

PERSONALITY DISORDERS NURSING CARE PLAN

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p>Subjective: Patient reports frequent mood swings.</p> <p>Objective: Observed intense emotional reactions.</p>	Risk for Self-Harm related to unstable emotions and impulsivity.	<p>Short-Term: Patient verbalizes a safety plan within 24 hours.</p> <p>Long-Term: Patient uses coping strategies to prevent self-injury.</p>	<p>Develop a safety plan.</p> <p>Teach coping techniques such as deep breathing and distraction methods.</p> <p>Arrange for crisis intervention if needed.</p>	<p>Conduct regular assessments.</p> <p>Provide immediate support during crises.</p> <p>Document patient's response.</p>	Early intervention prevents self-injury and reduces emotional distress.	<p>Patient reports feeling safer.</p> <p>Reduced episodes of self-harm are noted.</p>
<p>Subjective: Patient expresses feelings of worthlessness.</p> <p>Objective: Low self-esteem</p>	Ineffective Coping related to chronic low self-esteem and isolation.	<p>Short-Term: Patient identifies one healthy coping strategy within 48 hours.</p> <p>Long-Term:</p>	<p>Develop an education plan on healthy coping.</p> <p>Encourage participation in support groups and therapy.</p>	<p>Schedule weekly sessions.</p> <p>Monitor patient progress.</p> <p>Provide</p>	Education and practice empower patients to adopt new behaviors.	<p>Patient shows improved coping skills in follow-up sessions.</p>

<p>and reluctance to engage socially.</p>		<p>Patient uses effective strategies to manage stress.</p>	<p>Provide resources on mindfulness and relaxation.</p>	<p>written materials and role-play scenarios.</p>		
<p>Subjective: Patient struggles with forming relationships. Objective: Displays difficulty trusting staff and peers.</p>	<p>Impaired Interpersonal Relationships related to fear of abandonment and mistrust.</p>	<p>Short-Term: Patient demonstrates improved communication skills in group settings. Long-Term: Patient builds and maintains supportive relationships.</p>	<p>Facilitate individual and group therapy. Teach effective communication and boundary-setting techniques. Involve family in counseling sessions.</p>	<p>Collaborate with therapists to schedule sessions. Monitor group participation. Offer feedback and reinforcement.</p>	<p>Strengthening communication skills enhances social support and decreases isolation.</p>	<p>Patient reports improved interactions. Group therapy sessions show positive engagement.</p>