

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.

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- 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).

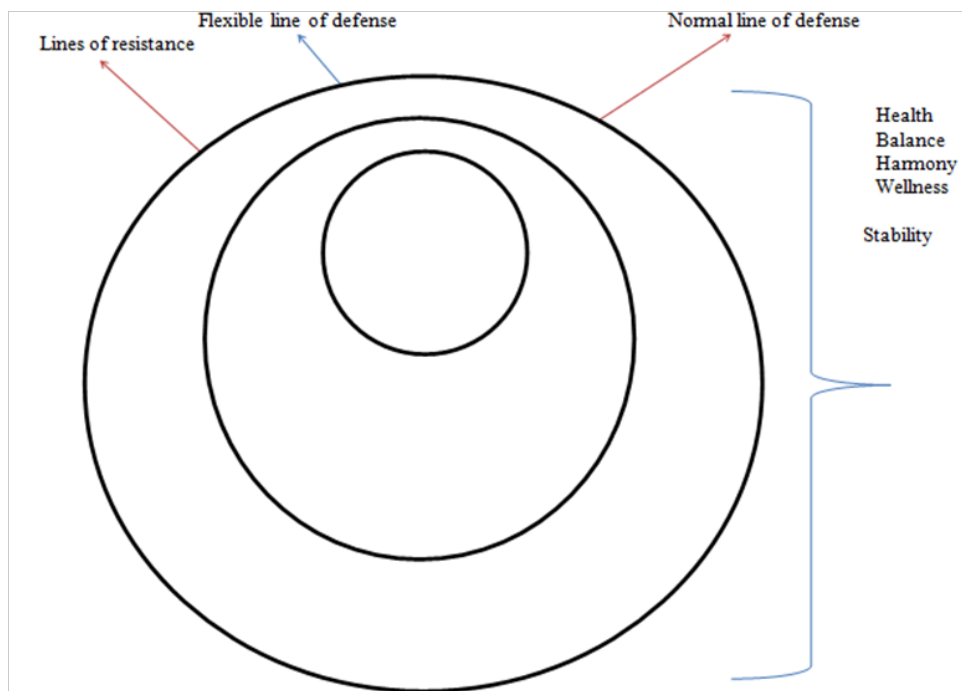


Figure 1 When client comes to hospital he or she is under depression and we as nurses can take tertiary interventions

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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None.

Conflicts of interest

Author declares that there is no conflict of interest.