

PROTOCOL FOR: Self-Esteem Disturbance (Chronic Low/Situational): Care of the Patient

POLICY: Patients will be assessed for disturbances in self-esteem.

DESIRED PATIENT

- OUTCOMES:**
1. Patient will identify negative thoughts that reflect low self-esteem.
 2. Patient will be able to identify positive aspects about self.
 3. By the time of discharge, patient will utilize strengths and engage in constructive behaviors to enhance self-esteem.

**CLINICAL
ASSESSMENT AND
CARE:**

1. The following criteria will be considered when assessing a patient with low self-esteem:
 - a. Lack of eye contact
 - b. Difficulty accepting positive reinforcement
 - c. Unsatisfactory interpersonal relationships
 - d. Criticism of self and others
 - e. Worrying and/or fear of failure
 - f. Inability to recognize own accomplishments
 - g. Setting self up for failure by establishing unrealistic goals
 - h. Negative/pessimistic outlook
 - i. Difficulty in social situations
 - j. Hestitancy to offer own opinions and viewpoints
2. Utilize interactions to convey acceptance and promote feelings of self worth.
3. Help patient to recognize and focus on strengths and accomplishments.
4. Encourage participation in group activities during which patient may receive positive feedback and support from peers.
5. Help patient identify lack of or dysfunctional support system. Assist in identifying a plan for the beginning development of a supportive network.
6. Encourage increasing independence and acceptance of responsibility for own behaviors especially participation in treatment and discharge planning.
7. Assist patient in developing realistic goals to improve chances for successful outcomes.
8. Utilize journaling to explore personal strengths and goals.

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PATIENT

- TEACHING:**
1. Reinforce with patient the importance of making positive statements about self.
 2. Educate patient to recognize signs of low self-esteem (i.e., negative thoughts).
 3. Teach patient effective communication techniques, such as the use of "I" messages and placing emphasis on ways to avoid making judgmental statements.
 4. Educate patient to utilize feedback from others to enhance self-esteem or to make appropriate adjustments in behaviors.

APPROVAL: Nursing Standards Committee

EFFECTIVE DATE: 5/90

REVISION DATES: 5/93, 11/94, 10/96, 7/99, 10/00, 10/03, 6/06, 7/08