

Bipolar Disorder Nursing Care Plan

PATIENT IDENTIFICATION

Name: _____ Age: _____

Gender: _____ Date of Birth: _____ dd / mm / yyyy

Medical Record Number: _____

Assessment Findings

Diagnostic Impression

Nursing Diagnoses - Identify specific nursing diagnoses related to the patient's bipolar disorder, such as:

Nursing Diagnoses

- Anxiety
- Sleep disturbance
- Social isolation
- Noncompliance with treatment
- Risk for self-harm or suicide

Goals and Objectives

Interventions - Consider a combination of interventions, including:

Interventions

- Psychoeducation about bipolar disorder
- Mood stabilizer medication management
- Psychotherapeutic interventions (e.g., CBT, IPT)
- Lifestyle modifications (e.g., regular exercise, sleep hygiene, healthy diet)
- Support groups and social engagement
- Crisis management plan

Evaluation Criteria

Documentation

