

## NURSING CARE PLAN FOR GRIEVING & LOSS

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p><b>Subjective Data:</b></p> <p>- The patient expresses deep sadness and feelings of isolation following the loss of a spouse.</p> <p><b>Objective Data:</b></p> <p>- The patient is tearful, withdrawn, and has difficulty concentrating.</p>	<p><b>Ineffective Coping</b> related to inability to process loss as evidenced by emotional distress and social withdrawal.</p>	<p><b>Short-Term:</b></p> <p>- Within 48 hours, the patient will identify one healthy coping strategy.</p> <p><b>Long-Term:</b></p> <p>- The patient will demonstrate improved emotional stability and engage in social activities.</p>	<p>Provide emotional support through active listening and counseling; encourage the use of relaxation techniques and journaling.</p>	<p>Schedule daily one-on-one sessions; refer the patient to a grief support group; document coping strategy progress.</p>	<p>Early emotional support and structured coping methods help patients process grief more effectively.</p>	<p>The patient verbalizes a coping strategy and shows increased engagement in social interactions as noted in follow-up assessments.</p>

<p><b>Subjective Data:</b> - The patient reports anxiety about facing the future alone.</p> <p><b>Objective Data:</b> - The patient displays restlessness and expresses fears about independence.</p>	<p><b>Anxiety</b> related to fear of the future and loss as evidenced by verbal expressions of worry and observable restlessness.</p>	<p><b>Short-Term:</b> - Within 24 hours, the patient will express at least one method to reduce anxiety.</p> <p><b>Long-Term:</b> - The patient will report decreased anxiety and improved ability to participate in daily activities.</p>	<p>Teach relaxation techniques, such as deep breathing and guided imagery; provide reassurance and involve family support.</p>	<p>Demonstrate relaxation exercises; schedule short counseling sessions; document anxiety levels before and after interventions.</p>	<p>Addressing anxiety reduces emotional distress and supports overall recovery.</p>	<p>The patient reports a reduction in anxiety and demonstrates the use of relaxation techniques, as documented in follow-up evaluations.</p>
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