

Ineffective coping

Nr.	Nursing Diagnosis	Date	Nursing Intervention/s and tasks	Sign.
	<p>Ineffective coping</p> <p>Related factors:</p> <ul style="list-style-type: none"> Complex medical regimen Disturbance in pattern of appraisal of threat Disturbance in pattern of tension release Gender differences in coping strategies High degree of threat Inability to conserve adaptive energies Inadequate level of confidence in ability to cope Inadequate level of perception of control Inadequate opportunity to prepare for stressor Inadequate resources available physiological changes of pregnancy. Pain Situational or maturational crisis Uncertainty <p>Symptoms / Risk factors:</p> <ul style="list-style-type: none"> Abuse of chemical agents Change in usual communication patterns Decreased use of social support Destructive behavior toward self or others Fatigue High illness rate Inability to meet basic needs Inability to meet role expectations Inadequate problem solving Lack of goal directed behavior/resolution of problem, includ Poor concentration Risk taking Situational crisis Sleep disturbance Use of forms of coping that impede adaptive behavior Verbalization of inability to cope or inability to ask for h <p>Outcome / Goal:</p> <ul style="list-style-type: none"> Assess the current situation accurately Patient performs self-care behaviors Patient verbalizes acceptance of disease 		<p>Coping Enhancement</p> <ul style="list-style-type: none"> Administer medications as indicated, for example antianxiety agents Appraise the parent's / family understandnig of Down's syndrome Appraise the Parents understandnig of Down's syndrome Appraise the Parents understandnig of Febrile Seizure Appraise the patient's understanding of the disease process Assess current functional capacity (coping, defense mechanisms) Assist parent's / family in providing emotional support. Assist parent's / family/ child in providing emotional support. Assist the parent's and child to clarify misconceptions Assist the parent's to clarify misconceptions Assist the patient to clarify misconceptions Determine client's role in family and how illness has changed the family organiz Determine outside stressors, such as family, relationships, and social Determine the understanding of disease process and expectations for the future Discuss with the patient the perceived effect of diabetes on lifestyle, finances Educate parent's / family about neonatal intensive care unit Encourage parent's to visit neonatal intensive care unit Encourage family involvement, as appropriate Encourage parent's and child involvement, as appropriate Encourage patient and family participation in diabetes self-care regimen Encourage verbalization of feelings, perceptions, and fears Identify available support groups to assist in lifestyle adaptation. Identify community resources, such as local CF organization, support groups Note length and severity of illness Provide opportunity for client to discuss how illness has affected relationships Provide opportunity for parent to discuss how illness has affected relationships Provide uninterrupted sleep or rest periods Refer to social worker, financial adviser, psychiatric clinical nurse specialist 	