LOS ANGELES HARBOR COLLEGE
Associate Degree Nursing Program

NURSING 343 PRACTICE NURSING CARE PLAN	STUDENT:	
	DATE:	PATIENT INITIALS:

Use the Nursing History & Assessment, the chart and your interview to list behaviors in each mode. Identify 1 ***psychosocial*** diagnosis **per mode** for and determine related stimuli. On the next page, identify a total of two goals and two corresponding interventions <u>with rationale</u> for each diagnosis. Finally, document your evaluation with evaluation method utilized. **Place a star on your priority diagnosis and give the rationale for selecting this as your priority.** Use your priority diagnosis for your main care plan (which will include interventions for all modes). See more detailed instructions in your clinic syllabus.

BEHAVIORS	STIMULI (2 or more)	NURSING DIAGNOSIS (1 dx per mode)
PHYSIOLOGIC MODE-		
SELF-CONCEPT MODE-		
ROLE FUNCTION MODE-		
INTERDEPENDENCE MODE-		

2 GOALS	2 INTERVENTIONS/ RATIONALES	EVALUATIONS (Methods)
PHYSIOLOGIC MODE-	(Interventions must be based physiologic changes or physical environment changes)	
SELF-CONCEPT MODE-	(Interventions must be cognitive in nature – thoughts/feelings/emotions)	
ROLE FUNCTION MODE (identify the specific role in your goal)-	(Each interventions need to include the word "role")	
INTERDEPENDENCE MODE-	(Interventions need to relate to obtaining appropriate support or adapting independently)	

After you complete this assignment, review your goals and interventions.

Physiologic mode - Are you physiologic interventions focused on the environment or a physical/physiologic processes? They should not involve getting support from other people or changing one's attitude/thinking patterns.

Self concept- here is where you work on changing the way one thinks. The patient should be using their brain in some way in this mode. Again, it should not involve getting support from other people in this mode. Think, "cognitive reframing" to get you started.

Role function: Here you should focus on identification of barriers and strengths to help the person plan for continued mental health. At the basic level, it should be about planning for effective role function in a mental health role. You can change the role if you want it to be as a parent or student but list the role you are planning for. Remember how you had to plan to become a student. What changes in your life did you have to make or what did you already have in place? This mode is not an action mode; it's for the PLAN! Again, do not put getting support from others in this mode.

Interdependence mode – This is the place people should obtain support or help from others. Teaching/learning is also good for this mode. It can be anything that requires help from others or is an interactive process. It can also involve being independent appropriately. People may isolate or be overdependent on others and this is the place to address these issues.

Now look at this list of diagnoses, choose your priority diagnosis by thinking about what would help keep the patient from being readmitted. Star your priority diagnosis and give the rationale in that diagnosis' mode box.