

Signs and Symptoms	Nursing Interventions
Sleep disturbance	Teach to prepare for sleep by stopping use of electronics, avoiding caffeine or alcohol, setting a bed time and engaging in relaxing activity, such as slow breathing or stretching exercise to encourage sleep
Reduced interest and pleasures	Encourage participation in activities
Feelings of guilt or of worthlessness	Have the client think of and list positive self-characteristics
Reduced energy or fatigue; appetite or weight change	Educate to eat healthy and monitor intake; schedule rest periods; monitor weight; consult nutritionist
Decreased concentration and attention	Engage the client in a therapeutic relationship
Depressed mood	Reinforce therapy and medication teaching; review and evaluate coping strategies and support systems
Suicidal thoughts	Monitor for suicide risk; keep the environment safe and free of objects that could be used to self-harm
Slowed movements and speech	Assist mobility; use empathy when communicating
Withdrawal from normal activities	Have the client set a realistic goal for the day and the means of goal achievement; include family in care if client is agreeable
Psychomotor disturbances	Monitor medication effectiveness; collaborate with prescriber

Table 24.2 Nursing Interventions for Signs and Symptoms of Depression