

Texas Department of State Health Services

Staying In the Zone

Establishing and Maintaining Professional Boundaries in School Nursing

Learning Objectives



- Identify 3 Elements of the Continuum of Professional Behavior
- Recognize Over and Under Involvement
- Analyze Common Red Flag Situations
- List 3 Appropriate Means to Therapeutic Relationships
- Safeguards to Social Media



Code of Ethics for Nurses



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"When acting within one's role as a professional, the nurse recognizes and maintains boundaries that establish appropriate limits to relationships."



Definitions

Therapeutic Relationship

- -Relationship that allows nursed to apply professional knowledge, skills and abilities towards meeting health needs of the patient.
- -Relationship is dynamic, goal oriented and patient centered.



Definitions

Professional Boundaries

-Limits between the professionals power and the clients vulnerability.

Power Differentials

- -Inequalities that exits between the professional and the client
- -Professional has knowledge, experience, and authority that the client seeks or needs.
- -In healthcare, the client is more vulnerable due to illness or emergency, so differential is bigger.



Definitions

Boundary Crossing (Caution)

-Intentional or unintentional excursion across boundaries with a return to established limits of the professional relationship.



- -Occur when therapeutic boundaries are crossed, characterized by role reversal, secrecy, double binds, or nurse's needs being met rather than the patients'.
- -Can occur when the nurse builds, social, economic or personal relationships



Nurse Practice Act



- Boundary violation-Unprofessional Conduct
- Some categories of Boundary
 Violations that require reporting to
 the BON include:
 - Physical
 - Sexual
 - Emotional
 - Financial



Professional Behavior





Risk Factors for Violations



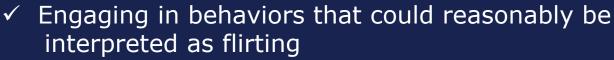
- 2. New Practice Setting (acute care to community care)
- 3. Circumstances that make the nurse more vulnerable (past experiences, personal issues, care fatigue)
- 4. Extended and prolonged interactions
- 5. Non-clinical practice settings (home health, schools, community) with less supervision and less defined roles



Most Common Violations

- 1. Dual relationships/role reversal
- 2. Gifts and money
- 3. Excessive self-disclosure
- 4. Secretive behavior
- 5. Excessive attention/over involvement
- 6. Sexual behavior
- 7. Social media





- ✓ Keeping secrets with a patient or for a patient
- ✓ Believing that you are the only one who truly understands or can help the patient
- ✓ Spending more time with a particular patient
- ✓ Speaking poorly about colleagues or your employment setting with the patient and/or family
- ✓ Showing favoritism
- Meeting a patient in areas besides those used to provide direct patient care and when you are out of uniform and not at work
- Discussing intimate or personal issues with a patient



Red Flags-School Nursing



- Babysitting for students
- Interacting with students/parents socially
- Assuming parental role/responsibilities-(Transportation, Clothing, Medication, etc.)
- Becoming involved with family issues that do not directly relate to the plan of care
- Accepting gifts with significant value or that might be misunderstood



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Social Media



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- FaceBook
- Twitter
- InstaGram
- GoFundMe
- Email



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Position Statement-Boundaries and Social Media

- Ethical and Legal Obligation to maintain privacy and confidentiality
- Maintain Professional Boundaries when utilizing social media
- Nurses provide services without discrimination....
- Nurses must comply with all laws, rules, including employer policies



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Social Media Benefits

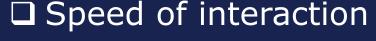
- ☐ Fosters professional connections
- Promotes timely communication
- □ Assists with educating and informing consumers and healthcare professionals
- ☐ Promotes rapid knowledge exchange



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Social Media Risks



- Creates context collapse by allowing multiple contexts
- ☐ Power balances are less clear
- ☐ Can erode professional boundaries
- □ Once in the public space...it is out there for all to see and can't be taken back
- ☐ It is "real", just like telephones, printing presses, Morse code, and television.



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Scenarios-Social Media

- 1. Nurse sent home health records to finish up documentation
 - a. Sent to personal email account
 - b. Against policy
 - c. Not encrypted
 - 2. Nurse posted picture of patient and comments on FB page. The child was recognized by community members and health information was shared.



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Potential Issue

Continuous Glucose Monitoring

- 1. What phone or device to utilize?
- 2. Health Information on a non-secure device
- 3. Parents expectation that you are always available to monitor
- 4. Awaiting guidance from the BON to draft a document for this one.



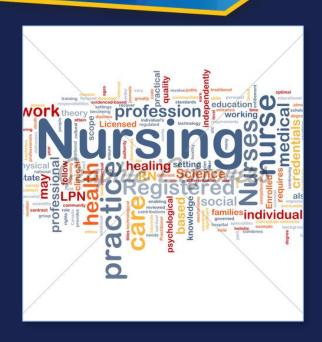
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Staying in the Zone



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- Remain student focused
- Establish sound boundaries
- If concerns...talk to a peer
- Keep professional and personal separate
- Boundary violations must be reported to the BON



Questions?



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Thank you

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