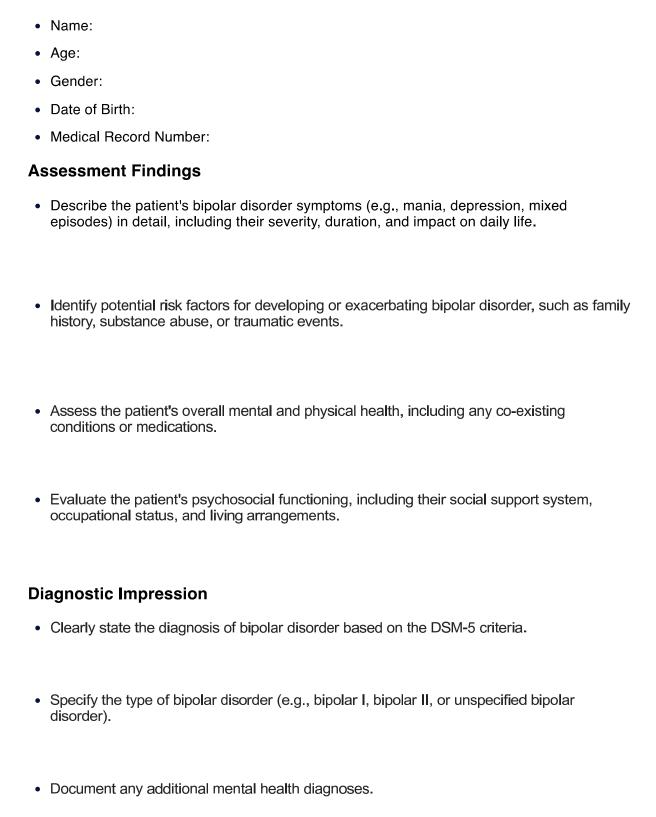
Bipolar Disorder Nursing Care Plan

Patient Identification



Nursing Diagnoses • Identify specific nursing diagnoses related to the patient's bipolar disorder, such as: Anxiety Social isolation Noncompliance with treatment Risk for self-harm or suicide **Goals and Objectives Interventions** Outline evidence-based interventions to address the patient's symptoms, improve their functioning, and promote overall well-being.

• Consider a combination of interventions, including:

☐ Psychotherapeutic interventions (e.g., CBT, IPT)

Lifestyle modifications (e.g., regular exercise, sleep hygiene, healthy diet)

Psychoeducation about bipolar disorder

Mood stabilizer medication management

Support groups and social engagement

Crisis management plan

Evaluation Criteria

 Outline evidence-based interventions to address the patient's symptoms, improve their functioning, and promote overall well-being.
Regularly monitor the patient's symptoms, functioning, and adherence to treatment plan.
Use standardized assessment tools to track progress over time.
Documentation
Discharge Planning