10.1: Introduction

Learning Objectives

- Apply the nursing process to clients with personality disorders
- Describe nursing assessments related to personality disorders
- Identify common nursing problems/diagnoses related to personality disorders
- Establish a safe environment
- Apply evidence-based practice when planning and implementing nursing care
- Describe common treatments for personality disorders
- Identify appropriate referrals to community resources
- Evaluate the effectiveness of interventions
- Provide patient education to clients and their family members

Research studies have demonstrated that nine percent of Americans have a personality disorder. A large proportion of this population also has one or more other mental health disorders.\(^1\) This chapter will describe the signs and symptoms of ten personality disorders and associated treatments. The nursing process will be applied to caring for a client with borderline personality disorder.