



College of Nursing
UNIVERSITY OF THE PHILIPPINES MANILA
The Health Sciences Center



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Laboratory Guide: Maladaptive Behavior: Borderline Personality Disorder
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N-108 Care for Clients with Problems in Adaptation and Adjustment
AY 2023-2024

Laboratory Guide
Maladaptive Behavior: Borderline Personality Disorder

Learning Outcomes:

After the end of the laboratory session, the student will be able to:

- Apply their knowledge on the concepts discussed in the lecture component of the course
- Illustrate the relevance of theoretical ideas by placing them in a real-world context through role playing.
- Illustrate the complexity of decision making in the management of a specific maladaptive behavior through nursing care plan.

Case Vignette:

This is a case of a 20 year old male, single, a 2nd year student, from Quezon City. He came to PGH with his father with complaints of history of multiple self injurious behavior, aggressive behavior towards his family members, feeling of loneliness and emptiness, anhedonic, and disturbed sleeping pattern. His problem started when the mode of learning was shifted to online due to the COVID-19 pandemic, his academic



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performance started to deteriorate (e.g., low exam scores, delayed submission of requirements, absenteeism). It started with cutting his hands with a razor blade, and tried to hang himself. All of these incidents happened after his teacher talked to him about his academic performance.

He is ill tempered, demanding, irritable, and sometimes aggressive. He has difficulty managing his anger and intense overwhelming feelings. He started multiple relationships with different girls and boys but all were short lived. He always feels insecure about himself and is afraid of rejection, therefore he never had a relationship that lasted for more than a month. This made him extremely sad.

3 months ago he was hospitalized due to his injurious behavior and was discharged after 3 weeks. At home he does not adhere to his medications and believes that his father is poisoning him and the main reason why he has no partner.

He reported that he was in a low mood all throughout the day. He felt no interest to do his requirements at school nor attend synchronous activities. He had a sleep pattern disturbance, he claims that he cannot sleep at night because he continuously thought about past events and sleeps for about 2-3 hours at night and wakes up early in the morning not well rested.



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Instructions

1. The group will create a role play based on the case vignette. The role play will be done face to face during the laboratory session for 10-15 minutes. Be creative as you want to be, you may use props and other materials as needed.
2. Your case vignette is only the premise of your role play, you are given the creative freedom to take it to a direction that the group wants. For example, you may create a scenario where the patient becomes aggressive, and as psychiatric nurses, you will provide the necessary interventions to manage the current behavioral state of the patient.
3. The group should decide who will play the role of the patient, the father, the doctor and the nurse/s. You may create new characters as well.
4. Please refer to the checklist provided to guide you with the steps in taking care of the patient according to the maladaptive behavior (e.g., interventions, management, etc.).
5. The group is given the opportunity to explore different techniques discussed in the lecture portion of the course in managing the specific maladaptive behavior described in the case vignette.
6. The group will be asked to present a 5-10 minutes presentation of their 1-2 Nursing Care Plan for the patient according to prioritization. This will be presented and discussed after your role play.
7. The FIC will provide feedback after the presentation and may provide clarifications if needed.