

## Nursing Diagnosis

Low self-esteem AEB

- Negative or pessimistic outlook
- Self negating verbalizations
- Expressions of shame and guilt

Goals and outcomes

- Client will exhibit increased feelings of positive outlook by time of discharge
- Client will verbalize positive feelings of self-worth by time of discharge
- Client will verbalize non-judgmental and accepting attitude about self by time of discharge

Interventions

- Encourage and support client in confronting fear of failure by having client attend therapy activities and undertake new tasks at 0800,1200,1600,2000 and with each client interaction in-between. Recognition and positive reinforcement enhance self esteem
- Spend time with client, both on a one on one basis and in group activities at 0800, 1200, 1600,2000 every day to convey to client that she is worth my time
- Convey unconditional positive regard for client with every scheduled group activity at 0800, 1200, 1600,2000 every day and with each client interaction to help increase self esteem
- Assist client in identifying positive aspects of self in developing plans for changing the characteristics she views are negative at 0800,1200, 1700, 2000 every day and with each client interaction to enhance self esteem and increase use of acceptable behaviors
- Encourage participation in therapeutic writing such as journaling or narrative writing every day at 0800, 1200, 1800,2000 and with each client interaction to serve as a release of feelings to help individual progression in treatment process

Evaluation

6/15/2021 Goal met AEB

- Client expresses a positive outlook
- Client making positive statements about self
- Client no longer expressing shame or guilt

Discontinue plan of care

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References

AVAILABLE, N. O. T. (2018). *Psychiatric Nursing: assessment, care plans, and medications* (10th ed.). F A DAVIS.

Townsend, M. C., & Morgan, K. I. (2018). *Pocket guide to psychiatric nursing*. F.A. Davis Company.

