

Chronic low self-esteem

Nr.	Nursing Diagnosis	Date	Nursing Intervention/s and tasks	Sign.
	<p>Chronic low self-esteem</p> <p>Related factors: Changes in body image, tremors and slurred speech Dependence on others</p> <p>Symptoms / Risk factors: Evaluates self as unable to deal with events (long standing) Excessively seeks reassurance Expression of shame Expressions of shame/guilt (long standing or chronic) Frequent lack of success in work or other life events Hesitant to try new things/situations (long standing or chronic) Indecisive Lack of eye contact Nonassertive/passive Overly conforming, dependent on others' opinions Rationalizes away/rejects positive feedback and exaggerates Self negating verbalization (long standing or chronic)</p> <p>Outcome / Goal: Patient recognizes self - maligning statements Patient verbalize positive expression of self-worth.</p>		<p>Body Image Enhancement Assess feelings about self and body Assist patient to discuss changes caused by surgery, as appropriate Assist patient to identify actions that will enhance appearance Avoid arguing with client Be alert to suicidal ideation/behavior Be aware of own reaction to client's behavior. Encourage client to express his feelings Encourage family interaction with one another Establish a therapeutic nurse-client relationship Facilitate contact with individuals with similar changes in body image Identify support groups available to patient Monitor whether patient can look at the changed body part Provide accurate information about causes, prognosis and treatment of condition</p> <p>Self-Esteem Enhancement Assess for presence of ruminations, negative thoughts, and feelings of inadequacy Assess to what degree the patient is able to carry out normal activities Determine how gender, race, age, and culture influence self-esteem Encourage or provide for a visit by another amputee. Encourage participation in activities of daily living (ADLs). Promote social interaction as appropriate Provide open environment for client to discuss concerns about sexuality</p>	