

My Learning from ICPAN 2023, International Opvågningspsygepleje Konference i Amsterdam, "The World Starts Outside Your Comfort Zone".

Foredragsholder Vera Meeusen.

Associate Professor Vera Meeusen is a Clinical Nurse Consultant of the Endoscopy Unit. She started as Nurse Anesthetist working in The Netherlands. She performed several Clinical research projects focused on the prevention and prediction of postoperative nausea and vomiting and postoperative pain management. After obtaining her degree as Master of Arts in Health Care at the University of Amsterdam she continued her career as a manager in the paranesthesia sittings and as a senior hospital project officer. Vera's PhD in Medicine research focused on workload, job satisfaction, personality profiles of nurse anesthetists and the history of nurse anesthetists in Europe.

After emigrating to Australia, she obtained her Professional Fellowship of the Australian College of Perianaesthesia Nurses (ACPAN) and became a Certified Health Manager and Associated Fellow of the Australasian College of Health Service Management. She continued working in the perioperative member of the Steering Committee of the Queensland Gastroenterology Clinical Network, Vera is the Clinical Advisor of the project Flexible Models of Sedation for Low-risk endoscopic Procedures (FMSLEP).

"THE WORLD STARTS OUTSIDE YOUR COMFORT ZONE', HOW TO PERFORM UNDER PRESSURE"

The environment for the perianaesthesia nurse could be demanding, with all kinds of pressure. Pressure effects not only the ventilation of the patient, but also yourself and the team. In this meeting we challenge you to look, listen and feel your own pulse and breathing rate. What do you register under pressure and how can you perform without performance loss. How can you work as a top athlete. So come to this workshop if you want to be challenged out of your comfort zone.

Vera Meeusen workshop starts with:

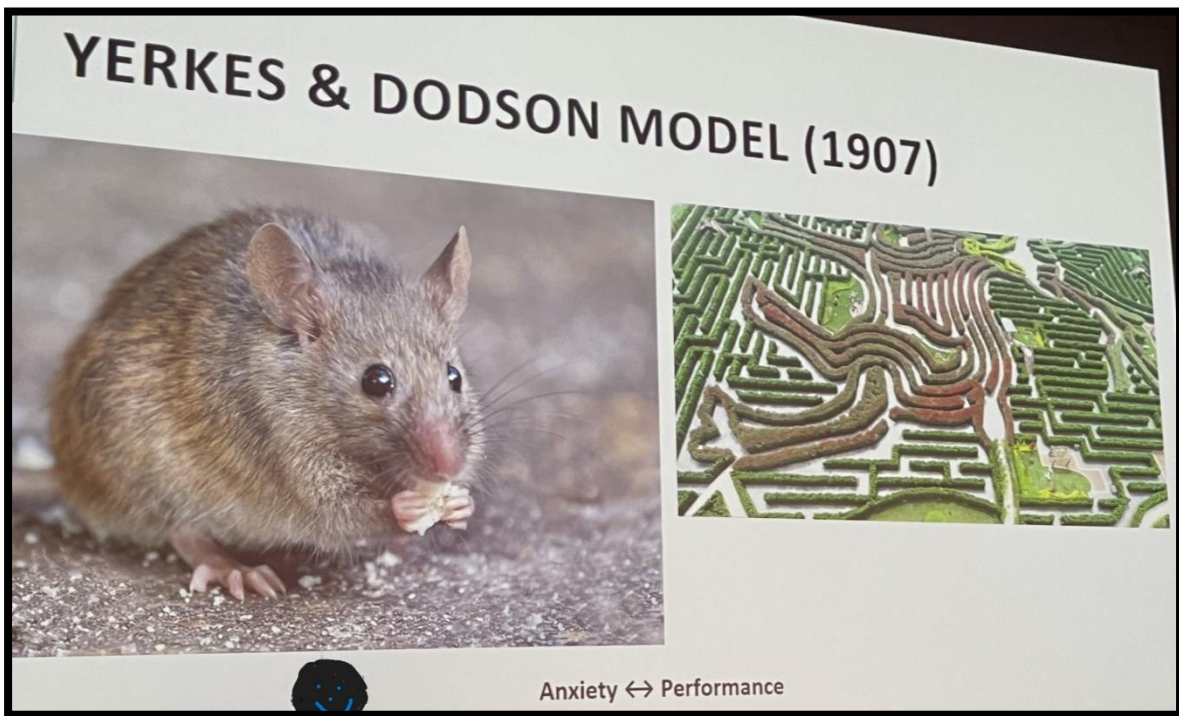
What is a Comfort Zone?

Some of My personal experiences.

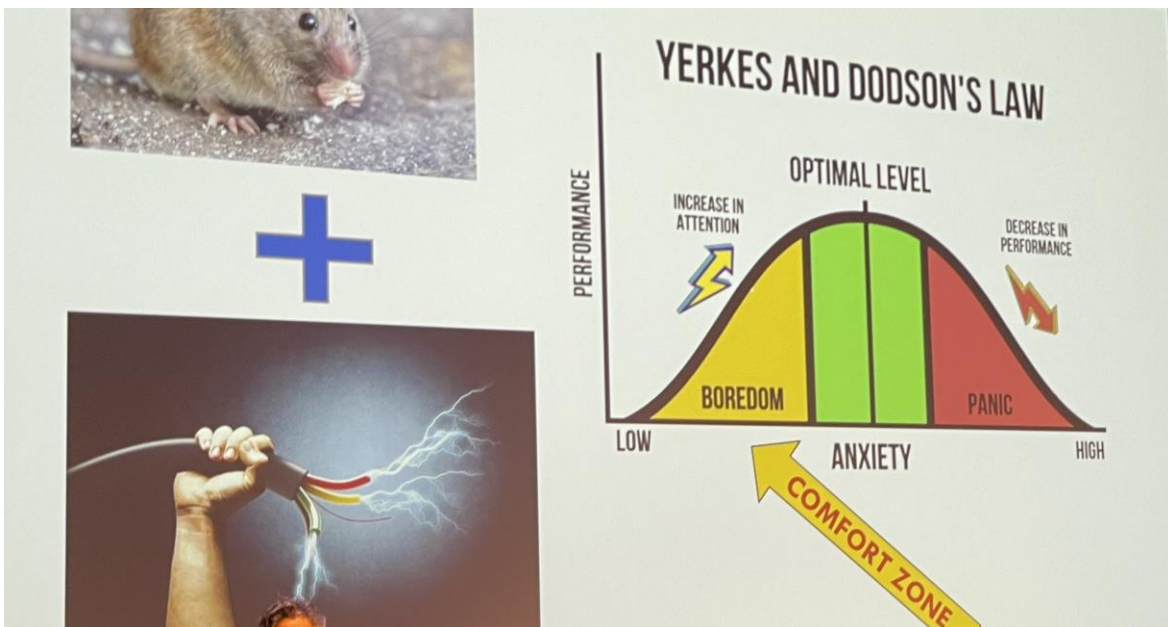
Take you out of your Comfort Zone.

"The Comfort Zone is a behavioral state within which a person operates in an anxiety-neutral condition, using a limited set of behaviors to deliver a steady level of performance, usually without a sense of risk.

(How do you get a Mice out of the Comfort Zone and to go into the labyrinth).



Vera Meeusen showed us Yerkes and Dodson Model/Law from 1907. An experiment with Mice and electricity to get the goal.



Yerkes-Dodson law is optimal motivation and performance occur when we feel just-the-right-amount of pressure. And we enjoy a sense of fulfillment after we push ourselves to do something difficult. This is a psychological principle known as Yerkes-Dodson Law or the Inverted U-Theory.

Optimal arousal theory posits that individuals are motivated to reach an optimal level of arousal, where they feel alert and engaged but not stressed. This level is different for every individual and can change depending on the task. Too much or too little arousal will lead to suboptimal performance.

“How do you get a Nurse out of Comfort Zone”

Vera Meeusen illustrates that boredom in a performance is our Comfort Zone. Comfort Zone are Things who are familiar, we Don't take risk, have Space to reflect and we have Not many opportunities to learn/develop.

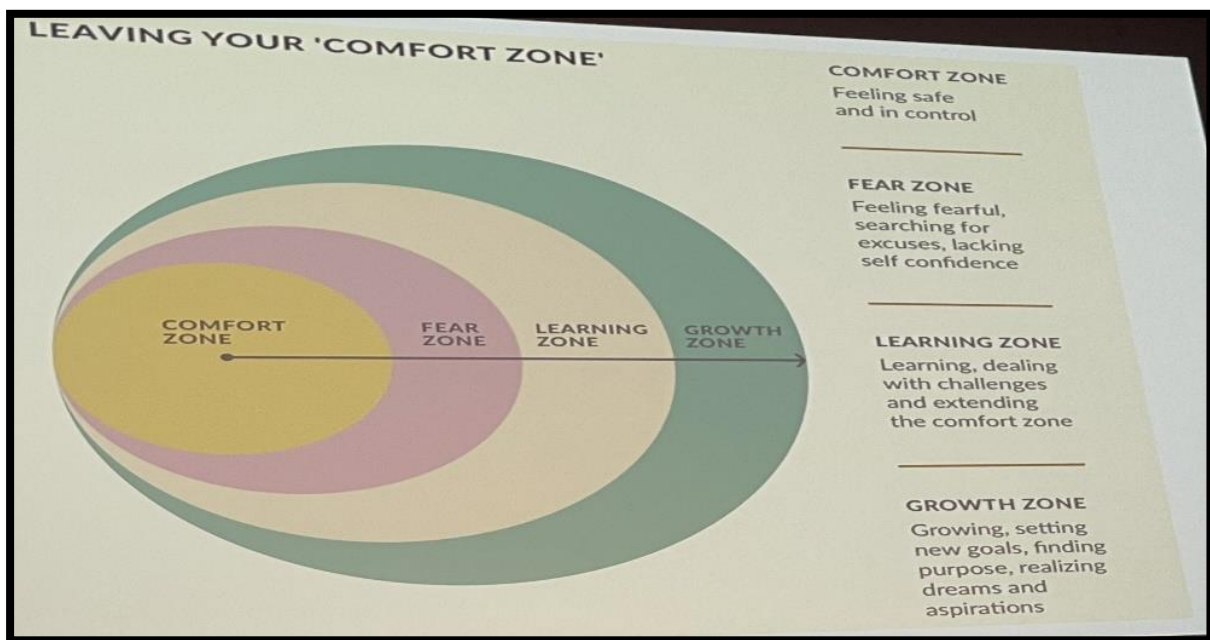
In the Learning Zone we Take calculated manageable risks. It led us to new Discoveries, Skills, and Knowledge.

In the Fear/Panic Zone, Learning is blocked by Fear. It can trigger other painful, traumatic memories.

We have to go from the Comfort Zone, the Fear Zone, the Learning Zone to come to the Growth Zone.

SO FOKUS ON THINGS THAT YOU CONTROL. Then it is easier to leave the Comfort Zone.

You have a Fear Zone. In Your Fear Zone, there is a Shock Phase, a Acceptance Phase and a Development



Phase, the way to freedom from Fear Zone. And if you work it, you will get to the Freedom from Fear Zone, the Control/The Comfort Zone.

Shock phase

- Threat in the current situation
- Refuse to accept the situation
- Denial keeps you in shock:
 - anxiety
 - depression

In the Shock Phase you have, #Threat in the current Situation, #Refuse to accept the situation, #Denial keeps you in shock (#Anxiety, #depression).

In the Fear Phase you have, #Biggest threat, #Destroys of complete confidence, #What if (big imaginal Fear), #Limit ability to think creatively, #blaming factors that are out of their control, #The longer phase → more symptoms (irritability, anger, fear, stress, anxiety, depression, irrational behavior).

To get out of the Fear Phase and the Shock Phase, the solution is FOCUS on thing that you CONTROL, then you easy will go to the Acceptance Phase and the Development Phase.

This is the way too freedom from Fear Zone.

Shock phase

- Threat in the current situation
- Refuse to accept the situation
- Denial keeps you in shock:
 - anxiety
 - depression

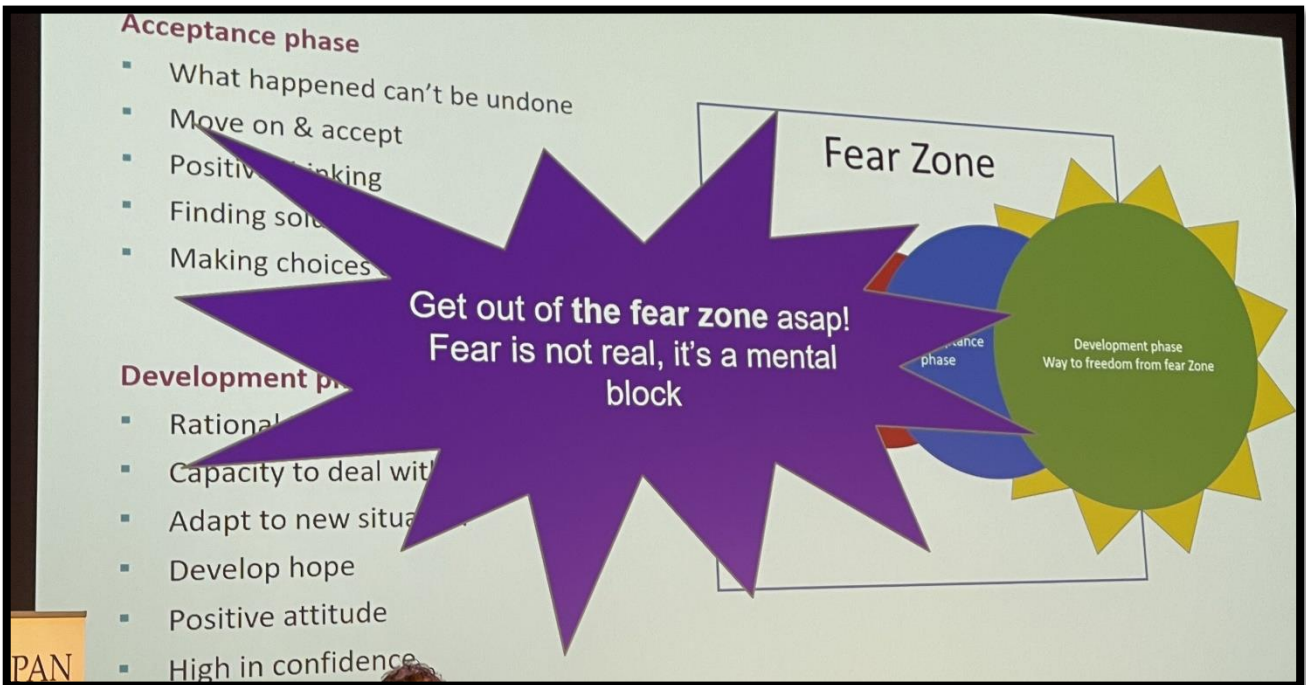
Fear phase

- Destroy of complete confidence
- "What if": big imaginal Fear
- Limit ability to think creatively
- blaming factors that are out of their control
- The longer phase → more symptoms
 - irritability, anger, fear

Solution: focus on things that you control 😊

In the Acceptance Phase, you have, #What happened can't be undone, #Move on and accept, #positive thinking, #Finding solutions, #Making choices and Rational decisions.

In the Development Phase, you have, #Rational thinking, #Capacity to deal with challenges, #Adapt to new situation, #Develop hope, #Positive attitude, #High in confidence.



We have to get out of the Fear Zone asap!!!

Fear is not real; it is a mental block.

LEAVING COMFORT ZONE = GROWTH

LEAVING COMFORT ZONE = SELF ACTUALISATION

LEAVING COMFORT ZONE = ANTIFRAGILITY



Vera Meeusen finishes her learning to us, whit showing benefits when/if we are leaving our COMFORT ZONE and we also needed Things from “good old Maslow”.



MVH

Angelika Marie Grelck Væggemose

Opvågningen Viborg RH.