

Domain 9. Coping/stress tolerance

Contending with life events/life processes

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Domain 9 • Class 1 • Diagnosis Code 00260

Risk for complicated immigration transition

Focus of the diagnosis: immigration transition

Approved 2016 • Level of Evidence 2.1

Definition

Susceptible to experiencing negative feelings (loneliness, fear, anxiety) in response to unsatisfactory consequences and cultural barriers to one's immigration transition, which may compromise health.

Risk factors

- Abusive landlord
- Available work below educational preparation
- Communication barriers
- Cultural barriers
- Inadequate knowledge about accessing resources
- Inadequate social support
- Non-related persons within household
- Overcrowded housing
- Overt social discrimination
- Parent-child conflicts related to enculturation
- Unsanitary housing

At risk population

- Individuals experiencing forced migration
- Individuals experiencing labor exploitation
- Individuals experiencing precarious economic situation
- Individuals exposed to hazardous work conditions with inadequate training
- Individuals living far from significant others
- Individuals with undocumented immigration status
- Individuals with unfulfilled expectations of immigration

Domain 9 • Class 1 • Diagnosis Code 00141

Post-trauma syndrome

Focus of the diagnosis: post-trauma syndrome

Approved 1986 • Revised 1998, 2010, 2017 • Level of Evidence 2.1

Definition

Sustained maladaptive response to a traumatic, overwhelming event.

Defining characteristics

- Aggressive behaviors
- Alienation
- Altered attention
- Altered mood
- Anxiety (00146)
- Avoidance behaviors
- Compulsive behavior
- Denial
- Depressive symptoms
- Dissociative amnesia
- Enuresis
- Exaggerated startle response
- Expresses anger
- Expresses numbness
- Expresses shame
- Fear (00148)
- Flashbacks
- Gastrointestinal irritation
- Headache
- Heart palpitations
- Hopelessness (00124)
- Horror
- Hypervigilance
- Intrusive dreams
- Intrusive thoughts
- Irritable mood
- Neurosensory irritability
- Nightmares
- Panic attacks
- Rage
- Reports feeling guilty
- Repression
- Substance misuse

Related factors

- Diminished ego strength
- Environment not conducive to needs
- Exaggerated sense of responsibility
- Inadequate social support
- Perceives event as traumatic
- Self-injurious behavior
- Survivor role

At risk population

- Individuals displaced from home
- Individuals experiencing prolonged duration of traumatic event
- Individuals exposed to disaster
- Individuals exposed to epidemic
- Individuals exposed to event involving multiple deaths
- Individuals exposed to event outside the range of usual human experience

- Individuals exposed to serious accident
- Individuals exposed to war
- Individuals in human service occupations
- Individuals suffering serious threat
- Individuals who witnessed mutilation
- Individuals who witnessed violent death
- Individuals whose loved ones suffered serious injuries
- Individuals whose loved ones suffered serious threats
- Individuals with destructed home
- Individuals with history of being a prisoner of war
- Individuals with history of being abused
- Individuals with history of criminal victimization
- Individuals with history of detachment
- Individuals with history of torture

Associated conditions

- Depression

This diagnosis will retire from the NANDA-I Taxonomy in the 2024–2026 edition unless additional work is completed to meet definition of a syndrome.

Domain 9 • Class 1 • Diagnosis Code 00145

Risk for post-trauma syndrome

Focus of the diagnosis: post-trauma syndrome

Approved 1998 • Revised 2013, 2017 • Level of Evidence 2.1

Definition

Susceptible to sustained maladaptive response to a traumatic, overwhelming event, which may compromise health.

Risk factors

- Diminished ego strength
- Environment not conducive to needs
- Exaggerated sense of responsibility
- Inadequate social support
- Perceives event as traumatic
- Self-injurious behavior
- Survivor role

At risk population

- Individuals displaced from home
- Individuals experiencing prolonged duration of traumatic event
- Individuals exposed to disaster
- Individuals exposed to epidemic
- Individuals exposed to event involving multiple deaths
- Individuals exposed to event outside the range of usual human experience
- Individuals exposed to serious accident
- Individuals exposed to war
- Individuals in human service occupations
- Individuals suffering serious threat
- Individuals who witnessed mutilation
- Individuals who witnessed violent death
- Individuals whose loved ones suffered serious injuries
- Individuals whose loved ones suffered serious threats
- Individuals with destructed home
- Individuals with history of being a prisoner of war
- Individuals with history of being abused
- Individuals with history of criminal victimization
- Individuals with history of torture

Associated conditions

- Depression

This diagnosis will retire from the NANDA-I Taxonomy in the 2024–2026 edition unless additional work along with Post-trauma syndrome (00141) is completed.

Domain 9 • Class 1 • Diagnosis Code 00142

Rape-trauma syndrome

Focus of the diagnosis: rape-trauma syndrome

Approved 1980 • Revised 1998, 2017

Definition

Sustained maladaptive response to a forced, violent, sexual penetration against the victim's will and consent.

Defining characteristics

- Aggressive behaviors
- Altered interpersonal relations
- Anger behaviors
- Anxiety (00146)
- Cardiogenic shock
- Confusion
- Denial
- Depressive symptoms
- Difficulty with decision-making
- Disordered thinking
- Expresses anger
- Expresses embarrassment
- Expresses shame
- Fear (00148)
- Humiliation
- Hypervigilance
- Loss of independence
- Low self-esteem
- Mood variability
- Muscle spasm
- Muscle tension
- Nightmares
- Paranoia
- Perceived vulnerability
- Phobic disorders
- Physical trauma
- Powerlessness (00125)
- Psychomotor agitation
- Reports altered sleep-wake cycle
- Reports feeling guilty
- Self-blame
- Sexual dysfunction (00059)
- Substance misuse
- Thoughts of revenge

Related factors

- To be developed

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At risk population

- Individuals who experienced rape
- Individuals with history of suicide attempt

Associated conditions

- Depression
- Dissociative identity disorder

This diagnosis will retire from the NANDA-I Taxonomy in the 2023–2024 edition unless additional work is completed to bring it up to a level of evidence 2.1 or higher.

Domain 9 • Class 1 • Diagnosis Code 00114

Relocation stress syndrome

Focus of the diagnosis: relocation stress syndrome

Approved 1992 • Revised 2000, 2017

Definition

Physiological and/or psychosocial disturbance following transfer from one environment to another.

Defining characteristics

- Anger behaviors
- Anxiety (00146)
- Decreased self concept
- Depressive symptoms
- Expresses anger
- Expresses frustration
- Fear (00148)
- Increased morbidity
- Increased physical symptoms
- Increased verbalization of needs
- Loss of identity
- Loss of independence
- Low self-esteem
- Pessimism
- Preoccupation
- Reports altered sleep-wake cycle
- Reports concern about relocation
- Reports feeling alone
- Reports feeling insecure
- Reports feeling lonely
- Social alienation
- Unwillingness to move

Related factors

- Communication barriers
- Inadequate control over environment
- Inadequate predeparture counseling
- Inadequate social support
- Ineffective coping strategies
- Powerlessness
- Situational challenge to self-worth
- Social isolation

At risk population

- Individuals facing unpredictability of experience
- Individuals who move from one environment to another
- Individuals with history of loss

Associated conditions

- Depression
- Diminished mental competency
- Impaired health status
- Impaired psychosocial functioning

9. Coping/stress tolerance

This diagnosis will retire from the NANDA-I Taxonomy in the 2024–2026 edition unless additional work is completed to bring it to a level of evidence 2.1 or higher.
Original literature support available at www.thieme.com/nanda-i.

Domain 9 • Class 1 • Diagnosis Code 00149

Risk for relocation stress syndrome

Focus of the diagnosis: relocation stress syndrome

Approved 2000 • Revised 2013, 2017

Definition

Susceptible to physiological and/or psychosocial disturbance following transfer from one environment to another, which may compromise health.

Risk factors

- Communication barriers
- Inadequate control over environment
- Inadequate predeparture counseling
- Inadequate social support
- Ineffective coping strategies
- Powerlessness
- Situational challenge to self-worth
- Social isolation

At risk population

- Individuals facing unpredictability of experience
- Individuals who move from one environment to another
- Individuals with history of loss

Associated conditions

- Diminished mental competency
- Impaired health status
- Impaired psychosocial functioning

This diagnosis will retire from the NANDA-I Taxonomy in the 2024–2026 edition unless additional work is completed to bring it to a level of evidence 2.1 or higher.

Domain 9 • Class 2 • Diagnosis Code 00199

Ineffective activity planning

Focus of the diagnosis: activity planning

Approved 2008 • Revised 2017 • Level of Evidence 2.1

Definition

Inability to prepare for a set of actions fixed in time and under certain conditions.

Defining characteristics

- Absence of plan
- Expresses anxiety about a task
- Inadequate health resources
- Inadequate organizational skills
- Pattern of failure
- Reports fear of performing a task
- Unmet goals for chosen activity

Related factors

- Flight behavior when faced with proposed solution
- Hedonism
- Inadequate information processing ability
- Inadequate social support
- Unrealistic perception of event
- Unrealistic perception of personal abilities

At risk population

- Individuals with history of procrastination

Domain 9 • Class 2 • Diagnosis Code 00226

Risk for ineffective activity planning

Focus of the diagnosis: activity planning

Approved 2010 • Revised 2013 • Level of Evidence 2.1

Definition

Susceptible to an inability to prepare for a set of actions fixed in time and under certain conditions, which may compromise health.

Risk factors

- Flight behavior when faced with proposed solution
- Hedonism
- Inadequate information processing ability
- Inadequate social support
- Unrealistic perception of event
- Unrealistic perception of personal abilities

At risk population

- Individuals with history of procrastination

Domain 9 • Class 2 • Diagnosis Code 00146

Anxiety

Focus of the diagnosis: anxiety

Approved 1973 • Revised 1982, 1998, 2017, 2020 • Level of Evidence 3.2

Definition

An emotional response to a diffuse threat in which the individual anticipates nonspecific impending danger, catastrophe, or misfortune.

Defining characteristics

Behavioral/Emotional

- Crying
- Decrease in productivity
- Expresses anguish
- Expresses anxiety about life event changes
- Expresses distress
- Expresses insecurity
- Expresses intense dread
- Helplessness
- Hypervigilance
- Increased wariness
- Insomnia
- Irritable mood
- Nervousness
- Psychomotor agitation
- Reduced eye contact
- Scanning behavior
- Self-focused

Physiological

- Altered respiratory pattern
- Anorexia
- Brisk reflexes
- Chest tightness
- Cold extremities
- Diarrhea
- Dry mouth
- Expresses abdominal pain
- Expresses feeling faint
- Expresses muscle weakness
- Expresses tension
- Facial flushing
- Increased blood pressure
- Increased heart rate
- Increased sweating
- Nausea
- Pupil dilation
- Quivering voice
- Reports altered sleep-wake cycle
- Reports heart palpitations
- Reports tingling in extremities
- Superficial vasoconstriction
- Tremors
- Urinary frequency
- Urinary hesitancy
- Urinary urgency

Cognitive

- Altered attention
- Confusion
- Decreased perceptual field
- Expresses forgetfulness

- Expresses preoccupation
- Reports blocking of thoughts
- Rumination

Related factors

- Conflict about life goals
- Interpersonal transmission
- Pain
- Stressors
- Substance misuse
- Unfamiliar situation
- Unmet needs
- Value conflict

At risk population

- Individuals experiencing developmental crisis
- Individuals experiencing situational crisis
- Individuals exposed to toxins
- Individuals in the perioperative period
- Individuals with family history of anxiety
- Individuals with hereditary predisposition

Associated conditions

- Mental disorders

Domain 9 • Class 2 • Diagnosis Code 00071

Defensive coping

Focus of the diagnosis: coping

Approved 1988 • Revised 2008 • Level of Evidence 2.1

Definition

Repeated projection of falsely positive self-evaluation based on a self-protective pattern that defends against underlying perceived threats to positive self-regard.

Defining characteristics

- Altered reality testing
- Denies problems
- Denies weaknesses
- Difficulty establishing interpersonal relations
- Difficulty maintaining interpersonal relations
- Grandiosity
- Hostile laughter
- Hypersensitivity to a courtesy
- Hypersensitivity to criticism
- Inadequate follow through with treatment regimen
- Inadequate participation in treatment regimen
- Projection of blame
- Projection of responsibility
- Rationalization of failures
- Reality distortion
- Ridicules others
- Superior attitude toward others

Related factors

- Conflict between self-perception and value system
- Fear of failure
- Fear of humiliation
- Fear of repercussions
- Inadequate confidence in others
- Inadequate psychological resilience
- Inadequate self-confidence
- Inadequate social support
- Uncertainty
- Unrealistic self-expectations

Domain 9 • Class 2 • Diagnosis Code 00069

Ineffective coping

Focus of the diagnosis: coping

Approved 1978 • Revised 1998

Definition

A pattern of invalid appraisal of stressors, with cognitive and/or behavioral efforts, that fails to manage demands related to well-being.

Defining characteristics

- Altered affective responsiveness
- Altered attention
- Altered communication pattern
- Destructive behavior toward others
- Destructive behavior toward self
- Difficulty organizing information
- Fatigue
- Frequent illness
- Impaired ability to ask for help
- Impaired ability to attend to information
- Impaired ability to deal with a situation
- Impaired ability to meet basic needs
- Impaired ability to meet role expectation
- Inadequate follow-through with goal-directed behavior
- Inadequate problem resolution
- Inadequate problem-solving skills
- Reports altered sleep-wake cycle
- Reports inadequate sense of control
- Risk-taking behavior
- Substance misuse

Related factors

- High degree of threat
- Inability to conserve adaptive energies
- Inaccurate threat appraisal
- Inadequate confidence in ability to deal with a situation
- Inadequate health resources
- Inadequate preparation for stressor
- Inadequate sense of control
- Inadequate social support
- Ineffective tension release strategies

At risk population

- Individuals experiencing maturational crisis
- Individuals experiencing situational crisis

This diagnosis will retire from the NANDA-I Taxonomy in the 2024–2026 edition unless additional work is completed to bring it up to a level of evidence 2.1 or higher.

Domain 9 • Class 2 • Diagnosis Code 00158

Readiness for enhanced coping

Focus of the diagnosis: coping

Approved 2002 • Revised 2013 • Level of Evidence 2.1

Definition

A pattern of valid appraisal of stressors with cognitive and/or behavioral efforts to manage demands related to well-being, which can be strengthened.

Defining characteristics

- Expresses desire to enhance knowledge of stress management strategies
- Expresses desire to enhance management of stressors
- Expresses desire to enhance social support
- Expresses desire to enhance use of emotion-oriented strategies
- Expresses desire to enhance use of problem-oriented strategies
- Expresses desire to enhance use of spiritual resource

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9. Coping/stress tolerance

Domain 9 • Class 2 • Diagnosis Code 00077

Ineffective community coping

Focus of the diagnosis: coping

Approved 1994 • Revised 1998, 2017

Definition

A pattern of community activities for adaptation and problem-solving that is unsatisfactory for meeting the demands or needs of the community.

Defining characteristics

- Community does not meet expectations of its members
- Deficient community participation
- Elevated community illness rate
- Excessive community conflict
- Excessive community stress
- High incidence of community problems
- Perceived community powerlessness
- Perceived community vulnerability

Related factors

- Inadequate community problem-solving resources
- Inadequate community resources
- Nonexistent community systems

At risk population

- Community that has experienced a disaster

This diagnosis will retire from the NANDA-I Taxonomy in the 2024–2026 edition unless additional work is completed to bring it up to a level of evidence 2.1 or higher.

Domain 9 • Class 2 • Diagnosis Code 00076

Readiness for enhanced community coping

Focus of the diagnosis: coping

Approved 1994 • Revised 2013

Definition

A pattern of community activities for adaptation and problem-solving for meeting the demands or needs of the community, which can be strengthened.

Defining characteristics

- Expresses desire to enhance availability of community recreation programs
- Expresses desire to enhance availability of community relaxation programs
- Expresses desire to enhance communication among community members
- Expresses desire to enhance communication between groups and larger community
- Expresses desire to enhance community planning for predictable stressors
- Expresses desire to enhance community resources for managing stressors
- Expresses desire to enhance community responsibility for stress management
- Expresses desire to enhance problem-solving for identified issue

9. Coping/stress tolerance

This diagnosis will retire from the NANDA-I Taxonomy in the 2024–2026 edition unless additional work is completed to bring it up to a level of evidence 2.1 or higher.

Domain 9 • Class 2 • Diagnosis Code 00074

Compromised family coping

Focus of the diagnosis: coping

Approved 1980 • Revised 1996, 2017

Definition

An usually supportive primary person (family member, significant other, or close friend) provides insufficient, ineffective, or compromised support, comfort, assistance, or encouragement that may be needed by the client to manage or master adaptive tasks related to his or her health challenge.

Defining characteristics

- Client complaint about support person's response to health problem
- Client reports concern about support person's response to health problem
- Limitation in communication between support person and client
- Protective behavior by support person incongruent with client's abilities
- Protective behavior by support person incongruent with client's need for autonomy
- Support person reports inadequate knowledge
- Support person reports inadequate understanding
- Support person reports preoccupation with own reaction to client's need
- Support person withdraws from client
- Unsatisfactory assistive behaviors of support person

Related factors

- Coexisting situations affecting support person
- Depleted capacity of support person
- Family disorganization
- Inaccurate information presented by others
- Inadequate information available to support person
- Inadequate reciprocal support
- Inadequate support given by client to support person
- Inadequate understanding of information by support person
- Misunderstanding of information by support person
- Preoccupation by support person with concern outside of family

At risk population

- Families with member with altered family role

- Families with support person experiencing depleted capacity due to prolonged disease
- Families with support persons experiencing developmental crisis
- Families with support persons experiencing situational crisis

9. Coping/stress tolerance

This diagnosis will retire from the NANDA-I Taxonomy in the 2024–2026 edition if not revised to a LOE 2.1 or higher.

Domain 9 • Class 2 • Diagnosis Code 00073

Disabled family coping

Focus of the diagnosis: coping

Approved 1980 • Revised 1996, 2008 • Level of Evidence 2.1

Definition

Behavior of primary person (family member, significant other, or close friend) that disables his or her capacities and the client's capacities to effectively address tasks essential to either person's adaptation to the health challenge.

Defining characteristics

- Abandons client
- Adopts illness symptoms of client
- Aggressive behaviors
- Depressive symptoms
- Difficulty structuring a meaningful life
- Disregards basic needs of client
- Disregards family relations
- Distorted reality about client's health problem
- Expresses feeling abandoned
- Family behaviors detrimental to well-being
- Hostility
- Impaired individualism
- Inadequate ability to tolerate client
- Loss of client independence
- Neglects treatment regimen
- Performing routines without regard for client's needs
- Prolonged hyperfocus on client
- Psychomotor agitation
- Psychosomatic symptoms

Related factors

- Ambivalent family relations
- Chronically unexpressed feelings by support person
- Differing coping styles between support person and client
- Differing coping styles between support persons

Domain 9 • Class 2 • Diagnosis Code 00075

Readiness for enhanced family coping

Focus of the diagnosis: coping

Approved 1980 • Revised 2013

Definition

A pattern of management of adaptive tasks by primary person (family member, significant other, or close friend) involved with the client's health challenge, which can be strengthened.

Defining characteristics

- Expresses desire to acknowledge growth impact of crisis
- Expresses desire to choose experiences that optimize wellness
- Expresses desire to enhance connection with others who have experienced a similar situation
- Expresses desire to enhance enrichment of lifestyle
- Expresses desire to enhance health promotion

9. Coping/stress tolerance

This diagnosis will retire from the NANDA-I Taxonomy in the 2024–2026 edition unless additional work is completed to bring it up to a level of evidence 2.1 or higher.

Domain 9 • Class 2 • Diagnosis Code 00147

Death anxiety

Focus of the diagnosis: death anxiety

Approved 1998 • Revised 2006, 2017, 2020 • Level of Evidence 2.1

Definition

Emotional distress and insecurity, generated by anticipation of death and the process of dying of oneself or significant others, which negatively effects one's quality of life.

Defining characteristics

- Dysphoria
- Expresses concern about caregiver strain
- Expresses concern about the impact of one's death on significant other
- Expresses deep sadness
- Expresses fear of developing terminal illness
- Expresses fear of loneliness
- Expresses fear of loss of mental abilities when dying
- Expresses fear of pain related to dying
- Expresses fear of premature death
- Expresses fear of prolonged dying process
- Expresses fear of separation from loved ones
- Expresses fear of suffering related to dying
- Expresses fear of the dying process
- Expresses fear of the unknown
- Expresses powerlessness
- Reports negative thoughts related to death and dying

Related factors

- Anticipation of adverse consequences of anesthesia
- Anticipation of impact of death on others
- Anticipation of pain
- Anticipation of suffering
- Awareness of imminent death
- Depressive symptoms
- Discussions on the topic of death
- Impaired religiosity
- Loneliness
- Low self-esteem
- Nonacceptance of own mortality
- Spiritual distress
- Uncertainty about encountering a higher power
- Uncertainty about life after death
- Uncertainty about the existence of a higher power
- Uncertainty of prognosis
- Unpleasant physical symptoms

At risk population

- Individuals experiencing terminal care of significant others
- Individuals receiving terminal care

- Individuals with history of adverse experiences with death of significant others
- Individuals with history of near-death experience

- Older adults
- Women
- Young adults

Associated conditions

- Depression
- Stigmatized illnesses with high fear of death
- Terminal illness

9. Coping/stress tolerance

Original literature support available at www.thieme.com/nanda-i.

Domain 9 • Class 2 • Diagnosis Code 00072

Ineffective denial

Focus of the diagnosis: denial

Approved 1988 • Revised 2006 • Level of Evidence 2.1

Definition

Conscious or unconscious attempt to disavow the knowledge or meaning of an event to reduce anxiety and/or fear, leading to the detriment of health.

Defining characteristics

- Delayed search for health care
- Denies fear of death
- Denies fear of disability
- Displaced source of symptoms
- Does not admit impact of disease on life
- Does not perceive relevance of danger
- Does not perceive relevance of symptoms
- Fear displacement regarding impact of condition
- Inappropriate affect
- Minimizes symptoms
- Refuses health care
- Uses dismissive comments when speaking of distressing event
- Uses dismissive gestures when speaking of distressing event
- Uses treatment not advised by health care professional

Related factors

- Anxiety
- Excessive stress
- Fear of death
- Fear of losing personal autonomy
- Fear of separation
- Inadequate emotional support
- Inadequate sense of control
- Ineffective coping strategies
- Perceived inadequacy in dealing with strong emotions
- Threat of unpleasant reality

Domain 9 • Class 2 • Diagnosis Code 00148

Fear

Focus of the diagnosis: fear

Approved 1980 • Revised 1996, 2000, 2017, 2020 • Level of Evidence 3.2

Definition

Basic, intense emotional response aroused by the detection of imminent threat, involving an immediate alarm reaction (American Psychological Association).

Defining characteristics

Physiological Factors

- Anorexia
- Diaphoresis
- Diarrhea
- Dyspnea
- Increased blood pressure
- Increased heart rate
- Increased respiratory rate
- Increased sweating
- Increased urinary frequency
- Muscle tension
- Nausea
- Pallor
- Pupil dilation
- Vomiting
- Xerostomia

Behavioral/Emotional

- Apprehensiveness
- Concentration on the source of fear
- Decreased self-assurance
- Expresses alarm
- Expresses fear
- Expresses intense dread
- Expresses tension
- Impulsive behaviors
- Increased alertness
- Ineffective impulse control
- Nervousness
- Psychomotor agitation

Related factors

- Communication barriers
- Learned response to threat
- Response to phobic stimulus
- Unfamiliar situation

At risk population

- Children
- Individuals exposed to traumatic situation
- Individuals living in areas with increased violence
- Individuals receiving terminal care
- Individuals separated from social support
- Individuals undergoing surgical procedure

- Individuals with family history of post-traumatic shock
- Individuals with history of falls
- Older adults
- Pregnant women
- Women
- Women experiencing childbirth

Associated conditions

- Sensation disorders

Domain 9 • Class 2 • Diagnosis Code 00301

Maladaptive grieving

Focus of the diagnosis: grieving

Approved 2020 • Level of Evidence 3.4

Definition

A disorder that occurs after the death of a significant other, in which the experience of distress accompanying bereavement fails to follow sociocultural expectations.

Defining characteristics

- Anxiety
- Decreased life role performance
- Depressive symptoms
- Diminished intimacy levels
- Disbelief
- Excessive stress
- Experiencing symptoms the deceased experienced
- Expresses anger
- Expresses being overwhelmed
- Expresses distress about the deceased person
- Expresses feeling detached from others
- Expresses feeling of emptiness
- Expresses feeling stunned
- Expresses shock
- Fatigue
- Gastrointestinal symptoms
- Grief avoidance
- Increased morbidity
- Longing for the deceased person
- Mistrust of others
- Nonacceptance of a death
- Persistent painful memories
- Preoccupation with thoughts about a deceased person
- Rumination about deceased person
- Searching for a deceased person
- Self-blame

Related factors

- Difficulty dealing with concurrent crises
- Excessive emotional disturbance
- High attachment anxiety
- Inadequate social support
- Low attachment avoidance

At risk population

- Economically disadvantaged individuals
- Individuals experiencing socially unacceptable loss
- Individuals experiencing unexpected sudden death of significant other
- Individuals experiencing violent death of significant other
- Individuals unsatisfied with death notification
- Individuals who witnessed uncontrolled symptoms of the deceased

- Individuals with history of childhood abuse
- Individuals with history of unresolved grieving
- Individuals with significant pre-death dependency on the deceased
- Individuals with strong emotional proximity to the deceased
- Individuals with unresolved conflict with the deceased
- Individuals without paid employment
- Women

Associated conditions

- Anxiety disorders
- Depression

Domain 9 • Class 2 • Diagnosis Code 00302

Risk for maladaptive grieving

Focus of the diagnosis: grieving

Approved 2020 • Level of Evidence 3.4

Definition

Susceptible to a disorder that occurs after the death of a significant other, in which the experience of distress accompanying bereavement fails to follow sociocultural expectations, which may compromise health.

Risk factors

- Difficulty dealing with concurrent crises
- Excessive emotional disturbance
- High attachment anxiety
- Inadequate social support
- Low attachment avoidance

At risk population

- Economically disadvantaged individuals
- Individuals experiencing socially unacceptable loss
- Individuals experiencing unexpected sudden death of significant other
- Individuals experiencing violent death of significant other
- Individuals unsatisfied with death notification
- Individuals who witnessed uncontrolled symptoms of the deceased
- Individuals with history of childhood abuse
- Individuals with history of unresolved grieving
- Individuals with significant pre-death dependency on the deceased
- Individuals with strong emotional proximity to the deceased
- Individuals with unresolved conflict with the deceased
- Individuals without paid employment
- Women

Associated conditions

- Anxiety disorders
- Depression

Domain 9 • Class 2 • Diagnosis Code 00285

Readiness for enhanced grieving

Focus of the diagnosis: grieving

Approved 2020 • Level of Evidence 2.1

Definition

A pattern of integration of a new functional reality that arises after an actual, anticipated or perceived significant loss, which can be strengthened.

Defining characteristics

- Expresses desire to carry on legacy of the deceased
- Expresses desire to engage in previous activities
- Expresses desire to enhance coping with pain
- Expresses desire to enhance forgiveness
- Expresses desire to enhance hope
- Expresses desire to enhance personal growth
- Expresses desire to enhance sleep-wake cycle
- Expresses desire to integrate feelings of anger
- Expresses desire to integrate feelings of despair
- Expresses desire to integrate feelings of guilt
- Expresses desire to integrate feelings of remorse
- Expresses desire to integrate positive feelings
- Expresses desire to integrate positive memories of deceased
- Expresses desire to integrate possibilities for a joyful life
- Expresses desire to integrate possibilities for a meaningful life
- Expresses desire to integrate possibilities for a purposeful life
- Expresses desire to integrate possibilities for a satisfactory life
- Expresses desire to integrate the loss
- Expresses desire to invest energy in new interpersonal relations

Domain 9 • Class 2 • Diagnosis Code 00241

Impaired mood regulation

Focus of the diagnosis: mood regulation

Approved 2013 • Revised 2017 • Level of Evidence 2.1

Definition

A mental state characterized by shifts in mood or affect and which is comprised of a constellation of affective, cognitive, somatic, and/or physiologic manifestations varying from mild to severe.

Defining characteristics

- Altered verbal behavior
- Appetite change
- Disinhibition
- Dysphoria
- Excessive guilt
- Excessive self-awareness
- Flight of thoughts
- Hopelessness
- Impaired attention
- Irritable mood
- Psychomotor agitation
- Psychomotor retardation
- Sad affect
- Self-blame
- Social alienation

9. Coping/stress tolerance

Related factors

- Altered sleep-wake cycle
- Anxiety
- Difficulty functioning socially
- External factors influencing self concept
- Hypervigilance
- Loneliness
- Pain
- Recurrent thoughts of death
- Recurrent thoughts of suicide
- Social isolation
- Substance misuse
- Weight change

Associated conditions

- Chronic disease
- Functional impairment
- Psychosis

Original literature support available at www.thieme.com/nanda-i.

Domain 9 • Class 2 • Diagnosis Code 00125

Powerlessness

Focus of the diagnosis: power

Approved 1982 • Revised 2010, 2017, 2020 • Level of Evidence 2.2

Definition

A state of actual or perceived loss of control or influence over factors or events that affect one's well-being, personal life, or the society (adapted from American Psychology Association).

Defining characteristics

- Delayed recovery
- Depressive symptoms
- Expresses doubt about role performance
- Expresses frustration about inability to perform previous activities
- Expresses lack of purpose in life
- Expresses shame
- Fatigue
- Loss of independence
- Reports inadequate sense of control
- Social alienation

Related factors

- Anxiety
- Caregiver role strain
- Dysfunctional institutional environment
- Impaired physical mobility
- Inadequate interest in improving one's situation
- Inadequate interpersonal relations
- Inadequate knowledge to manage a situation
- Inadequate motivation to improve one's situation
- Inadequate participation in treatment regimen
- Inadequate social support
- Ineffective coping strategies
- Low self-esteem
- Pain
- Perceived complexity of treatment regimen
- Perceived social stigma
- Social marginalization

At risk population

- Economically disadvantaged individuals
- Individuals exposed to traumatic events

Associated conditions

- Cerebrovascular Disorders
- Cognition disorders
- Critical illness
- Progressive illness
- Unpredictability of illness trajectory

9. Coping/stress tolerance

Original literature support available at www.thieme.com/nanda-i.

Domain 9 • Class 2 • Diagnosis Code 00152

Risk for powerlessness

Focus of the diagnosis: power

Approved 2000 • Revised 2010, 2013, 2017, 2020 • Level of Evidence 2.2

Definition

Susceptible to a state of actual or perceived loss of control or influence over factors or events that affect one's well-being, personal life, or the society, which may compromise health (adapted from American Psychology Association).

Risk factors

- Anxiety
- Caregiver role strain
- Dysfunctional institutional environment
- Impaired physical mobility
- Inadequate interest in improving one's situation
- Inadequate interpersonal relations
- Inadequate knowledge to manage a situation
- Inadequate motivation to improve one's situation
- Inadequate participation in treatment regimen
- Inadequate social support
- Ineffective coping strategies
- Low self-esteem
- Pain
- Perceived complexity of treatment regimen
- Perceived social stigma
- Social marginalization

At risk population

- Economically disadvantaged individuals
- Individuals exposed to traumatic events

Associated conditions

- Cerebrovascular Disorders
- Cognition disorders
- Critical illness
- Progressive illness
- Unpredictability of illness trajectory

Domain 9 • Class 2 • Diagnosis Code 00187

Readiness for enhanced power

Focus of the diagnosis: power

Approved 2006 • Revised 2013 • Level of Evidence 2.1

Definition

A pattern of participating knowingly in change for well-being, which can be strengthened.

Defining characteristics

- Expresses desire to enhance awareness of possible changes
- Expresses desire to enhance decisions that could lead to changes
- Expresses desire to enhance independence by taking action for change
- Expresses desire to enhance involvement in change
- Expresses desire to enhance knowledge for participation in change
- Expresses desire to enhance participation in choices for daily living
- Expresses desire to enhance participation in choices for health
- Expresses desire to enhance power

9. Coping/stress tolerance

Original literature support available at www.thieme.com/nanda-i.

Domain 9 • Class 2 • Diagnosis Code 00210

Impaired resilience

Focus of the diagnosis: resilience

Approved 2008 • Revised 2017 • Level of Evidence 2.1

Definition

Decreased ability to recover from perceived adverse or changing situations, through a dynamic process of adaptation.

Defining characteristics

- Decreased interest in academic activities
- Decreased interest in vocational activities
- Depressive symptoms
- Expresses shame
- Impaired health status
- Inadequate sense of control
- Ineffective coping strategies
- Ineffective integration
- Low self-esteem
- Renewed elevation of distress
- Reports feeling guilty
- Social isolation

Related factors

- Altered family relations
- Community violence
- Disrupted family rituals
- Disrupted family roles
- Dysfunctional family processes
- Inadequate health resources
- Inadequate social support
- Inconsistent parenting
- Ineffective family adaptation
- Ineffective impulse control
- Multiple coexisting adverse situations
- Perceived vulnerability
- Substance misuse

At risk population

- Economically disadvantaged individuals
- Individuals experiencing a new crisis
- Individuals experiencing chronic crisis
- Individuals exposed to violence
- Individuals who are members of an ethnic minority
- Individuals whose parents have mental disorders
- Individuals with history of exposure to violence
- Individuals with large families
- Mothers with low educational level
- Women

Associated conditions

- Intellectual disability
- Psychological disorder

9. Coping/stress tolerance

Original literature support available at www.thieme.com/nanda-i.

Domain 9 • Class 2 • Diagnosis Code 00211

Risk for impaired resilience

Focus of the diagnosis: resilience

Approved 2008 • Revised 2013, 2017 • Level of Evidence 2.1

Definition

Susceptible to decreased ability to recover from perceived adverse or changing situations, through a dynamic process of adaptation, which may compromise health.

Risk factors

- Altered family relations
- Community violence
- Disrupted family rituals
- Disrupted family roles
- Dysfunctional family processes
- Inadequate health resources
- Inadequate social support
- Inconsistent parenting
- Ineffective family adaptation
- Ineffective impulse control
- Multiple coexisting adverse situations
- Perceived vulnerability
- Substance misuse

At risk population

- Economically disadvantaged individuals
- Individuals experiencing a new crisis
- Individuals experiencing chronic crisis
- Individuals exposed to violence
- Individuals who are members of an ethnic minority
- Individuals whose parents have mental disorders
- Individuals with history of exposure to violence
- Individuals with large families
- Mothers with low educational level
- Women

Associated conditions

- Intellectual disability
- Psychological disorder

Domain 9 • Class 2 • Diagnosis Code 00212

Readiness for enhanced resilience

Focus of the diagnosis: resilience

Approved 2008 • Revised 2013 • Level of Evidence 2.1

Definition

A pattern of ability to recover from perceived adverse or changing situations, through a dynamic process of adaptation, which can be strengthened.

Defining characteristics

- Expresses desire to enhance available resources
- Expresses desire to enhance communication skills
- Expresses desire to enhance environmental safety
- Expresses desire to enhance goal-setting
- Expresses desire to enhance interpersonal relations
- Expresses desire to enhance involvement in activities
- Expresses desire to enhance own responsibility for action
- Expresses desire to enhance positive outlook
- Expresses desire to enhance progress toward goal
- Expresses desire to enhance psychological resilience
- Expresses desire to enhance self-esteem
- Expresses desire to enhance sense of control
- Expresses desire to enhance support system
- Expresses desire to enhance use of conflict management strategies
- Expresses desire to enhance use of coping skills
- Expresses desire to enhance use of resources

Domain 9 • Class 2 • Diagnosis Code 00137

Chronic sorrow

Focus of the diagnosis: sorrow

Approved 1998 • Revised 2017

Definition

Cyclical, recurring, and potentially progressive pattern of pervasive sadness experienced (by a parent, caregiver, individual with chronic illness or disability) in response to continual loss, throughout the trajectory of an illness or disability.

Defining characteristics

- Expresses feeling that interferes with well-being
- Overwhelming negative feelings
- Sadness

Related factors

- Disability management crisis
- Illness management crisis
- Missed milestones
- Missed opportunities

At risk population

- Individuals experiencing developmental crisis
- Individuals experiencing loss of significant other
- Individuals working in caregiver role for prolonged period of time

Associated conditions

- Chronic disability
- Chronic disease

This diagnosis will retire from the NANDA-I Taxonomy in the 2024–2026 edition unless additional work is completed to bring it up to a level of evidence 2.1 or higher.

Domain 9 • Class 2 • Diagnosis Code 00177

Stress overload

Focus of the diagnosis: stress

Approved 2006 • Level of Evidence 3.2

Definition

Excessive amounts and types of demands that require action.

Defining characteristics

- Difficulty with decision-making
- Expresses feeling pressured
- Expresses increased anger
- Expresses tension
- Impaired functioning
- Increased impatience
- Negative impact from stress

Related factors

- Inadequate resources
- Repeated stressors
- Stressors

9. Coping/stress tolerance

Original literature support available at www.thieme.com/nanda-i.

Domain 9 • Class 3 • Diagnosis Code 00258

Acute substance withdrawal syndrome

Focus of the diagnosis: acute substance withdrawal syndrome

Approved 2016 • Level of Evidence 2.1

Definition

Serious, multifactorial sequelae following abrupt cessation of an addictive compound.

Defining characteristics

- Acute confusion (00128)
- Anxiety (00146)
- Disturbed sleep pattern (00198)
- Nausea (00134)
- Risk for electrolyte imbalance (00195)
- Risk for injury (00035)

Related factors

- Developed dependence to addictive substance
- Excessive use of an addictive substance over time
- Malnutrition
- Sudden cessation of an addictive substance

At risk population

- Individuals with history of withdrawal symptoms
- Older adults

Associated conditions

- Significant comorbidity

Domain 9 • Class 3 • Diagnosis Code 00259

Risk for acute substance withdrawal syndrome

Focus of the diagnosis: acute substance withdrawal syndrome

Approved 2016 • Level of Evidence 2.1

Definition

Susceptible to serious, multifactorial sequelae following abrupt cessation of an addictive compound, which may compromise health.

Risk factors

- Developed dependence to addictive substance
- Excessive use of an addictive substance over time
- Malnutrition
- Sudden cessation of an addictive substance

At risk population

- Individuals with history of withdrawal symptoms
- Older adults

Associated conditions

- Significant comorbidity

9. Coping/stress tolerance

Original literature support available at www.thieme.com/nanda-i.

Domain 9 • Class 3 • Diagnosis Code 00009

Autonomic dysreflexia

Focus of the diagnosis: autonomic dysreflexia

Approved 1988 • Revised 2017

Definition

Life-threatening, uninhibited sympathetic response of the nervous system to a noxious stimulus after a spinal cord injury at the 7th thoracic vertebra (T7) or above.

Defining characteristics

- Blurred vision
- Bradycardia
- Chest pain
- Chilling
- Conjunctival congestion
- Diaphoresis above the injury
- Diffuse pain in different areas of the head
- Horner's syndrome
- Metallic taste in mouth
- Nasal congestion
- Pallor below injury
- Paresthesia
- Paroxysmal hypertension
- Pilomotor reflex
- Red blotches on skin above the injury
- Tachycardia

Related factors

Gastrointestinal Stimuli

- Bowel distention
- Constipation
- Difficult passage of feces
- Digital stimulation
- Enemas
- Fecal impaction
- Suppositories

Integumentary Stimuli

- Cutaneous stimulation
- Skin irritation
- Sunburn
- Wound

Musculoskeletal-Neurological Stimuli

- Irritating stimuli below level of injury
- Muscle spasm
- Painful stimuli below level of injury
- Pressure over bony prominence
- Pressure over genitalia
- Range of motion exercises

Regulatory-Situational Stimuli

- Constrictive clothing
- Environmental temperature fluctuations

- Positioning

Reproductive-Urological Stimuli

- Bladder distention
- Bladder spasm

- Instrumentation
- Sexual intercourse

Other Factors

- Inadequate caregiver knowledge of disease process

- Inadequate knowledge of disease process

At risk population

- Individuals exposed to environmental temperature extremes
- Men with spinal cord injury or lesion who are experiencing ejaculation

- Women with spinal cord injury or lesion who are experiencing labor
- Women with spinal cord injury or lesion who are menstruating
- Women with spinal cord injury or lesion who are pregnant

Associated conditions

- Bone fractures
- Detrusor sphincter dyssynergia
- Digestive system diseases
- Epididymitis
- Heterotopic bone
- Ovarian cyst
- Pharmaceutical preparations

- Renal calculi
- Substance withdrawal
- Surgical procedures
- Urinary catheterization
- Urinary tract infection
- Venous thromboembolism

This diagnosis will retire from the NANDA-I Taxonomy in the 2024–2026 edition unless additional work is completed to bring it up to a level of evidence 2.1 or higher.

Domain 9 • Class 3 • Diagnosis Code 00010

Risk for autonomic dysreflexia

Focus of the diagnosis: autonomic dysreflexia

Approved 1998 • Revised 2000, 2013, 2017

Definition

Susceptible to life-threatening, uninhibited response of the sympathetic nervous system post-spinal shock, in an individual with spinal cord injury or lesion at the 6th thoracic vertebra (T6) or above (has been demonstrated in patients with injuries at the 7th thoracic vertebra [T7] and the 8th thoracic vertebra [T8]), which may compromise health.

Risk factors

Gastrointestinal Stimuli

- Bowel distention
- Constipation
- Difficult passage of feces
- Digital stimulation
- Enemas
- Fecal impaction
- Suppositories

Integumentary Stimuli

- Cutaneous stimulation
- Skin irritation
- Sunburn
- Wound

Musculoskeletal-Neurological Stimuli

- Irritating stimuli below level of injury
- Muscle spasm
- Painful stimuli below level of injury
- Pressure over bony prominence
- Pressure over genitalia
- Range of motion exercises

Regulatory-Situational Stimuli

- Constrictive clothing
- Environmental temperature fluctuations
- Positioning

Reproductive-Urological Stimuli

- Bladder distention
- Bladder spasm
- Instrumentation
- Sexual intercourse

Other Factors

- Inadequate caregiver knowledge of disease process

At risk population

- Individuals with spinal cord injury or lesion exposed to extremes of environmental temperature
- Men with spinal cord injury or lesion who are experiencing ejaculation

- Inadequate knowledge of disease process

- Women with spinal cord injury or lesion who are experiencing labor
- Women with spinal cord injury or lesion who are menstruating
- Women with spinal cord injury or lesion who are pregnant

Associated conditions

- Bone fractures
- Detrusor sphincter dyssynergia
- Digestive system diseases
- Epididymitis
- Heterotopic bone
- Ovarian cyst
- Pharmaceutical preparations

- Renal calculi
- Substance withdrawal
- Surgical procedures
- Urinary catheterization
- Urinary tract infection
- Venous thromboembolism

This diagnosis will retire from the NANDA-I Taxonomy in the 2024–2026 edition unless additional work is completed to bring it up to a level of evidence 2.1 or higher.

Domain 9 • Class 3 • Diagnosis Code 00264

Neonatal abstinence syndrome

Focus of the diagnosis: neonatal abstinence syndrome

Approved 2016 • Level of Evidence 2.1

Definition

A constellation of withdrawal symptoms observed in newborns as a result of in-utero exposure to addicting substances, or as a consequence of postnatal pharmacological pain management.

Defining characteristics

- Diarrhea (00013)
- Disorganized infant behavior (00116)
- Disturbed sleep pattern (00198)
- Impaired comfort (00214)
- Neurobehavioral stress
- Risk for aspiration (00039)
- Risk for impaired attachment (00058)
- Risk for impaired skin integrity (00047)
- Risk for ineffective thermoregulation (00274)
- Risk for injury (00035)

Related factors

- To be developed

At risk population

- Neonates exposed to maternal substance misuse in utero
- Neonates iatrogenically exposed to substance for pain control
- Premature neonates

The Finnegan Neonatal Abstinence Scoring Tool (FNAST) is recommended for assessment of withdrawal symptoms and for making decisions related to the plan of care. An FNAST score of 8 or greater, in combination with a history of in-utero substance exposure, is often used to make the diagnosis of Neonatal Abstinence Syndrome. This instrument was developed and is used predominantly in the U.S. and other western countries, so it may not be appropriate to recommend for the international community. This diagnosis will retire from the NANDA-I Taxonomy in the 2024–2026 edition unless additional work is completed to bring it up to a level of evidence 2.1 or higher.

Original literature support available at www.thieme.com/nanda-i.

Domain 9 • Class 3 • Diagnosis Code 00116

Disorganized infant behavior

Focus of the diagnosis: organized behavior

Approved 1994 • Revised 1998, 2017

Definition

Disintegration of the physiological and neurobehavioral systems of functioning.

Defining characteristics

Attention-Interaction System

- Impaired response to sensory stimuli

Motor System

- Altered primitive reflexes
- Exaggerated startle response
- Fidgeting
- Finger splaying
- Fisting
- Hands to face behavior
- Hyperextension of extremities
- Impaired motor tone
- Maintains hands to face position
- Tremor
- Twitching
- Uncoordinated movement

Physiological

- Abnormal skin color
- Arrhythmia
- Bradycardia
- Inability to tolerate rate of feedings
- Inability to tolerate volume of feedings
- Oxygen desaturation
- Tachycardia
- Time-out signals

Regulatory Problems

- Impaired ability to inhibit startle reflex
- Irritable mood

State-Organization System

- Active-aware state
- Diffuse alpha electroencephalogram (EEG) activity with eyes closed
- Irritable crying
- Quiet-aware state
- State oscillation

Related factors

- Caregiver misreading infant cues
- Environmental overstimulation
- Feeding intolerance
- Inadequate caregiver knowledge of behavioral cues
- Inadequate containment within environment
- Inadequate physical environment
- Insufficient environmental sensory stimulation
- Malnutrition
- Pain
- Sensory deprivation
- Sensory overstimulation

At risk population

- Infants exposed to teratogen in utero
- Infants with low postmenstrual age
- Premature infants

Associated conditions

- Congenital disorders
- Immature neurological functioning
- Impaired infant motor functioning
- Inborn genetic diseases
- Invasive procedure
- Oral impairment

Domain 9 • Class 3 • Diagnosis Code 00115

Risk for disorganized infant behavior

Focus of the diagnosis: organized behavior

Approved 1994 • Revised 2013, 2017

Definition

Susceptible to disintegration in the pattern of modulation of the physiological and neurobehavioral systems of functioning, which may compromise health.

Risk factors

- Caregiver misreading infant cues
- Environmental overstimulation
- Feeding intolerance
- Inadequate caregiver knowledge of behavioral cues
- Inadequate containment within environment
- Inadequate physical environment
- Insufficient environmental sensory stimulation
- Malnutrition
- Pain
- Sensory deprivation
- Sensory overstimulation

At risk population

- Infants exposed to teratogen in utero
- Infants with low postmenstrual age
- Premature infants

Associated conditions

- Congenital disorders
- Immature neurological functioning
- Impaired infant motor functioning
- Inborn genetic diseases
- Invasive procedure
- Oral impairment

9. Coping/stress tolerance

This diagnosis will retire from the NANDA-I Taxonomy in the 2024–2026 edition unless additional work is completed to bring it up to a level of evidence 2.1 or higher.

Domain 9 • Class 3 • Diagnosis Code 00117

Readiness for enhanced organized infant behavior

Focus of the diagnosis: organized behavior

Approved 1994 • Revised 2013

Definition

An integrated pattern of modulation of the physiological and neurobehavioral systems of functioning, which can be strengthened.

Defining characteristics

- Primary caregiver expresses desire to enhance cue recognition
- Primary caregiver expresses desire to enhance environmental conditions
- Primary caregiver expresses desire to enhance recognition of infant's self-regulatory behaviors