

Depression / Bipolar Disorder

Nr.	Nursing Diagnosis	Date	Nursing Intervention/s and tasks	Sign.
	<p>Deficient knowledge Related factors: Lack of interest in learning Unfamiliarity with information resources Lack of recall Lack of exposure Symptoms / Risk factors: Inaccurate follow through of instruction Verbalization of the problem Statement of misconception Outcome / Goal: Patient verbalizes awaeness of bipolar disorder (symptoms)</p>		<p>Teaching: Disease Process Assess knowledge of the disease and treatment Explain the etiologies for bipolar disorder Explain the sign and symptoms for depression and bipolar disorder Teaching: Procedure/Treatment Include the family/significant others, as appropriate Instruct patient / significant others about treatment interventions: Antidepressant medication Lithium Counseling and the support of therapeutic relationship Electroconvulsive therapy (ECT)</p>	
	<p>Situational low self-esteem Related factors: Failures/rejections Ineffective or inadequate coping skills Difficulties with relationship Symptoms / Risk factors: Self negating verbalizations Expressions of helplessness and uselessness Illness or disability Significant losses Inadequate support systems Outcome / Goal: Patient uses positive self-talk to interrupt negat. thinking</p>		<p>Self-Esteem Enhancement Assess for presence of ruminations, negative thoughts, and feelings of inadeq Assess to what degree the patient is able to carry out normal activites Determine how gender, race,age, and culture influence self-esteem Self-Awareness Enhancement Assist the patient in identifying and reviewing negative self-perceptions Identify the patient's positive beliefs and characteristics Encourage the patient to be actively involved in all treatment planning Assist the patient to identify self-limiting behaviors and mental health behav.</p>	
	<p>Social isolation Related factors: Alterations in mental status Unaccepted social behavior Altered state of wellness Impaired or inadequate personal relationship Symptoms / Risk factors: Withdrawn Expresses feelings of rejection Absence of supportive significant other(s) (family, friends, Outcome / Goal: Patient develops ways to be more involved with others Patient dvelops satisfying relationships</p>		<p>Socialization Enhancement Encourage enhanced involvement in already established relationships Explore strengths and weaknesses of current network of relationships Give positive feedback when patient reaches out to others Emotional Support Provide positive support for the patient's self-esteem</p>	
	<p>Risk for self-directed violence Related factors: decreased self-esteem Impaired preception of reality Depressed mood Hopelessness Symptoms / Risk factors: Conflictual interpersonal relationships Emotional status (hopelessness, despair, increased anxiety, Mental health (severe depression, psychosis) Outcome / Goal: Patient verbalizes suicidal thoughts and feelings</p>		<p>Environmental Management: Violence Prevention Consider environmental measures to be taken Instruct visitors and other caregivers about relevant patient safety issues Monitor the safety of items being brought to the environment by visitors Search environment routinely to maintain it as hazard free To Patient make comments brief,speak slow and clear Use distraction Assess for manic behaviour Counseling</p>	