

THERAPEUTIC AIMS

The Nurse and Therapist should attempt to meet the conflict situation -

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document*
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- I. By Devices intended to correct disturbances in the Aggressive Drive
 1. By encouraging the direct expression of hostilities (in substitute objects, i.e., bowling, punching bag, tearing down something.)
 2. By encouraging the relief from a sense of guilt for
 - a. Introjected hostility (consciously acknowledged guilt)
 - b. Projected hostility (manifested, though unacknowledged guilt.)
 3. By encouraging displacements from previous or disadvantageous objects e.g. from father to physician.)

II. By Devices intended to correct disturbances in the Erotic Drive

1. By encouraging socially accepted narcissistic gratification
 - a. Through creation (of utilitarian products)
 - b. Through the assumption of responsibility (Direction of a project, assignment of an individual task, etc.)
 - c. Through the realization of phantasies by acting out (in writing, drawing, painting, modeling, designing, dancing, composing.)
2. By affording an opportunity to be loved
 - a. By encouraging earning of love through
 - 1) Production (giving gifts, work, achievement, creation)
 - 2) Behavior (dress, conduct, identification with physician, nurse, therapist, other guests.)
 - b. By giving the patient love unrequested. (Extra attention, special considerations, awards, distinctions.)
3. By affording an opportunity to love
 - a. As expressed in behavior (being helpful, assigned responsibility for another patient)
 - b. By permitting the patient to give (gifts, loans of property)
 - c. Through social contacts with other patients.
 - d. By fostering positive attachments made by the patient.

THE MENNINGER SANITARIUM
Topeka, Kansas

PHYSICIAN'S ORDER SHEETS

Orders for (Patient) _____ Date _____ Ordered by _____
Tentative Diagnosis _____ Occupation _____
Outstanding Symptoms _____

INSTRUCTIONS FOR USE: Indicate the ORDERS by underlining the appropriate words. Indicate by numerals the importance or sequence of use of the ORDERS, viz. if two Therapeutic Aims are indicated designate which is the most important. These ORDERS are to be given to the nurse in charge of the patient within 24 hours after admission and revised after the staff conference and on the first of each month, or when necessary. It is understood that attitudes of sincerity and consistency in management and understanding apply in all cases.

I. PRIVILEGES

A. Group: N R * GP P Special Precautions S E

(* To Clinic, dining room, O. T. shop, R Center, in yard till _____
o'clock, library, San. in evening)

S. Attempts? _____ Method? _____ When? _____

B. In Hospital: Isolation; Provisional Participation;

Encourage Compulsions; Social Relationships; Keep very busy;

May have cosmetics in room; May shave under supervision

C. Meals: Tray Dining Room Tubefeeding

May have silverware; chinaware; paper plates

D. Activities: O. T.; R. T.; Educational Therapy;

Physiotherapy; Bibliotherapy

II. THERAPEUTIC AIMS. The nurse and therapist shall attempt to meet the conflict situation

A. BY DEVICES INTENDED TO CORRECT DISTURBANCES IN THE AGGRESSIVE DRIVE

1. BY AFFORDING AN OPPORTUNITY FOR DIRECT EXPRESSION OF HOSTILITIES

GENERAL ATTITUDE: Passivity to aggressions without comment; Reassurance; Watchfulness; Firmness; Passive friendliness; Active friendliness

ATTITUDE TOWARDS PRIVILEGES AND RESTRICTIONS: No exceptions; Slightly Indulgent; No mention of misuse of privileges; Report to Physician; Explain; Divert Attention; Firm restriction of verbal aggressions, physical aggressions

MANNER OF MAKING REQUESTS OF PATIENT: Stimulate interest before request; Matter of fact; Present as a Privilege; Announcement; Humor; Insist; No Demands

MANNER OF ANSWERING REQUESTS FROM PATIENT: Refer to Doctor; Refuse with Explanation; Divert Attention; Listen with Minimal Comment; Grant if Possible.

NURSING SERVICE

1. In Assigned Responsibilities: Encourage: as dusting, window washing, cleaning; Tolerance to aggressive indecision; Indifference to personal appearance or untidy room.
2. Outlets: Card games, Pool, Teaching someone less skillful
3. Relation to Food: Tolerate complaints; Meet reasonable demands; Tubefeeding without comment
4. Relations to Other Patients: Isolation; Provisional Participation; Encourage or discourage social relations; Permit aggressions toward patients who can defend themselves; Permit inoffensive domination; Encourage leadership
5. Medication: Meet demands for medication by Forcing fluids; by giving bitter tonics, large capsules or tablets.

OCCUPATIONAL THERAPY: Destructive activities in carpentry and gardening; Cutting; Tearing; Burning; Pounding; Jabbing; Demolishing; Effigy construction; Smearing

RECREATIONAL THERAPY: Competitive events; Social competition
Indoor: Bowling, punching bag, piano, medicine ball, pool, rhythm band, blackboard scribbling, cards

Outdoor: All active hitting games; Opportunities to win

EDUCATIONAL THERAPY: Permit sarcasm in writing and dramatics; Identification in detective stories, aggressive biographies, and novels. Classes: Practical Arts for Women; Athletics

PHYSIOTHERAPY: Tolerate tardiness; Grant time-consuming procedures; Permit verbal attacks on other patients.

THERAPEUTIC AIMS: The nurse and therapist shall attempt to meet the conflict situation

A 2 a. BY AFFORDING RELIEF FROM THE SENSE OF GUILT FOR INTROJECTED HOSTILITY
(consciously acknowledged guilt).

12 GENERAL ATTITUDE: Severe kindness; Firmness; Minimal Attention;
Matter of fact; Divert attention from requests for punishment;
Ignore bids for sympathy

ATTITUDE TOWARDS PRIVILEGES AND RESTRICTIONS: Matter of fact; Positive answers; No exceptions (as punishment); Refer to doctor.

MANNER OF MAKING REQUESTS OF PATIENT: Firmly demand compliance; Matter of fact; Infer expected obedience; Force if necessary.

MANNER OF ANSWERING REQUESTS FROM PATIENT: Grant if possible; Listen without comment; Firm refusal; No indulgence; Slightly indulgent; Refer to doctor.

NURSING SERVICE

1. In Assigned Responsibilities: Firm demands regarding personal appearance, cleaning, dusting, scrubbing, making beds. Assist with trays; Correct if poorly done.

2. Outlets: Demand that patient give of himself to others. Force to write letters

3. Relation to Food: Force to eat; Spoonfeeding; Tubefeeding

4. Relations to Other Patients: Encourage giving pleasure to others; Responsibility for care of other patients; Provisional participation; Force relationships; Isolation

2. 5. Medication: Bitter medicine; Hypodermics

OCCUPATIONAL THERAPY: Menial tasks; Strenuous work; Monotonous crafts (drawing threads, cutting quilt blocks, carpet strips, winding yarn, cord knotting, sanding, polishing, scraping). Projects for hospital; Recognition of accidental injury

RECREATIONAL THERAPY: Strenuous exercise as a task; Assist in cleaning, sweeping; work on tennis court, golf course.

PHYSIOTHERAPY: Packs, electric cabinet baths, jet and Scotch douches with pressure, heavy massage.

As punishment

THE MENNINGER SANITARIUM

Topeka, Kansas

Physician's Orders - 4

THERAPEUTIC AIMS: The nurse and therapist shall attempt to meet the conflict situation

A 2 b. BY AFFORDING RELIEF FROM A SENSE OF GUILT FOR PROJECTED HOSTILITY
(manifested, though unacknowledged guilt).

GENERAL ATTITUDES: Matter of fact; Praise; Active friendliness;
Passive friendliness; Utilize penitent period for giving suggestions;
Watchfulness

ATTITUDE TOWARDS PRIVILEGES AND RESTRICTIONS: Refer to Physician;
Slightly indulgent; Encourage the patient to ask for privileges;
Discourage

MANNER OF MAKING REQUESTS OF PATIENT: Matter of fact; Assume compliance;
Announce; Insist

MANNER OF ANSWERING REQUESTS FROM PATIENT: Refer to Doctor; Grant if possible;
Encourage requests; Refuse with explanation; Slightly indulgent

NURSING SERVICE

1. In Assigned Responsibilities: Give opportunity for service when asked for, in arranging flowers, assisting in ward work
2. Outlets: Assigned reading; Card games; Checkers, Dominoes
3. Relation to food: Slightly indulgent
4. Relation to Other Patients: Provisional Participation; Encourage a Protective Interest
5. Medication: Slightly indulgent.

OCCUPATIONAL THERAPY: Give same type of work with expectation of higher performance; Assign task at upper limit of capacity

RECREATIONAL THERAPY: Increase opportunities for participation thru increased invitations; Dramatics to act out "bad boy" or "villain."

EDUCATIONAL THERAPY: Classes: Journalism, Dramatics, Sketching

PHYSIOTHERAPY: Personal contact procedures.

THERAPEUTIC AIMS: The nurse and therapist shall attempt to meet the conflict situation

A 3. BY ENCOURAGING DISPLACEMENTS FROM PREVIOUS OR DISADVANTAGEOUS OBJECTS.

GENERAL ATTITUDE: Ignore, Minimize, Actively deter, or Protect From Disadvantageous Objects; Passivity towards Aggressiveness; Constant supply of Love unrequested; Foster institution as maternal protection; Explain; Firmness

ATTITUDE TOWARDS PRIVILEGES AND RESTRICTIONS: Indulgence; Grant if possible; Explain, with insistence; Divert attention; Encourage earning reward

MANNER OF MAKING REQUESTS OF PATIENT: Matter of fact; Persistence by different persons; Invitation by or in name of strongest positive attachment; Assume obedience; Show of irritation

MANNER OF ANSWERING REQUESTS FROM PATIENT: Grant if possible; Indulgence; Encourage reference to Doctor; Special effort to comply.

NURSING SERVICE

1. In Assigned Responsibilities: Encourage as in washing clothes, arranging flowers, personal appearance, care of room
2. Outlets: Card games; Teaching other patients
3. Relation to Food: Indulge and grant if possible
4. Relations to Other Patients: Provisional Participation; Encourage protective interest; Encourage social relations
5. Medication: Indulgence

OCCUPATIONAL THERAPY: Encourage creation for love object, efforts to be stimulated by that person with interest and praise

RECREATIONAL THERAPY: Constructive activity; Aggressive games with object (golf ball, punching bag, ten pins) named; Arrange outlet for specific aggressions against a woman or man; Dramatics to express hostilities toward parent (or mate or child).

EDUCATIONAL THERAPY: Classes: Epicurean Club; Home Decoration
Music Appreciation

PHYSIOTHERAPY: Packs, neutral baths, massage.

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THERAPEUTIC AIMS: The nurse and therapist shall attempt to meet the conflict situation

B. BY DEVICES INTENDED TO CORRECT DISTURBANCES IN THE EROTIC DRIVE

1. BY ENCOURAGING SOCIALLY ACCEPTED NARCISSISTIC GRATIFICATION

GENERAL ATTITUDE: Praise and encouragement for acceptable gratification;
Ignore or minimize unacceptable gratification; Active friendliness;
Protection against unfavorable social situations

ATTITUDE TOWARD PRIVILEGES AND RESTRICTIONS: Positive answers; Encourage to request acceptable privileges; Substitute Activities; Indulgence;
Report to Doctor

MANNER OF MAKING REQUESTS OF PATIENT: Matter of fact; Invitation by or in name of strongest positive attachment; Urge acceptance by persuasion, insistence, persistence; Reward with companionship

MANNER OF ANSWERING REQUESTS FROM PATIENT: Special effort to grant; Discourage; Refer to doctor; Evade; Substitute activity; Listen with minimal comment.

NURSING SERVICE

1. In Assigned Responsibilities: Encourage; Praise for accomplishments
2. Outlets: Card games; Typing; Chart; Writing autobiography
3. Relation to Food: Grant if possible; Discourage special requests; Discourage or refuse
4. Relation to Other Patients: Provisional Participation; Encourage being helpful
5. Medication: Matter of fact; Refuse, with explanation

OCCUPATIONAL THERAPY: Encourage creation in most suitable media; Give responsibility providing recognition; Individual attention in special projects; Phantasies in writing, dancing, painting, drawing

RECREATIONAL THERAPY: Dramatics; Games in which patient excels; Provide audience; Interpretative dancing; Encourage responsibilities

EDUCATIONAL THERAPY: Encourage book reports; Classes: Ballroom dancing, Design, Dramatics, Physical culture, University Extension Courses

PHYSIOTHERAPY: Sitz baths, neutral packs, fomentations, rubs.

THE MENNINGER SANITARIUM
Topeka, Kansas

Physician's Orders - 7

THERAPEUTIC AIMS: The nurse and therapist shall attempt to meet the conflict situation

B 2. BY AFFORDING AN OPPORTUNITY TO BE LOVED a. By ENCOURAGING THE EARNING OF LOVE.

GENERAL ATTITUDES: Praise; Active friendliness; Reassurance;
Reward by companionship

ATTITUDE TOWARD PRIVILEGES AND RESTRICTIONS: Special effort to grant;
Refuse with explanation and suggestion to modify behavior; Praise for
acceptance of explanation and change; Substitute activity

MANNER OF MAKING REQUESTS OF PATIENT: Matter of fact; Infer promise of
love from therapist or doctor if accepted; Request by or in name of person
with strongest transference; Substitute activity; Explain; Maternal solicitude.

MANNER OF ANSWERING REQUESTS FROM PATIENT: Grant if possible; Refer to doctor;
Aid patient to make own decision; Refuse with explanation of how to earn it.

NURSING SERVICE:

1. In Assigned Responsibilities: Encourage thru care of room, personal appearance, with expression of praise or disappointment; Care of clothing; Flowers.
2. Outlets: Typing, with praise or thanks; Card games for others; Scrap books; Saving stamps or coupons for others.
3. Relation to Food: Grant requests; Substitute for dislikes
4. Relations to Other Patients: Help other patients. Encourage a protective interest in _____
5. Medication: Promise doctor's commendation

OCCUPATIONAL THERAPY: Small projects to receive praise quickly and frequently. Projects within capacity so that praise is justified; Projects for persons with positive transference; Hostess; Writing for Chart; Assisting with decorations; Group work and activities where patient can give.

RECREATIONAL THERAPY: Social activities for patients where help may be given to other patients; Giving gifts, making loans; Part in play; Giving responsibility for typing, decorating, tournaments, writing, entertaining, artistic productions.

EDUCATIONAL THERAPY: Book reports; Read to other patients;
Classes: Dramatics, Home Decoration, Practical Arts

THERAPEUTIC AIMS: The nurse and therapist shall attempt to meet the conflict situation

B 2. BY AFFORDING AN OPPORTUNITY TO BE LOVED (b) BY GIVING PATIENT LOVE UNREQUESTED

GENERAL ATTITUDE: Active friendliness; Extra attention; Solicitude; Reassurance; Praise; Indulgence; Companionship

ATTITUDE TOWARDS PRIVILEGES AND RESTRICTIONS: Indulgence; Encourage and aid patient to gain additional privileges; Volunteer explanation of restrictions; Divert attention; Listen attentively with sympathetic comment; Encourage use of privileges

MANNER OF MAKING REQUESTS OF PATIENT: Invite by or in name of strongest attachment; Manifest personal interest in invitation; Disappointment at refusal; Urge, coax, persuade, persist.

MANNER OF ANSWERING REQUESTS FROM PATIENT: Special effort to grant; Special attention to request even though refused; Substitute activity; Encourage requests; Divert attention; Promise reference to doctor

NURSING SERVICE

1. In Assigned Responsibilities: Praise for self-assumed responsibilities; Give special trust
2. Outlets: Give extra time to patient; Competition in which he excels
3. Food: Indulge reasonable requests
4. Relation to Other Patients: Shield from attack; Encourage being helpful to others
5. Medication: Explain; Coax; Palatable medication; Let patient know that doctor is notified of request

OCCUPATIONAL THERAPY: Much praise for minimum performance; Short time projects with much aid to secure good results; Praise for originality; Deference to preferences in refreshments, magazines, music, clothes

RECREATIONAL THERAPY: Give extra or special time; Activities in which patient excels; Preferred games; Activities offering most opportunities for praise: Dramatics, Forum, team captain, tea hostess, requested article for Chart, group leader, tournament manager.

EDUCATIONAL THERAPY: Read to patient; Encourage personal reading selections.
Classes: Music Appreciation, Physical culture.

PHYSIOTHERAPY: Personal attention procedures: massage, auto-condensation, salt glow.

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THERAPEUTIC AIMS: The nurse and therapist shall attempt to meet the conflict situation

B 3. BY AFFORDING AN OPPORTUNITY TO LOVE

GENERAL ATTITUDE: Recognition of love given; Help or create for others; Active friendliness; Promotion of patient's ideas; Receptivity to encourage giving

ATTITUDE TOWARDS PRIVILEGES AND RESTRICTIONS: Slightly indulgent; Explain; Substitute activity; Refer to Doctor

MANNER OF MAKING REQUESTS TO PATIENT: Personal interest in invitations; Encourage; Show disappointment on refusal; Give specific reasons for invitation; Don't force final decision if refused; Invite with idea of helping another patient; Invite by or in name of strongest attachment.

ATTITUDE TOWARD REQUESTS FROM PATIENT: Indulgence; Recognition of love given by granting request; Substitute activity; Enlist patient's aid in carrying out request; Refuse with explanation; Special effort to grant.

NURSING SERVICE

1. In Assigned Responsibilities: Encourage for self as well as others, caring for clothes, laundry, dusting, sweeping walks, flowers.
2. Outlets: ~~Group leader~~; Responsibility for ward undertakings involving others (nurses or patients)
3. Relation to Food: Indulgence; Divide gifts of food; Share cigarettes
4. Relations to Other Patients: Helpful interest in other patients; Encourage giving of gifts, making of loans.
5. Medication: Encourage own decisions; Gift of giving up medicine

OCCUPATIONAL THERAPY: Create or work for institution, staff, or relatives; Specially assigned responsibilities: tennis court, teas, lawn, parties, cleaning, typing, candy making, helping other patients.

RECREATIONAL THERAPY: Situations in which love is given; Social affairs; Group activities; Entertainments; Dramatics. Responsibilities: Care of other patients, teaching, care of equipment, directing a tournament, praise

EDUCATIONAL THERAPY: Read to other patients

PHYSIOTHERAPY: Encourage patient to help prepare treatment, enlisting aid in care of equipment, helping therapist, encouraging other patients to come.

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III. OCCUPATIONAL THERAPY

In room; At shop; Alone; With group
Finances permit _____ per mo. Length of work period _____
Projects for: Therapists; Hospital; Relatives; Self.
Children (age, sex) _____
Outstanding interests or hobbies: _____

CRAFTS:

| | | |
|------------------|-------------------------|----------------------|
| Art Metal | Etching | Scrap books |
| Basketry | Furniture construction | Sketching |
| Batik | Hooked Rug Work | Tapestry Weaving |
| Book Binding | Knitting | Water Color Painting |
| Cabinet Making | Leather craft | Weaving |
| Clay Modeling | Linoleum Block Printing | Wood carving |
| Cooking | Literary Work on Chart | Wood turning |
| Crocheting | Metal Spinning | Wrought iron |
| Domestic Science | Needlework | |
| Drawing | Painting | |
| Electrical Work | Radio Work | |

IV. PROJECT WORK

Carpentry; Cement Work; Electrical; Farm Work; Garden;
Mechanical Work; Yard Work; Individual Project Suggestion _____

V. RECREATIONAL THERAPY Alone; In group of 3-4; Large group Time _____

Type: Indoor (Inactive) Competitive: Card games; Piano; Table games;
~~Chess; Checkers~~
W. J. Meyer (Active) Bowling; Interpretative dancing; Medicine Ball;
Ping-pong; Pool; Punching Bag

Outdoor (Mild) Croquet; Shuffleboard; Walks; Horseshoes;
Catch; Sit Outside
(Active) Baseball; Football; Golf; Hikes; Ice Skating;
Swimming; Tennis; Volley ball; Basketball;
Paddle Tennis; Track and Field Athletics

Special:

| | | |
|--------------------|------------------|-------------------|
| Calisthenics Class | Church | Concerts |
| Golf Class | Shows | Dances |
| Tennis Class | Shopping Trips | Teas |
| Ballroom dancing | Car Rides | Tournaments |
| Folk Dancing | Horseback Riding | Men's Supper Club |
| Dramatics Class | Dinner in town | Picnics |
| Marionette Class | | Forums |
| | | Mixed parties |

Werner

VI. BIBLIOTHERAPY

Type: Newspapers; Magazines (Mental Hygiene, Woman's, Technical, Sports, News, General); Illustrated Papers
Books: Fiction (~~Sadistic~~, Pleasurable identification, Historical); Poetry; Mysteries; ~~Biography~~; History; Mental Hygiene; Technical

Do not permit the following types: _____

Specific Recommendations: _____

VII. EDUCATIONAL THERAPY

Ball room dancing; Design; Dramatics; Epicurean Club; Home Decoration; Journalism; Mechanical Drawing; Mental Hygiene; Music Appreciation; Nature Study; Physical Culture; Practical Arts for Women; Sketching; University Extension Courses

VIII. PHYSIOTHERAPY

- Type:
1. Tonic (Warm sheet pack, auto-condensation, ultra-violet, talc rub, alcohol rub, infra-red light, salt bath, alkaline bath, sulphur bath, magnesium sulphate bath, 20" tonic pack, pine needle oil bath, inhalations)
 2. Sedative: (Wet sheet pack; neutral bath; vibratory massage; Rodgers Lamp (heat))
 3. Stimulative: (Fomentations, salt glow, needle spray, Scotch douche, massage, cold Blitz Guss douche, jet douche)
 4. Eliminative: (Sitz bath, hot bath, cabinet bath).

IX. MEDICATIONS

Sedative _____
Laxative _____
Tonic _____
Others _____

X. DIET

Between-meal-nourishment; Regular; Extra Servings; Omit _____

Special Diets: Cardiac diet Ketogenic diet
Diabetic diet Liquid
Fat free diet for Liver diseases Non-irritating residue-free diet (smooth)
General Obesity diet
High Caloric (Liquid, soft, general) Purin-free diet
High residue diet for Constipation Salt-free nephritic diet
High vitamin diet Sippy diet for ulcer cases
Karell Diet

Give instructions regarding diet at discharge; Needs dietary instruction

XI. SPECIAL ORDERS OR NOTE

