaviors by a professional which <i>use the relationship with the client to meet a personal need</i> of the professional at the expense of the client.</p>
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Boundary Crossing & Boundary Violations Situations



<p>Boundary Crossing</p> <ul style="list-style-type: none"> • Social networking with clients • Excepting gifts from clients • Giving "special" gifts to clients 	<p>Boundary Violation</p> <ul style="list-style-type: none"> • Excessive self disclosure (intimate details of life) • Sexual relationships • Accepting cash gifts • Selling products that benefit the nurse (e.g. home business, Avon or Epicure parties) <p style="text-align: right; font-size: x-small;">(Adapted from CRNNS, 2012)</p>
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Boundary crossing is a slippery slope little things can become big violations

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How to know if you are at risk ?

It is essential to be aware of the difference between personal and professional relationship in your practice

Review the situation from the following perspectives:

- 1) Your Perspective
- 2) The Client Perspective
- 3) Neutral Observer

(CRNNS,2012)

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Questions to ask yourself?

Question	YES	NO
Am I sharing personal information often ?	<input type="checkbox"/>	<input type="checkbox"/>
Am I finding myself doing a lot of "extra" things for my client ?	<input type="checkbox"/>	<input type="checkbox"/>
Is it my needs that are being met?	<input type="checkbox"/>	<input type="checkbox"/>
Am I thinking about my client outside of work hours ?	<input type="checkbox"/>	<input type="checkbox"/>
Do I feel like I am the only one who really understands and can meet client's needs ?	<input type="checkbox"/>	<input type="checkbox"/>
Will an action that I do now have a negative effect on care plan goals ?	<input type="checkbox"/>	<input type="checkbox"/>

(Macdonald, 2010)

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Education Strategies

- All new staff receive education on orientation
- Available to managers to use in team meetings
- Encourage regular personal reflection on boundaries
- Transparent, open relationships with managers with encouraged

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Next Steps

- Evaluating how we track and follow up on Boundary issues
- Manager specific education on how to manage boundaries situations

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BOUNDARIES are part of self care

They are healthy normal and necessary

Doreen Virtue

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THANK YOU

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