



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



Sotejo Hall, Pedro Gil Street, Ermita, Manila 1000 Philippines  
Tel Nos. (02) 85231472, (02) 85231477, (02) 85231494 • TeleFax: (02) 85231485  
Email: upm-cn@up.edu.ph

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Laboratory Guide: Maladaptive Behavior: Post Traumatic Stress Disorder  
Developed by: Julienne Ivan Soberano, MISW, MSN, RN

**N-108 Care for Clients with Problems in Adaptation and Adjustment**  
AY 2022-2023

**Laboratory Guide**  
**Maladaptive Behavior: Post Traumatic Stress Disorder**

**Learning Outcomes:**

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

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

**Case Vignette:**

TG is a 30 year old, male, married, and from Imus, Cavite. He was an OFW for 10 years in Libya where he worked as an engineer but eventually repatriated because of the civil war. He came into the PGH outpatient department complaining of being easily triggered and easy to anger.

TG`s symptoms involved out of control rage when startled, constant thoughts and memories of death of his colleagues when a bomb hit their construction site, frequent nightmares of the explosion that caused



sleeping problems, anxiety and a lost of interest in the things he used to enjoy with his family.

TG is worried about his extreme rage which causes fights with his friends and family when they don't agree on something. In a recent event, while he was driving he dozed off and almost hit a pedestrian. Also, a neighbor asked him to move his car parked in their front gate and this resulted in cursing and threatening, scaring his neighbor and his family. With this incident a complaint was filed against him in their Barangay. He was completely devastated as this neighbor was his childhood friend.

He also complained of being easily startled, for example him hearing a banging of their door makes him jittery. He also can't watch action film movies as the explosions makes him anxious and always feel that he is in danger.

He also reports of having intrusive memories of the bombing in Libya, nightmares, and flashbacks.

## 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.

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3. The group should decide who will play the role of the patient, the neighbor, 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.

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