Demonstrate Use of Nurses' Pocket Guide in Independent Nursing Practice
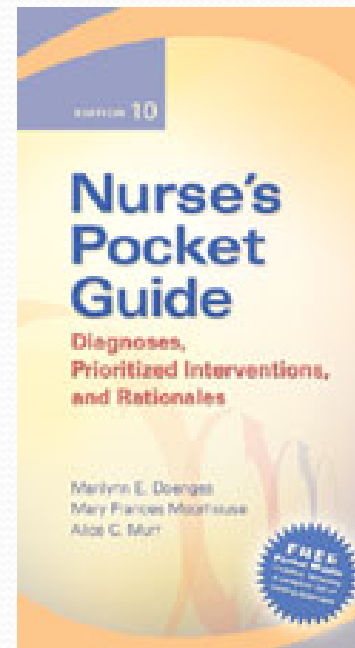
Marilynn Doenges APRN,
Retired

History

- 42 y old female
- 4 years of therapy with a psychologist
- DSM III-R Generalized Anxiety
- Referred to address understanding of male sexuality

First Step—

- Assessment
- Use of Pocket Guide
  - Nursing Based History Tool

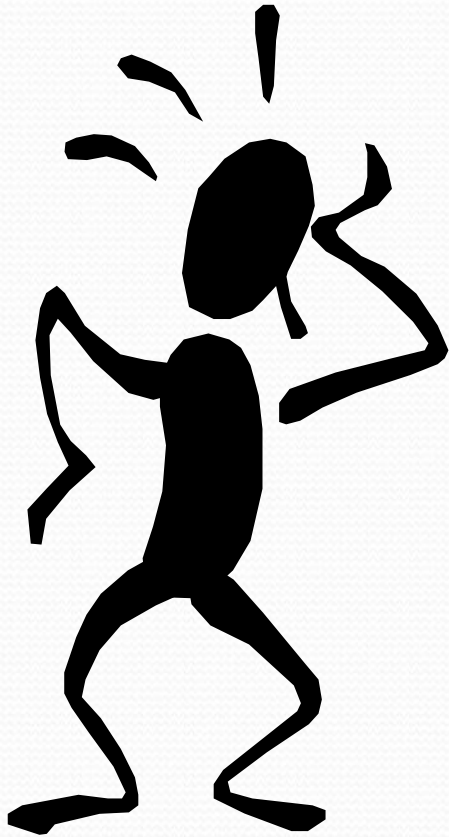# Ego Integrity—

- **Subjective**
  - Describe self
  - Self-esteem rating
  - Moods
  - Stress factors
  - Coping patterns used
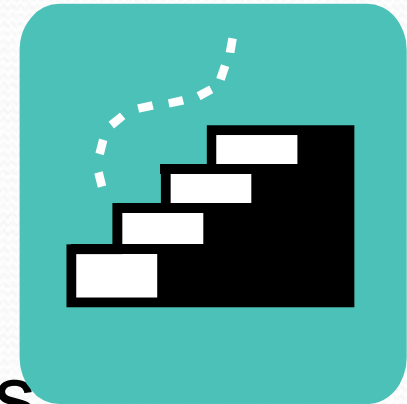 - Significant losses/changes

Ego Integrity—

- **Objective**
  - Manner
  - Verbal/nonverbal behavior
  - Defense mechanisms

Second Step—

- **Diagnosis**
- Use of Pocket Guide
  - Refer to Diagnostic Divisions
  - Choose NANDA label
  - Compare Related Factors
  - Review Defining Characteristics

Nursing Diagnosis

- **moderate Anxiety**
  - related to threat to self-concept and interaction patterns
  - evidenced by
    - concerns about relationship with partner
    - restless body movements
    - poor eye contact
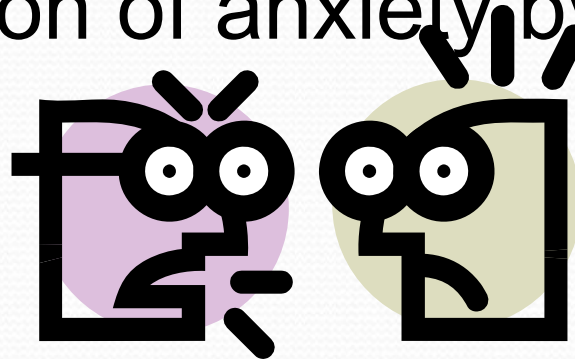   - report of angry outbursts

Third Step—

- **Planning**
- Use of Pocket Guide
  - Develop outcome/goal
  - Choose interventions

Plan of Care

- Outcomes/Goals
  - Recognize precursors of angry outbursts
  - Verbalize reduction of anxiety by the 6th session

Plan of Care

- Interventions
  - Link behavior and feelings
  - Discuss ways to deal with feelings
  - Journal feelings & events

Mental Health Report

- Submitted to
  - Insurance Provider/Payor
  - Psychiatrist

CONCLUSIONS

Use of the Nurses' Pocket Guide:

- Facilitates use of nursing process to develop individualized plan of care

- Provides ready reference for submitting reports reflecting professional level of care