Nursing Care Plan for Aggressive Behavior

Patient Information	
Name:	John Smith
Age:	35
Gender:	Male
Diagnosis:	Bipolar disorder with psychotic features
Medical History:	History of recurrent aggressive behavior, previous psychiatric hospitalizations
Allergies:	None
Medications:	Lithium carbonate 600mg BID, Olanzapine 10mg QD

Assessment

1. Behavioral Assessment

John exhibits frequent episodes of physical aggression towards staff and other patients when experiencing manic episodes.

Triggers include perceived criticism, disruptions to routine, and interpersonal conflicts.

John expresses frustration and irritability during aggressive episodes and may become verbally abusive.

Aggression poses a risk of harm to self and others, requiring immediate intervention.

2. Risk Assessment

Risk factors include John's diagnosis of bipolar disorder, history of psychosis, and non-compliance with medication.

Environmental factors such as overcrowding and noise levels in the psychiatric unit contribute to agitation and aggression.

3. Functional Assessment

John's ability to perform activities of daily living is impaired during manic episodes.

He struggles with social skills and has difficulty regulating emotions and managing stress.

Nursing Diagnosis
Impaired Social Interaction related to chronic low self-esteem and mental health problems.
Goals
John will demonstrate improved coping skills to manage aggressive behavior effectively during manic episodes. John will establish a trusting relationship with healthcare providers to facilitate open communication and collaboration. John will identify triggers and early warning signs of aggression and implement appropriate interventions to prevent escalation.
Interventions
1. Establish Therapeutic Relationship
Build trust and rapport with John through active listening, empathy, and consistent communication. Provide emotional support and reassurance during periods of agitation and distress.
2. Implement Safety Measures
Create a calm and structured environment to reduce stimuli and minimize triggers for aggression. Use de-escalation techniques such as verbal redirection and offering space when John becomes agitated.
3. Teach Coping Skills
Educate John on relaxation techniques such as deep breathing exercises and progressive muscle relaxation. Teach John problem-solving skills and adaptive coping strategies to manage stressors and regulate emotions.
4. Promote Communication
Encourage John to express his feelings and concerns in a non-aggressive manner during therapy sessions. Use therapeutic communication techniques to validate John's experiences and promote self-awareness.

5. Collaborate with Multidisciplinary Team

Work collaboratively with the psychiatric team to adjust medication dosages and monitor for side effects.

Coordinate with social workers and occupational therapists to develop a comprehensive treatment plan addressing John's psychosocial needs.

Evaluation

John has demonstrated improved awareness of triggers and has implemented coping strategies to manage aggression more effectively during manic episodes.

Frequency and severity of aggressive behavior have decreased, indicating a positive response to interventions.

Ongoing monitoring and adjustment of the care plan will be necessary to address John's changing needs and maintain progress.

Documentation

Document all assessments, interventions, and outcomes accurately and promptly in John's medical record.

Include detailed descriptions of aggressive incidents, triggers, interventions implemented, and patient response.

Follow-Up

Schedule regular follow-up appointments with John to monitor progress and provide ongoing support.

Collaborate with John and the healthcare team to ensure continuity of care and address any emerging issues or concerns.