



N108 Care for Clients with Psychosocial Problems in Adaptation and Adjustment
 AY 2021-2022

Student name: _____

Date: _____

Skills Checklist: Borderline Personality Disorder (BPD)

Procedure	Points	NA	Remarks
Performs hand hygiene and dons PPE, if appropriate	1		
Identifies the patient according to facility protocol	1		
Establishes privacy by closing the door to the patient's room and/or drawing the curtain surrounding the bed	1		
Introduces self to the patient and family member(s), if present; explains clinical role; assesses the coping ability of the patient and family and for knowledge deficits and anxiety regarding BPD and/or other areas of concern	1		
Determines if the patient/family requires special considerations regarding communication (e.g., because of illiteracy, language barriers, or deafness); makes arrangements to meet these needs if they are present	1		
Explains the nursing interventions to be implemented and the care to be provided and its purpose; answers any questions and provides emotional support as needed	1		
As appropriate to the patient's needs, asks family members and other visitors to leave the patient's room in order to promote privacy	1		
Assesses the patient's general health status, including his/her pain level using a facility-approved pain assessment tool	1		
Uses clear, concise language and non-judgmental, open-ended questions when assessing the patient's overall health status in order to promote a healthy dialogue and full disclosure by the patient regarding his/her mental and physical status	4		
Evaluates the patient's risk for suicide attempts by asking directly whether or not he/she has made a suicide attempt in the past, if he/she is currently having suicidal ideation, and if he/she is planning an attempt	4		
If the patient is at risk for suicide	4		

defers the performance of further assessment and routine care and follow facility protocols for maintaining patient safety, including notifying facility security for observation, assigning 1:1 staffing, and/or transferring the patient to a locked mental health facility			
Performs a physical assessment and obtains a detailed patient medical history including all medications, either prescribed or over-the-counter (OTC)	2		
Assesses vital signs per facility protocol	1		
Thoroughly inspects the patient's body, especially arms and legs, for the presence of self-mutilation marks; makes a plan for wound care, if applicable	4		
If the patient is female, ask about pregnancy and/or date of last menstrual period. If the patient does not know or suspects that she might be pregnant, informs the patient's treating clinician that a pregnancy test should be ordered	1		
Asks about the patient's experience with psychotherapy and what other interventions/treatments the treating clinician has prescribed, including strategies to reduce BPD-related behaviors and promote healthy behaviors	1		
Asks if the patient has a contract and/or safety plan with the treating clinician and if he/she will tell you what the contract and safety plan involve	4		
Encourages discussion regarding the challenges of changing behavior and what strategies help the patient to successfully change behavior	4		
Maintains a nonjudgmental, unemotional attitude during all communication with the patient	2		
Collaborates with other members of the multidisciplinary care team to implement methods for identifying triggers for borderline-related behaviors and formulating appropriate responses/treatments to lessen their effects	2		
Endorses, promotes, and participates in a psychotherapeutic approach to treatment which can include; DBT, MBT, Transference-Psychotherapy, or IRT	2		
Administers prescribed medications, if applicable, adhering to the 6 "rights" of safe medication administration (e.g., right patient, right medication, right dose, right time, right route, and right documentation after administration)	2		
Monitors treatment efficacy and for adverse reactions to prescribed medications; consults a facility-approved resource for information on potential adverse reactions and common side effects of medication	2		
Notifies the prescribing clinician of any adverse reactions, if applicable	1		

Disposes of used materials in proper receptacles and performs hand hygiene	1		
Post-Procedural Responsibilities			
Notifies other members of the patient's healthcare team of emotional outbursts, self-abusive behaviors, or fabricated relationships, as applicable	1		
Reinforces to the patient/family that treatment for BPD can be a life-long process that involves psychotherapy, pharmacotherapy, or both	1		
Encourages the patient to adhere to the prescribed treatment regimen, including outpatient counseling and/or medications, if ordered	1		
Updates the patient's plan of care, as appropriate, and documents the following information in the patient's medical record:			
<ul style="list-style-type: none"> • Date and time of care provided 	1		
<ul style="list-style-type: none"> • Description of the specific care provided and prescribed treatment administered, including medications 	1		
<ul style="list-style-type: none"> • Patient assessment findings, such as level of pain 	1		
An objective description of the patient's behavior, including key statements verbatim using quotation marks around exact verbiage	2		
Assessed risk for suicidality	4		
Vital signs	1		
Patient's response to the care provided	2		
Any unexpected outcomes, interventions performed, and whether the treating clinician was notified	1		
Patient/family member education, including topics presented, response to education provided/discussed, plan for follow-up education, and details regarding any barriers to communication and/or techniques that promoted successful communication	4		
Total	70		

General comments: _____

Name and signature of FIC: _____

Date: _____

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Reference

Borderline Personality Disorder: Caring for the Patient with Ciasulli K; Pravikoff D; CINAHL Nursing Guide, EBSCO Publishing, 2018 Dec 07 (Skill Competency Checklist)