

Situational low self-esteem

Nr.	Nursing Diagnosis	Date	Nursing Intervention/s and tasks	Sign.
	<p>Situational low self-esteem</p> <p>Related factors:</p> <ul style="list-style-type: none"> Behavior inconsistent with values Developmental changes Difficulties with relationship Disturbed body image Failures/rejections Functional impairment Ineffective or inadequate coping skills Lack of recognition/rewards Loss Loss of body part, change in functional abilities Social role changes <p>Symptoms / Risk factors:</p> <ul style="list-style-type: none"> Evaluation of self as unable to deal with situations or even Expressions of helplessness and uselessness Illness or disability Inadequate support systems Indecisive, nonassertive behavior Self negating verbalizations Significant losses Verbally reports current situational challenge to self worth <p>Outcome / Goal:</p> <ul style="list-style-type: none"> Develop realistic plans for adapting to new role. Patient uses positive self-talk to interrupt negat. thinking 		<p>Grief Work Facilitation</p> <ul style="list-style-type: none"> Assess and consider client's preparation for and view of amputation. Assess degree of support available to client. Assess the patient's past coping style and mechanism used in stressful situation Determine degree of insight in the present situation Encourage expression of fears, negative feelings and grief. Explore the nature of the patient's past attitudes Offer feedback regarding the patient's expressed feelings. Provide quiet and privacy when needed or requested. Support the use of adaptive coping mechanisms. <p>Self-Awareness Enhancement</p> <ul style="list-style-type: none"> Assist the patient in identifying and reviewing negative self-perceptions Assist the patient to identify self-limiting behaviors and mental health behav. Encourage the patient to be actively involved in all treatment planning Identify the patient's positive beliefs and characteristics <p>Self-Esteem Enhancement</p> <ul style="list-style-type: none"> Assess for presence of ruminations, negative thoughts, and feelings of inadeq 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 	