

PROTOCOL FOR: Individual Coping, Impaired: Care of the Patient

DESIRED PATIENT

- OUTCOMES:**
1. The patient will identify psychosocial stressors that interfere with adequate coping.
 2. The patient will gain insight into the process which prevents/inhibits adaptive coping.
 3. The patient will begin to integrate new coping skills by time of discharge.

**CLINICAL
ASSESSMENT AND**

- CARE:**
1. The following criteria will be considered when assessing a patient who is experiencing impaired coping:
 - a. response to stress and/or frustration tolerance.
 - b. established pattern of coping skills which are not effective for current stressors (i.e. impulsivity, denial, withdrawal, or addictive behavior).
 - c. inability to recognize need to change current behaviors.
 - d. ability/willingness to incorporate more adaptive skills.
 2. Assist patient to recognize stressor(s) that led to admission.
 3. Assist patient in evaluating current coping skills.
 4. Assist patient in developing more adaptive coping skills through role modeling.
 5. Encourage participation in group activities in which patient may practice new skills and receive positive feedback and support.
 6. Assist patient to develop goals related to positive coping after discharge.

PATIENT

- TEACHING:**
1. Educate the patient to approach and utilize staff to obtain emotional support.
 2. Teach patient how to discriminate between controllable and non-controllable events.
 3. Educate patient to consequences of regressed behavior.
 4. Educate patient regarding the use of appropriate coping skills through participation in psychoeducational/skills groups.

APPROVAL: Nursing Standards Committee

EFFECTIVE DATE: 1/93

REVISION DATES: 7/93, 1/95, 10/96, 6/99, 10/00, 10/03, 6/06, 7/08