Bipolar Disorder Nursing Care Plan

Patient Identification

- Name:

- Age:

- Gender:

- Date of Birth:

- Medical Record Number:

Assessment Findings

- Describe the patient's bipolar disorder symptoms (e.g., mania, depression, mixed episodes) in detail, including their severity, duration, and impact on daily life.

- Identify potential risk factors for developing or exacerbating bipolar disorder, such as family history, substance abuse, or traumatic events.

- Assess the patient's overall mental and physical health, including any co-existing conditions or medications.

- Evaluate the patient's psychosocial functioning, including their social support system, occupational status, and living arrangements.

Diagnostic Impression

- Clearly state the diagnosis of bipolar disorder based on the DSM-5 criteria.

- Specify the type of bipolar disorder (e.g., bipolar I, bipolar II, or unspecified bipolar disorder).

- Document any additional mental health diagnoses.

Nursing Diagnoses

- Identify specific nursing diagnoses related to the patient's bipolar disorder, such as:

- ☐ Anxiety

- ☐ Sleep disturbance

- ☐ 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:

- ☐ Psychoeducation about bipolar disorder

- ☐ Mood stabilizer medication management

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

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

- ☐ 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