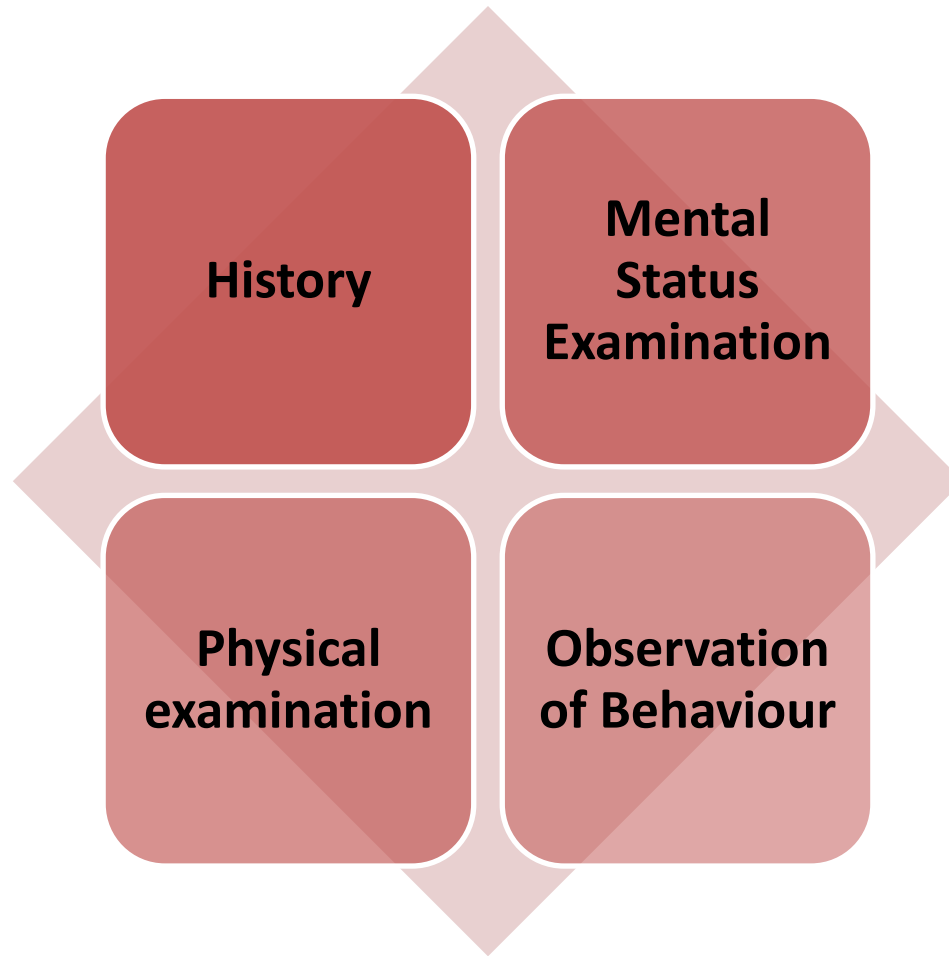


MS.ARUNA
TUROR
ICON

Nursing Assessment



Nursing Diagnosis

- **Risk for Suicide related to depressed mood.**
- **Dysfunctional grieving related to real or perceived loss as evidenced by inability to carry out activities of daily living.**
- **Low self-esteem related to learned helplessness as evidenced by negative, pessimistic outlook.**

Contd.,

- **Impaired social interaction related to fear of rejection as evidenced by seeking to be alone.**
- **Imbalanced nutrition less than body requirements related to lack of interest in food as evidenced by weight loss.**

Contd..,

- **Disturbed sleep pattern related to depressed mood as evidenced by difficulty falling asleep.**
- **Self-care deficit related to feelings of worthlessness as evidenced by offensive body odor.**

Contd..,

- **Ineffective coping**
- **Activity intolerance**
- **Powerlessness**

Nursing Management

► Risk for suicide

- Develop trust
- Convey empathy and acceptance
- Provide safe environment- Remove all sharp and dangerous items such as glass items, medications, clothes etc.
- Supervise closely
- Never leave the client alone in room

Nursing Management

➤ Self esteem disturbance

- Convey acceptance and friendly attitude
- Focus on strength and weakness
- Promote independence
- Maintain rapport and IPR
- Help in decision making

Nursing Management

▶ Self care deficit

- Assist in activities of daily living
- Encourage to maintain self care
- Change the position frequently in severely depressed patients
- Promote independence
- Provide psycho education regarding

Nursing Management

➡ Imbalanced nutrition

- Provide small and frequent meals
- Provide foods according to client's likes and dislikes
- Encourage some active and passive exercises
- Provide high fiber diet
- Advice to drink plenty of oral fluids

Nursing Management

➤ Sleep pattern disturbance

- Encourage to have exercise during day time
- Advice to avoid naps during day
- Provide warm milk before bed time
- Advice to have a warm bath before going to bed
- Provide some soft music
- Restrict visitors during night time
- Advice to read some books before bed time

Psycho Education

➡ Regarding drugs

- **Advice to take drugs at correct time**
- **Never stop or change the dose without physician's order**
- **Don't expect fast miracles**
- **Advice to avoid any heavy work if feeling drowsy**

Education to Family Members

- **Try to understand the client's problems**
- **Give correct history to the therapist**
- **Give medications regularly**
- **Give adequate support**
- **Watch for any suicidal tendencies**
- **Never leave the client alone**
- **Provide care and support**

Geriatric Considerations

- **Teach the patient depression may cause atypical symptoms in the elderly.**
- **Selective serotonin reuptake inhibitors are recommended first in the elderly .**
- **Maintenance therapy is important to prevent relapse.**
- **Encourage for regular check up and follow up**



Home Care Management

Teach the client & family about

- Depression and ways to manage disorder
- Medication management & management of side effects
- Signs & symptoms of relapse
- behavioral signs of relapse and how to seek treatment in early stages.

Summary

- **Introduction**
- **Definition**
- **ICD-10 Classification**
- **Incidence**
- **Types**
- **Etiology**
- **Psychopathology**
- **Treatment**
- **Nursing Management**
- **Geriatric considerations**
- **Follow up, home care and rehabilitation**

Conclusion

Help the patients to realize that

- **Depression is more common than you think.**
- **Don't think you are alone.**
- **Better make use of your resources, support systems and coping mechanisms.**

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Thank
You!