



Borderline Personality Disorder (BPD)

What is Borderline Personality Disorder?

Pervasive and enduring pattern of unstable interpersonal relationships, self-image, and affects and marked impulsivity, beginning by early adulthood and present in a variety of contexts, as indicated by five or more of the listed signs and symptoms

Interventions for Borderline Personality Disorder

Promoting client's safety

- The nurse must always take suicidal ideation seriously when there is a plan in place, access to means of carrying it out, and self-harming behaviors, and they must implement the proper interventions.

Promoting therapeutic relationships

- No matter the clinical setting, the nurse is responsible for providing structure and limit-setting in the therapeutic relationship. In a clinical setting, this may entail scheduling appointments with the client that last a specific amount of time rather than seeing them whenever they show up and need the nurse's immediate attention.

Establishing boundaries in relationships

- To prevent either the client's or the nurse's boundaries from being crossed, the nurse must be very explicit while setting the parameters of the therapeutic relationship.

Teaching effective communication skills

- Basic communication techniques include eye contact, active listening, talking turns, confirming the meaning of another person's speech, and the use of "I" statements must be taught.

Helping clients to cope and control emotions

- The nurse can assist the clients in recognizing their feelings and learning to cope with them without overreacting by damaging property or harming themselves; keeping a journal frequently aids clients in being more cognizant of their sentiments.

Statistics about Borderline Personality Disorder

- BPD affects around 1.4% of adults in the US
- 75% of BPD sufferers are women
- Up to 70% of people with BPD have experienced some kind of abuse in childhood
- Approximately 80 to 90% of people with BPD also suffer from mood disorders
- 50% of people with BPD are likely to have abused substances within the previous year

Signs and Symptoms of Borderline Personality Disorder

- Abandonment reaction
- Idealization and devaluation
- Unstable self-image
- Impulsivity
- Recurrent suicidal behavior/self-harm
- Emotional instability
- Chronic feelings of emptiness
- Inappropriate anger
- Paranoia and depression



Treatment for Borderline Personality Disorder

- Medications such as antidepressants (SSRIs), mood stabilizer (topiramate, carbamazepine, lamotrigine, and valproate semisodium)
- Individual and group therapy (art and behavioral)
- Currently there are no labs available to determine BPD



Risk Factors for Borderline Personality Disorder

- Abandonment in childhood and adolescents
- A disrupted family life
- Poor communication within the family
- Sexual, physical, or emotional abuse



Theory of Borderline Personality Disorder

According to Linehan, Borderline Personality Disorder is a disorder of dysregulating emotions and develops from interactions between individuals with biological vulnerabilities and exact environmental influences. The dysfunction suggested by Linehan is one of vast dysregulation across all aspects of emotional responding. As a consequence, individuals with BPD have (a) heightened emotional sensitivity, (b) inability to regulate intense emotional responses, and (c) slow return to emotional baseline.

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