RISK FOR COMPROMISED RESILIENCE

Definition
At risk for decreased ability to sustain a pattern of positive responses to an adverse situation or crisis

Assessment
- Patient perception of problem, coping mechanisms, problem solving ability, decision-making competencies, relationships, family system
- Health history, history of chronic illness
- Activity status, nutritional status, sleep patterns
- Cultural status including affiliation with racial, ethnic, or religious groups

Risk Factors
- Lack of experience with current situation
- Impaired coping related to grief
- Perceptions of self-efficacy

Expected Outcomes
- Patient will identify available support systems to maintain resilience.
- Patient will identify healthy coping strategies.
- Patient will verbalize belief in self to withstand current situation.
- Patient will engage in activities that promote health.
- Patient will identify strategies that have been helpful in previous times of stress.

Suggested NOC Outcomes
Role Performance; Effective/Enhanced Resilience

Interventions and Rationales
- Evaluate previous mechanisms of effective coping in difficult situations. Assimilating current situation to previous successes enhances resilience.
- Assist patient in making a list of strengths and resources. Be knowledgeable of cultural aspects of resilience. Cultural relevance is critical to all aspects of patient care.
- Instruct client to engage in positive self-talk “I can handle this”; “I will accomplish one thing today and celebrate it.” A positive outlook increases endorphins and enhances self-efficacy.
- Encourage client to maintain activities of health promotion including adequate sleep, nutritious eating and activity. Maintaining adequate self-care enhances resilience.
- Refer clients to mental health resources in the event of maladaptive coping or safety risk. Risk of compromised resilience may lead to actual compromised resilience.

Suggested NIC Interventions
Anxiety Reduction; Coping Enhancement; Decision-Making Support; Spiritual Support
Evaluations for Expected Outcomes

- Patient acknowledged previous strategies of effective coping in difficult situations.
- Patient made list of strengths and resources including cultural considerations.
- Patient engaged in positive self-talk.
- Patient engaged in positive health promotion activities.

Documentation

- Patient’s acknowledgement of effective strategies
- Patient’s list of strengths and resources
- Patient’s identified health promotion activities
- Evaluations for expected outcomes

REFERENCE