

Subcategories: Implementation Standard of Care	Sample Nursing Interventions
Coordination of care	<ul style="list-style-type: none"> • Refer to community support groups for optimal recovery. • Advocate for dignified care with the interprofessional team. • Communicate client trends with interprofessional team members such as medication acceptance, increased agitation, or propensity toward violence.
Health teaching and health promotion	<ul style="list-style-type: none"> • Deliver health teaching to clients about self-care and stress management techniques. • Promote health by teaching about adaptive coping strategies, such as journaling and daily exercise.
Pharmacological, biological, and integrative therapies	<ul style="list-style-type: none"> • Provide health teaching about medications' mechanisms of action, intended effects, potential adverse effects, and ways to cope with transitional side effects.
Milieu therapy	<ul style="list-style-type: none"> • Encourage client participation within the therapeutic milieu by attending support groups and exercise groups. • Perform intentional rounding at varying times between every fifteen and sixty minutes and document. Varying rounding times helps prevent suicide attempts. • Advocate for the least restrictive environment necessary to maintain the safety of the individual and others. • Perform environmental safety scans and eliminate any devices or objects that can cause injury. Remove strings, cords, and drawstrings.
Therapeutic relationship and counseling	<ul style="list-style-type: none"> • Observe for, document, and communicate changes in behavior. • Demonstrate caring behaviors. • Utilize therapeutic communication techniques.

Table 24.8 Categories of Nursing Mental Health Interventions