

# PTSD Nursing Care Plan

## Patient Identification

Name:

Age:

Gender:

Date of Birth:

Medical Record Number:

## Assessment Findings

Description of PTSD symptoms (e.g., anxiety, flashbacks, nightmares, sleep disturbances)

Severity of PTSD symptoms

Duration of PTSD symptoms

Impact of PTSD symptoms on daily life

Potential risk factors for developing or exacerbating PTSD

## Diagnostic Impression

## Nursing Diagnoses

## Goals and Objectives

## Interventions

- Psychoeducation: Provide education about PTSD, its causes, and available treatment options.

Additional notes:

- Relaxation Techniques: Teach relaxation techniques such as deep breathing, progressive muscle relaxation, and mindfulness meditation to reduce stress and anxiety.

Additional notes:

- Coping Skills Development: Assist patients in developing effective coping skills to manage their emotions, thoughts, and behaviors in response to stressful situations or triggers.

Additional notes:

- Medication Management: Oversee the administration of prescribed medications, monitor their effectiveness, and address any side effects.

Additional notes:

- Support Groups and Therapy: Facilitate participation in support groups or therapy sessions to provide emotional support, peer connection, and additional therapeutic interventions.

Additional notes:

## **Evaluation Criteria**

## **Documentation**

## **Discharge Plan**