

# SAMPLE OF NURSING CARE PLAN

Whether a stem nurse, a licensed practitioner / professional nurse, or still a nursing student, creating an effective nursing care plan is a vital function in providing great care to patients. When it comes to the psychological aspects of treating a patient, however, things can become a little more complicated. Here are some important considerations and useful information for creating a nursing plan, including psychological interventions, for patients suffering from anxiety.

Function and Fundamentals of Psychological Care Plans

Care plans are designed to provide care teams with a well-defined set of goals and interventions that are specifically designed for each individual patient. The nature of mental illness and psychological care demands even greater attention to a unique, individualized care plan so it is important to gather thorough and complete history from the patient and her family to discuss the patient's goals and expectations for treatment and care before which even begins to write a nursing and care plan. The psychological care plan will be similar in structure to any other care plan, which will clearly define the goals of the treatment and determine appropriate interventions. However, psychological care plans can be a little harder to create, because you need to find a way to translate often unclear symptoms and treatment goals into practical, realistic goals and interventions. In addition, when assessing the outcomes of the plan is caring for you, you have to rely heavily on the patient's self-assessment of symptoms to determine the effectiveness of any intervention. Efficient and useful psychological care plans can be created, though, and can be very helpful for nursing staff. One of the most difficult aspects of creating psychological plans for health care for anxiety patients, that many nurses struggle with, maintains compliance with the field of practice. For example, the old laws of many states' provide clearly defined differences between what types of

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psychological care (including diagnosis) doctors and nurses can provide, and even between those nursing registered nurses and licensed practitioners / nurses can provide. If you are unsure if the proposed procedure is in your area of practice, contact the Care Director and the Care Board in your country. However, many treatments typical of patients suffering from various types of anxiety, such as offering encouragement to join social support groups, teaching methods for relaxation patients, and providing a peaceful place for patients to go after anxiety / panic, are well within either which states in the old area of practice, and have often proved to be very useful. Most psychological care of the intervention on the basis of common sense and compassion, and will include the kinds of things that will do for a loved one or a friend who has suffered from anxiety. Definition of goals and interventions As mentioned above, however, most nurses have problems with the drafting of care plans she translated vague ideas into practical methods. All goals and interventions should be specific and realistically achievable. The goals that are impossible for a dentist or patient care staff to achieve or to show clearly have been achieved are more likely to hinder the progress of a psychological patient than to help. Apart from being realistic and achievable, try to make the goals very specific. For example, say you have a patient suffering from anxiety, and has frequent anxiety / panic attacks (three to four daily). "Patient will reduce anxiety," an awkward and achievable goal, but "Patient will report less than two anxieties / panic attacks daily" is much more specific and measurable, and allows the nursing staff to focus on interventions that will reduce or eliminate allergies / causes of patient anxiety / panic attacks. It is also important to bear in mind that, while the traitor should be involved in the development of treatment and

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care plan goals, the Care Plan is primarily used as a guide for nursing staff and thus, it should consist mainly of the goals and interventions that the nursing care room can make or give a direct impact on. As an example, the goal - "Patient will maintain drug regimen compliance" - may seem dependent on the patient, but interventions such as allowing the next-person treatment room to take an active role in assisting the patient in achieving this goal and providing a sensible, practical and care: "Personnel will stay with the patient while the drug has swallowed or refused." "Staff will educate the patient about the harmful or psychological effects of non-compliance with the prescribed medication." Concluding, Effective Psychological Plan for care can be created for as long as you remember to stay within the practice area and determine specific, realistic and achievable goals and interventions.