Outline
"04.01 Maslow's Hierarchy of Needs"

Overview

1. Maslow's Hierarchy of Needs

    a. What is Maslow's Hierarchy of Needs

        i. Physiologic Needs

        ii. Safety Needs

        iii. Love/Belonging Needs

        iv. Esteem Needs

        v. Self-Actualization Needs

    b. How does it pertain to nursing care?

1. Prioritization

Nursing Points

General

1. Maslow's Hierarchy of Needs

    a. Developed by Abraham Maslow

    b. Psychological Theory based on human needs

    c. Based on Priority Needs

2. Priority Based Needs

    a. Physiological Needs

        i. Take priority over other needs

        ii. Highest priority level of Maslow's Hierarchy

            1. Examples of physiological needs:

                a. Oxygen

                b. Fluids

                c. Nutrition

d. Shelter

e. Elimination

b. Needs for Safety and Security

   i. Second level prioritization

   ii. Physical Safety

      1. Patients want to feel physically safe

   iii. Psychological Safety

      1. People will attempt to seek safety before meeting any other needs

   iv. Examples:

      1. Law and order

      2. Shelter

      3. Employment

      4. Health

c. Needs of Love and Belonging

   i. Third Level Need

      1. Needs for social relationships

   ii. Satisfies the acceptance of others

   iii. Examples

      1. Relationships with family members

      2. Friendships

      3. Social Relationships

      4. Intimate Relationships

d. Self-Esteem Needs

   i. Fourth Level Need

   ii. Become more important once other needs levels are met

   iii. Focus on outer acceptance first, then focus on esteem

1. Need to feel useful

2. Need for feelings of accomplishment

3. Need for self-confidence and self-worth

    iv. Examples

1. Recognition

2. Status

3. Respect

  e. Self-Actualization

    i. Must meet all other needs levels before fulfilling this level

1. Need to actualize full potential of self

2. Focuses on Coping

3. Encourages problem solving capabilities

4. "Being your best self"

    ii. Examples

1. Pursuing a talent

2. Personal growth

3. Creativity

3. Maslow and Nursing

  a. Nurses should prioritize care for their patient(s) based on this model

  b. Meet physiological needs first

    i. Patient becomes winded during conversation – stop conversation (love/belonging needs) and focus on O2 status (physiologic needs)

  c. Encourage Safety Needs

    i. Observe safety in your patients room

    ii. Encourage patient to engage in safe behavior

  d. Love and Belonging Needs

    i. Build Rapport

    ii.   Encourage Family Support

          1. As long as the presence of family is healthy and positive

  e. Self-esteem needs

      i.   Meet this through therapy

      ii.   Encourage Success

  f. Self-Actualization Needs

      i.   Focus on long term goals

      ii.   Rehabilitation and return to home

4. Put Maslow into practice

  a. Prioritize your care of multiple patients

      i.   Use Maslow to determine which patient should come first

      ii.   Physiologic needs over Self-actualization needs

  b. Meet your patient needs

      i.   Patients often come to the hospital with unmet needs

      ii.   Identify needs through assessment

      iii.   Meet those needs in categorical order

          1. Physiologic needs, then safety, then love…

Nursing Concepts

1. Prioritization

2. Clinical Judgment

Patient Education

1. Look for opportunities to educate patients on higher priority needs over others

  a. Example: For a patient who wants to have a long conversation but becomes winded, and having a decrease in oxygen saturation. You would need to emphasize the need for the patient to take a breath and to pause the conversation until the patient's oxygen saturation improved.