

N323 Care Plan

Lakeview College of Nursing

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Demographics (3 points)

Date of Admission 10/4/20	Patient Initials C.L	Age 18	Gender Male
Race/Ethnicity White/Caucasian	Occupation Unemployed	Marital Status Single	Allergies NKA
Code Status Full Code	Observation Status None	Height 5'9, 1.78 meters	Weight 184 lbs, 70.3 kg

Medical History (5 Points)

Past Medical History: Patient reports no past medical history

Past Surgical History: Tonsillectomy, Skin repair of stab wound.

Family History: Patient reports no past family medical history

Social History (tobacco/alcohol/drugs): Patient reports marijuana use, and alcohol use.

Living Situation: With grandmother

Strengths: The client states that he is getting into barbering and would like to pursue that awhile studying psychology

Support System: Grandmother and Girlfriend

Admission Assessment

Chief Complaint (2 points): Major Depressive Disorder

Contributing Factors (10 points):

The patient presented to Emergency Department after a violent episode at his grandmother's house after an argument with his cousin. The client stabbed himself with a 10-inch kitchen knife to his upper abdomen after the argument at his aunt's house. The client stated that he has been feeling depressed for a couple of years now. The client's aunt called EMS after finding him bleeding with the stab wound. The patient has no history of suicidal ideation nor attempt.

Psychosocial Assessment (30 points)

History of Trauma				
No lifetime experience: None.				
Witness of trauma/abuse: The Client states that he saw his parents use needle-injecting drugs as he is growing up.				
	Current	Past (what age)	Secondary Trauma (response that comes from caring for another person with trauma)	Describe
Physical Abuse	None	None	N/A	N/A
Sexual Abuse	None	None	N/A	N/A
Emotional Abuse	None	None	N/A	N/A
Neglect	None	None	N/A	N/A
Exploitation	None	None	N/A	N/A
Crime	Yes.	17	N/A	The client's brother was in a fight, and the client decided to

				shoot a gun at the people attacking his brother.
Military	None	None	N/A	N/A
Natural Disaster	None	None	N/A	N/A
Loss	Yes.	None	N/A	The client's former girlfriend aborted their twins without his consent. The client stated this act is what sent him into such a depressive state.
Other	None	None	None	N/A
Presenting Problems				
Problematic Areas	Presenting?		Describe (frequency, intensity, duration, occurrence)	
Depressed or sad mood	Yes	No	The client stated that he has been depressed for the last year and a half. Every day and in spurts, he stated that it worsens at night when his insomnia is affecting him.	

Loss of energy or interest in activities/school	Yes	No	The client stated that he doesn't visit the gym as much as he would like to.
Deterioration in hygiene and/or grooming	Yes	No	
Social withdrawal or isolation	Yes	No	The client states that he has been secluding himself because he doesn't like for people to tell him what to do.
Difficulties with home, school, work, relationships, or responsibilities	Yes	No	Yes, the client states he has a had a somewhat of a rough time with his grandmother and that he would like to have a better one, he just doesn't know how to. He also stated that his siblings and him do not have the best relationship. HE stated that his parents were not fit, because they would shoot up right in front of him and it messed with his head.
Sleeping Patterns	Presenting?		Describe (frequency, intensity, duration, occurrence)
Change in numbers of hours/night	Yes	No	Yes, the client states he only

			gets 6 hours of sleep now.
Difficulty falling asleep	Yes	No	He states that he must smoke marijuana in order to fall asleep.
Frequently awakening during night	Yes	No	N/A
Early morning awakenings	Yes	No	N/A
Nightmares/dreams	Yes	No	Client states hearing the voices of his aborted children and intrusive thoughts.
Other	Yes	No	N/A
Eating Habits	Presenting?		Describe (frequency, intensity, duration, occurrence)
Changes in eating habits: overeating/loss of appetite	Yes	No	N/A
Binge eating and/or purging	Yes	No	N/A
Unexplained weight loss?	Yes	No	N/A
Amount of weight change:			
Use of laxatives or excessive exercise	Yes	No	N/A
Anxiety Symptoms	Presenting?		Describe (frequency, intensity, duration, occurrence)
Anxiety behaviors (pacing, tremors, etc.)	Yes	No	N/A
Panic attacks	Yes	No	N/A
Obsessive/compulsive thoughts	Yes	No	N/A
Obsessive/compulsive	Yes	No	N/A

behaviors			
Impact on daily living or avoidance of situations/objects due to levels of anxiety	Yes	No	N/A
Rating Scale			
How would you rate your depression on a scale of 1-10?	9		
How would you rate your anxiety on a scale of 1-10?	6		
Current Stressors of Areas of Life Affected by Presenting Problem (work, school, family, legal, social, financial)			
Problematic Area	Presenting?		Describe (frequency, intensity, duration, occurrence)
Work	Yes	No	The client does not work.
School	Yes	No	The client does not attend school.
Family	Yes	No	The client states that his cousin, grandmother, and aunt are his family stressors.
Legal	Yes	No	The client is currently on parole for the gun incident
Social	Yes	No	N/A
Financial	Yes	No	N/A
Other	Yes	No	N/A

Previous Psychiatric and Substance Use Treatment – Inpatient/Outpatient				
Dates	Facility/MD/ Therapist	Inpatient/ Outpatient	Reason for Treatment	Response/Outcome
10/4/2020	Inpatient Outpatient Other:	Inpatient	Self- inflicted stab wound	No improvement Some improvement Significant improvement
	Inpatient Outpatient Other:			No improvement Some improvement Significant improvement
	Inpatient Outpatient Other:			No improvement Some improvement Significant improvement
Personal/Family History				
Who lives with you?	Age	Relationship	Do they use substances?	
Grandmother			Yes	No
			Yes	No
If yes to any substance use, explain:				
Children (age and gender): None				

Who are children with now?		
Household dysfunction, including separation/divorce/death/incarceration: The client lives with his grandmother.		
Current relationship problems: The client has been suffering depression since the abortion of his twin children by his ex-girlfriend. Number of marriages: None		
Sexual Orientation: Straight	Is client sexually active? Yes No	Does client practice safe sex? Yes No
Please describe your religious values, beliefs, spirituality and/or preference: The client states that he is Christian but does not attend the church.		
Ethnic/cultural factors/traditions/current activity: Describe:		
Current/Past legal issues (with self/parents, arrests, divorce, CPS, probation officers, pending charges, or course dates): The client states that his parents had run in with laws with illicit drug us. The client has ben on parole for a while since the gun incident, in which he shot at people.		
How can your family/support system participate in your treatment and care?		
Client raised by: Natural parents Grandparents , Grandmother Adoptive parents Foster parents Other (describe):		
Significant childhood issues impacting current illness: The client states that his parents situation has left a scar and he		
Atmosphere of childhood home: Loving Comfortable Chaotic – the client stated that he was separated from his parents because they abused		

<p>drugs and their grandmother didn't want them to be Abusive Supportive Other:</p>
<p>Self-Care: Independent – the client stated that he i Assisted Total Care</p>
<p>Family History of Mental Illness (diagnosis/suicide/relation/etc.) The client stated that his family has no history of mental illness, just drug abuse and use.</p>
<p>History of Substance Use: the client stated that he only</p>
<p>Education History: Grade school High school College Other:</p>
<p>Reading Skills: Yes No Limited</p>
<p>Primary Language: English</p>
<p>Problems in school: None Noted</p>
<p>Discharge</p>
<p>Client goals for treatment: To figure out how to deal with his depression without medication.</p>
<p>Where will client go when discharged? He's going back home with grandmother.</p>

DSM-IV Diagnoses (15 points)

Axis I: Major Depressive Disorder

Axis II: Suicidal Ideation

Axis III: Insomnia

Axis IV:

Axis V:

Current Medications (10 points)

Complete all of your client's psychiatric medications

Brand/Generic	Citalopram				
Dose	10mg				
Frequency	1x/daily				
Route	pO				
Classification	Selective serotonin reuptake inhibitor.				
Mechanism of Action	Blocks serotonin reuptake by adrenergic nerves, which normally release from their storage sites when activated by a nerve impulse. This blocks reuptake increases				

	serotonin levels at nerve synapses, which may elevate mood and reduce depression.				
Therapeutic Uses	To treat depression				
Therapeutic Range (if applicable)	Antidepressant				
Reason Client Taking	To treat major depressive disorder.				
Contraindications (2)	Hypersensitivity,				
Side Effects/Adverse Reactions (2)	Thrombosis, Suicidal ideation.				
Medication/Food Interactions					
Nursing Considerations (2)					

Brand/Generic					
Dose					
Frequency					

Route					
Classification					
Mechanism of Action					
Therapeutic Uses					
Therapeutic Range (if applicable)					
Reason Client Taking					
Contraindications (2)					
Side Effects/Adverse Reactions (2)					
Medication/Food Interactions					
Nursing Considerations (2)					

Medications Reference (APA):

Mental Status Exam Findings (20 points)

<p>APPEARANCE: Well groomed Behavior: Calm and relaxed. Build: Athletic Attitude: Speech: Clear and appropriate for age. Interpersonal style: T</p>	
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<p>Mood: Reclused Affect: Good.</p>	
<p>MAIN THOUGHT CONTENT: Ideations: None Delusions: None Illusions: None Obsessions: None Compulsions: None Phobias: None</p>	
<p>ORIENTATION: Sensorium: Alert Thought Content: Clear and no hallucinations</p>	
<p>MEMORY: Remote: Clients memory is clear and accurate.</p>	
<p>REASONING: Judgment: Clear Calculations: Clear Intelligence: Good and very smart, and well spoken Abstraction: None Impulse Control: Good.</p>	
<p>INSIGHT: The client stated that “Everything happens for a reason”, and that although you might not know the reason now, there is always one.</p>	
<p>GAIT: Assistive Devices: None Posture: Relaxed Muscle Tone: Relaxed Strength: Good, and equal. Motor Movements: Good</p>	

Vital Signs, 2 sets (5 points)

Time	Pulse	B/P	Resp Rate	Temp	Oxygen
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	60	112/62	16	37.3 C (99.1 F)	95%

Pain Assessment, 2 sets (2 points)

Time	Scale	Location	Severity	Characteristics	Interventions
N/A	N/A	N/A	N/A	N/A	N/A
N/A	N/A	N/A	N/A	N/A	N/A

Dietary Data (2 points)

Dietary Intake	
Percentage of Meal Consumed: Entire meal Breakfast: Lunch: Dinner:	Oral Fluid Intake with Meals (in mL) 24 fluid Ounces Breakfast: Lunch: Dinner:

Discharge Planning (4 points)

Discharge Plans (Yours for the client): I would advise the client to seek anger management to help him when he feels overwhelmed. I would also advise him to seek substance abuse help because he stated that he drinks to drown out some of his problems. I would advise him to seek counseling about his parents because he still has some animosity and emotional

turmoil about the situation. Lastly, I would have him seek counseling about the loss of his twin children.

Nursing Diagnosis (15 points)

Must be NANDA approved nursing diagnosis and listed in order of priority

<p>Nursing Diagnosis</p> <ul style="list-style-type: none"> • Include full nursing diagnosis with “related to” and “as evidenced by” components 	<p>Rational</p> <ul style="list-style-type: none"> • Explain why the nursing diagnosis was chosen 	<p>Immediate Interventions (At admission)</p>	<p>Intermediate Interventions (During hospitalization)</p>	<p>Community Interventions (Prior to discharge)</p>
<p>1. Risk for Suicide ()</p>	<p>This was chosen by the client’s recent suicide attempt and as evidenced by “I am most likely to try killing myself again”</p>	<p>Arrange for the client to stay with friends and family (https://www.facebook.com/nurseslabs, 2016)</p> <p>1.</p> <p>2. Removal of weapons and pills (https://www.facebook.com/nurseslabs, 2016)</p> <p>3. Encourage the client to talk freely about feelings and help plan alternative ways of handling</p>	<p>1.Help is available</p> <p>2. You are not alone</p> <p>3. The crisis is temporary</p>	<p>1. Contact the local crisis team (https://www.facebook.com/nurseslabs, 2016)</p> <p>2. Inform the client of outpatient therapy (https://www.facebook.com/nurseslabs, 2016)</p> <p>3. Talk with the client PCP about the medication (https://www.facebook.com/nurseslabs, 2016)</p>

		<p>disappointment (https://www.facebook.com/nurseslabs, 2016)</p>		
<p>Ineffective coping (https://www.facebook.com/nurseslabs, 2016) 2.</p>	<p>This was chosen because the client has a substance abuse problem as evidenced by “ I drink to drown out my problems & mind”.</p>	<p>1. Assess the client’s strengths and positive coping skills 2. Assess the clients coping behaviors that are not effective 3. Identify situations that trigger suicidal thoughts</p>	<p>1. Have the client practice their good coping skills (Videbeck & Miller 2020) 2.Be supportive of coping behaviors; give patient time to relax 3. Discuss with the client about their previous stressors and the coping mechanism used (https://www.facebook.com/nurseslabs,</p>	<p>1. Set a working relationship with the patient through continuity of care (https://www.facebook.com/nurseslabs, 2016). 3. Assist patient set realistic goals and identify personal skills and knowledge 3. Determine the clients understanding of a stressful situation (https://www.facebook.com/nurseslabs, 2016).</p>

			2016)	
<p>4. Hopelessness</p>	<p>The client stated he feels he is in a rut and that he cannot do anything about it. This is as evidenced by “The client’s inability to cope with the loss of his children”</p>	<p>1. Spend time with the client (Videbeck & Miller, 2020).</p> <p>2. If the client is ruminating, tell him or her that you will talk about reality or about the client’s feelings, but limit the attention given to repeated expressions of rumination (Videbeck & Miller, 2020)</p> <p>3. Interact with the client on topics he or she is comfortable. Do not probe for information (Videbeck & Miller, 2020)</p>	<p>1. Management to have consistency in staff appointed care for the client (https://www.facebook.com/nurseslabs, 2016)</p> <p>2. Provide opening for the client to verbalize feelings of hopelessness (https://www.facebook.com/nurseslabs, 2016)</p> <p>3. Assist the client in recognizing their</p>	<p>1. Strengthen the client’s relationship with significant others; and allow them to take part in the client’s care (https://www.facebook.com/nurseslabs, 2016).</p> <p>2. Encourage family and significant other to display care, hope, and love for the client ((https://www.facebook.com/nurseslabs, 2016).</p> <p>3. Provide plant or pet therapy to aid in sense of belonging (https://www.facebook.com/nurseslabs, 2016)</p>

			<p>own strengths and abilities (https://www.facebook.com/nurseslabs, 2016)</p>	
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Other References (APA):

https://www.facebook.com/nurseslabs. (2016, October 11). *3 Suicide Behaviors Nursing Care Plans*.

Nurseslabs. <https://nurseslabs.com/suicide-behaviors-nursing-care-plans/>

Videbeck, S. L., & Miller, C. J. (2020). *Psychiatric-mental health nursing*. Wolters Kluwer.

Concept Map (20 Points):

Subjective Data

Nursing Diagnosis/Outcomes

- **Interact with the client on topics he or she is comfortable. Do not probe for information (Videbeck & Miller, 2020)**
- **Spend time with the client (Videbeck & Miller, 2020).**
- **Identify situations that trigger suicidal thoughts**
- **Assess the clients coping factors that are not effective**

The client stated, "I cannot sleep and when I do sleep I hear the voices of my dead children calling out to me", He also stated that in his chart "He is 9/10 likely to try again" He also stated that "he has not been mentally okay since the loss of his twins"

Objective Data

Patient Information

Nursing Interventions

- Encourage the client to talk about depression.
- Encourage the client to try SSRIs.
- Encourage the client to attend home life, meetings, with his parents both being on the client's health insurance and his grandmother for the last ten years and the state that she would like to fix his problems.
- **Assess the client's strengths and positive coping skills**

The client presented to the pavilion after a suicide attempt and stating that he does not want help. The client shows clear signs of major depressive disorder.



