

Powerlessness

Nr.	Nursing Diagnosis	Date	Nursing Intervention/s and tasks	Sign.
	<p>Powerlessness</p> <p>Related factors:</p> <ul style="list-style-type: none"> Diagnosis confirmation Healthcare environment Illness related regimen incomplete grieving process Interpersonal interaction Lifestyle of helplessness <p>Symptoms / Risk factors:</p> <ul style="list-style-type: none"> Apathy Dependence on others that may result in irritability Depression over physical deterioration that occurs despite p Does not defend self care practices when challenged Does not monitor progress Expression of doubt regarding role performance Expressions of dissatisfaction and frustration over inabilit Expressions of uncertainty about fluctuating energy levels Fearing alienation from caregivers Inability to seek information regarding care Low Nonparticipation in care or decision making when opportuniti Passivity Reluctance to express true feelings Verbal expressions of having no control: Over self care; Or <p>Outcome / Goal:</p> <ul style="list-style-type: none"> Acknowledge feelings and healthy ways to deal with them 		<p>Self-Responsibility Facilitation</p> <ul style="list-style-type: none"> Assess degree of feelings of helplessness Identify factors that contribute to client's feelings of powerlessness Allow to share losses(e.g. independence,roles,, income) Help to identify personal strengths and assets Keep person informed about condition, treatments and results Impement individualized strategies to provide hygiene,diet and sleep Assist with creating a timetable to guide increased responsibility in the future Provide positive feedback for making decisions and participating in selfcare 	