Nursing care plan with model theory application for the client with depression

Objectives to be achieved while applying nursing theory:

I. To assess the client condition by the various methods explained by the nursing theory which is to be applied?
II. To identify the various needs of the client during disease condition.
III. To demonstrate an effective communication and interaction with the client by using therapeutic ways of communication.
IV. To select a theory which is effective for the application according to the need of the client?
V. To apply the theory to solve the identified problems of the client effectively.
VI. To evaluate the outcome after implementation extent to which the process was fruitful.

Application of Betty Neumann’s system model

The client with depression may have various stressors:

I. These stressors are able to produce negative effect on client.
II. They may affect the client’s intrapersonal, interpersonal and extra personal aspects.

III. These stressors are dependent on the defense mechanism of client.
IV. These stressors can also bring positive way for the client.

There are three lines of defense in human while undergoing through any stress:

I. Flexible line of Defense: In this the client or health care can use primary prevention for avoiding client to go in depression.
II. Normal line of Defense: Here the secondary prevention comes into action.
III. Lines of resistance: Here the tertiary prevention is applied (Figure 1).

Figure 1 When client comes to hospital he or she is under depression and we as nurses can take tertiary interventions
Tertiary interventions taken by psychiatric nurse or student:

**Before proceeding:**

I. Greet well client.

II. Provide comfortable environment.

III. Maintain therapeutic attitude through entire period.

IV. Try to make good rapport from very beginning which will be built strong with passage of time.

V. Draw necessary information from client i.e. history taking.

**Interventions:**

I. After knowing the religion of the client, put forward the variety of the spiritual practices which a person can perform in order to get the relaxed soul and mental satisfaction.

II. Make necessary appointment of client with the religious person of the hospital or referrals can be made according the religion of the client.

III. Discuss with the client any past support system used along with their success and failure.

IV. Keep the client busy in the mindful activity, reading books, watching movies.

V. Maintain the particular schedule for the client for the daily activities so that client does not get irritated with the changing activity.

VI. Give the information prior to any procedure, or any addition or deletion of the activity schedule.

VII. Prepare and motivate the client for group therapies which may help in increasing ability in the client.

VIII. Encourage assertiveness in the client in all the activities and decision making.

IX. Ensure the client gets prescribed drugs on time.

X. Monitor for side effects of drugs prescribed for depression and manage accordingly by applying effective nursing.

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**Conflicts of interest**

Author declares that there is no conflict of interest.