

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



Care plan 35		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"> 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. Assist and encourage self-care, communication, increased physical activity and increased socialisation necessary to restore patient to functional health and prevent further deterioration. 	
Commenced date, time signature & grade	NO.	Nursing intervention	Review date, discontinued date, time, signature & grade
	1.	Maintain a safe environment	
		<ul style="list-style-type: none"> Orientate patient to ward environment and introduce to care team, informing them who their nurse is for each shift. Nurse in a location that suits need, ensuring risks to patient are managed. Encourage patient to communicate needs to nurses. Remove hazardous items from patient's possession and room. If special observations are prescribed by the treating team, please refer to SOP on management of environment and safety. 	
	2.	Management of mental state (inc. communication and support)	
		<ul style="list-style-type: none"> Establish a therapeutic relationship with patient. A non-judgmental, supportive and caring approach should be taken. Observe & record patient's appearance, interactions, mood & behaviours. Monitor & record patient's sleep patterns. Observe patient's appetite and nutritional intake. Offer patient regular opportunities to verbalise his/her needs and concerns. Maintain consistency with patient's care. Regular communication with the MDT regarding treatment plan is necessary. 	

Updated Feb 2017

Patient Name.....

Hospital No.....

Ward.....

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