Ineffective Coping Care Plan

Patient Information	
Name: Isabella Singh	Age: 35
Medical History: History of anxiety disorder, chronic stress	
Diagnosis: Generalized Anxiety Disorder (GAD)	
Nursing Diagnosis	
Ineffective coping related to: Chronic stressors and anxiety disorder	
Evidenced by: Increased anxiety levels, avoidance behaviors, and difficulty in managing daily stressors	
Goals	
1. By _____March 15, 2024_____,	
The patient will: demonstrate the ability to identify and utilize at least two healthy coping strategies to manage stress effectively.	
2. By _____March 15, 2024_____,	
The patient will: verbalize understanding of the relationship between stress and coping and demonstrate willingness to engage in therapeutic activities.	
Interventions	
1.Provide psychoeducation on stress management techniques, including deep breathing exercises and progressive muscle relaxation.	
2.Collaborate with patient to identify triggers for ineffective coping and develop personalized coping strategies, such as journaling or engaging in creative activities.	

3.Encourage patient to engage in regular physical activity, such as walking or yoga, to promote stress relief and relaxation.	
4.Facilitate referrals to support groups or counseling services for additional emotional support and coping skill development.	
Education and Support	
1.Provide resources and educational materials on healthy coping mechanisms and stress management techniques, including online resources and pamphlets.	
2.Offer ongoing emotional support and encouragement during therapy sessions and follow-up appointments to reinforce patient's progress in developing effective coping skills.	
Monitoring and Evaluation	
1.Regularly assess patient's utilization of coping strategies and progress towards goals during weekly therapy sessions and monthly follow-up appointments.	
2.Evaluate effectiveness of interventions and adjust care plan as needed based on patient feedback and observed outcomes to ensure optimal patient outcomes.	

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Nurse In-Charge

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Date Signed