

# 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