00137 Chronic sorrow

Definition of the NANDA label

The person (family member, caregiver or individual with a chronic illness or disability) presents a cyclical, recurring and potentially progressive pattern of omnipresent sadness in response to a continuous loss, in the course of an illness or disability.

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

• Expression of recurring periodic feelings of sadness.
• Periodic, varying intensity feelings that can progress and intensify over time and can interfere with the person’s ability to reach their maximum level of personal and social well-being.
• Expression of one or more of the following feelings: anger, feeling misunderstood, confusion, depression, disappointment, emptiness, fear, frustration, guilt or self-blame, despair, hopelessness, loneliness, low self-esteem, recurring loss, feeling overwhelmed.
Related factors

- Death of a loved one.
- The person experiences one or more triggering events (e.g., crisis in disease management, crisis related to developmental ages, and missed opportunities or milestones that require comparisons to developmental, social, or personal norms).
- The person experiences a chronic physical or mental illness or disability (e.g., mental retardation, multiple sclerosis, prematurity, spina bifida or other birth defects, chronic mental illness, infertility, cancer, Parkinson’s disease).
- Endless need for care as a constant reminder of loss.

At risk population

- Death of significant other
- Developmental crisis
- Length of time as a caregiver

Associated condition

- Chronic disability
- Chronic illness

NOC

- Acceptance: state of health.
- Self esteem.
- Child Development: adolescence.
- Social interaction skills.
- Overcoming problems.
- Grief.
- Control of anxiety.
- Personal welfare.
- Decision making.
- Effective communication.
- Coping.
NIC

• Emotional Support.
• Increase coping.
• Enhancement of self-awareness.
• Enhancement of self-esteem.
• Facilitate self-responsibility.
• Behavior modification: social skills.
• Complex relationships in the hospital.
• Advice.
• Active listening.
• Presence.
• Relaxation therapy.
• Management of the disease.
• Grief management.

This diagnosis will retire from the NANDA-I Taxonomy in the 2021-2023 edition unless additional work is completed to bring it up to a level of evidence 2.1 or higher.