

PROTOCOL FOR: Hopelessness: Care of the Patient

- POLICY:** 1. Patients will be assessed for feelings of hopelessness upon admission.

DESIRED PATIENT

- OUTCOMES:**
1. The patient's physical well-being will be maintained throughout hospitalization.
 2. The patient will begin to see that alternatives or personal choices are available.

**CLINICAL
ASSESSMENT AND**

- CARE:**
1. The following criteria will be considered when assessing a patient who is experiencing feelings of hopelessness:
 - a. a sense of helplessness, worthlessness, self reproach or excessive or inappropriate guilt
 - b. loss of interest or pleasure in usual activities
 - c. loss of energy or fatigue, which may progress to psychomotor retardation
 - d. withdrawal into social isolation
 - e. loss of spiritual belief system
 - f. vegetative symptoms (i.e., sleep/appetite disturbance)
 - g. self destructive ideation/behavior
 - h. suicidal ideation/intent
 2. Assess prior history for periods of positive coping and/or episodes of hopelessness.
 3. Assess patient's ability to problem solve and assist in the development of new skills.
 4. Assist patient to maintain essential activities of daily living.
 5. Provide brief supportive contacts with patient encouraging identification and expression of feelings. Evaluate patient's response to these.
 6. Encourage participation in group activities from which patient may receive positive feedback and support.
 7. Assist patient to develop appropriate short-term goals to promote experiences of success.
 8. Help patient to identify behaviors that would maintain safety and establish a plan accordingly.
 9. Demonstrate positive regard for patient's abilities and strengths as a way to enhance self worth.

PROTOCOL FOR: Hopelessness: Care of the Patient

PATIENT

- TEACHING:**
1. Educate patient to interventions necessary for maintaining physical well-being and safety.
 2. Educate patient to approach problems in manageable portions rather than globally.
 3. Educate patient to utilize resources/support to reinforce newly acquired skills.

APPROVAL: Nursing Standards Committee

EFFECTIVE DATE: 5/90

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