

Our Lady's Children's Hospital, Crumlin, Dublin 12  
Nurse Care Plan –Mental Health concerns  
Careplan 35 B



Care plan 35B		Mental Health Concerns	Issue Date: Nov 2019 Review date: Nov 2019
Problem		Goals	
Requires care related to Mood disturbance (and risk associated with mood disturbance)		<ol style="list-style-type: none"> <li>To provide a safe environment and to provide care and support to patient and family as part of the MDT to address the identified needs/deficits with a view to achieving an improvement in psychological and emotional state and returning patient to an acceptable level of functioning.</li> <li>Assist and encourage self-care, communication, increased physical activity and increased socialisation necessary to restore patient to functional health and prevent further deterioration.</li> </ol>	
Commenced date, time signature & grade	NO.	Nursing intervention	Review date, discontinued date, time, signature & grade
	1.	<b>Maintain a safe environment</b>	
		<ul style="list-style-type: none"> <li>Orientate patient to ward environment and introduce to care team, informing them who their nurse is for each shift.</li> <li>Nurse in a location that suits need, ensuring risks to patient are managed.</li> <li>Encourage patient to communicate needs to nurses.</li> <li>Remove hazardous items from patient's possession and room.</li> <li>If special observations are prescribed by the treating team, please refer to SOP on management of environment and safety.</li> </ul>	
	2.	<b>Management of mental state (inc. communication and support)</b>	
		<ul style="list-style-type: none"> <li>Establish a therapeutic relationship with patient.</li> <li>A non-judgmental, supportive and caring approach should be taken.</li> <li>Observe &amp; record patient's appearance, interactions, mood &amp; behaviours.</li> <li>Monitor &amp; record patient's sleep patterns.</li> <li>Observe patient's appetite and nutritional intake.</li> <li>Offer patient regular opportunities to verbalise his/her needs and concerns.</li> <li>Maintain consistency with patient's care.</li> <li>Regular communication with the MDT regarding treatment plan is necessary.</li> </ul>	

Updated Feb 2017

Patient Name.....

Hospital No.....

Ward.....

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<b>3.</b>	<b>Family Input</b>	
	<ul style="list-style-type: none"> <li>• Support the patient and family to identify and address their physical, psychological, social and educational needs.</li> <li>• Clear and regular communication with parents regarding their role in treatment and discharge plan.</li> <li>• Encourage and enable parent(s) to manage and reinforce care of patient.</li> <li>• Family meetings as per multidisciplinary team.</li> </ul>	
<b>4.</b>	<b>Self-care</b>	
	<ul style="list-style-type: none"> <li>• Assess patient's ability to carry out activities of daily living.</li> <li>• Encourage independence in all aspects of self-care (unless injury or illness is resulting in self-care deficits). Only assist if necessary.</li> <li>• Give patient direction on aspects of care and plan daily activities with the patient to encourage compliance.</li> </ul>	
<b>5.</b>	<b>Activity, Social and Education needs</b>	
	<ul style="list-style-type: none"> <li>• Encourage as much physical activity and socialisation as possible.</li> <li>• Encourage patient's participation in ward activities where possible.</li> <li>• Patient to attend school Mon-Fri (if agreed with multidisciplinary team).</li> <li>• Liaise with play specialist and MDT re. Activity programs that are appropriate and safe for patient.</li> </ul>	
<b>6.</b>	<b><u>Other aspects of care</u></b>	