

## NURSING CARE PLAN FOR INEFFECTIVE COPING

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p><b>Subjective Data:</b> - Patient says, "I feel very overwhelmed and stressed." <b>Objective Data:</b> - Observed tearfulness, restlessness, and irritability.</p>	<p><b>Ineffective Coping</b> related to excessive stress and lack of support as evidenced by emotional distress and avoidance behaviors.</p>	<p><b>Short-Term:</b> - Within 24 hours, the patient will verbalize one healthy coping strategy. <b>Long-Term:</b> - Within one month, the patient will demonstrate effective coping methods by engaging in stress-reducing activities.</p>	<p>Plan to offer emotional support, provide education on relaxation techniques, and arrange for counseling sessions.</p>	<p>Conduct one-on-one counseling sessions; teach deep breathing and meditation; encourage the patient to join a support group.</p>	<p>These interventions help reduce stress, improve emotional regulation, and promote healthy coping skills.</p>	<p>Patient reports reduced stress; demonstrates use of at least one relaxation technique; shows increased participation in support activities.</p>
<p><b>Subjective Data:</b> - Patient states, "I don't know how to handle my problems." <b>Objective Data:</b> - Patient appears confused and withdrawn.</p>	<p><b>Risk for Ineffective Coping</b> related to lack of knowledge and skills in managing stress.</p>	<p><b>Short-Term:</b> - Within 48 hours, the patient will identify three healthy coping strategies. <b>Long-Term:</b> - Within one month, the patient will apply these strategies</p>	<p>Develop an education plan that includes written materials and visual aids on coping strategies; schedule group education sessions.</p>	<p>Provide handouts on coping skills; hold interactive sessions using role-playing and discussion; encourage questions.</p>	<p>Education empowers the patient to understand and adopt healthier coping mechanisms, leading to better stress management.</p>	<p>Patient can list three coping strategies; shows improvement in managing stress during follow-up visits.</p>

		independently in stressful situations.				
<p><b>Subjective Data:</b></p> <ul style="list-style-type: none"> <li>- Family reports that the patient often isolates and avoids social interactions.</li> </ul> <p><b>Objective Data:</b></p> <ul style="list-style-type: none"> <li>- Observations of social withdrawal and limited communication with others.</li> </ul>	<p><b>Impaired Social Interaction</b></p> <p>related to ineffective coping and emotional distress as evidenced by social withdrawal and isolation.</p>	<p><b>Short-Term:</b></p> <ul style="list-style-type: none"> <li>- Within 24 hours, the patient will participate in one group activity.</li> </ul> <p><b>Long-Term:</b></p> <ul style="list-style-type: none"> <li>- Within one month, the patient will engage in social interactions with peers and family, demonstrating improved communication.</li> </ul>	<p>Plan to include social skills training and encourage participation in group therapy sessions.</p>	<p>Arrange for the patient to attend support group meetings; use role-playing to practice social interactions; encourage family involvement.</p>	<p>Social interaction helps reduce feelings of isolation and improves emotional well-being, supporting overall effective coping.</p>	<p>Increased participation in group activities; positive feedback from family regarding improved social behavior.</p>