

Bipolar Fact Sheet

Bipolar Disorder Best-Practice Intervention Strategies*

- Conduct client education and family education as appropriate
- Increase recognition of symptoms and signs of episodes
- Confirm diagnosis of co-morbid conditions and treat accordingly
- Monitor medication compliance and side effects
- Regulate daily routines for sleep, activity, and relaxation
- Increase awareness of interactions between medications and various foods, over-the-counter medications, as well as alcohol and caffeine
- Identify stressors that trigger manic or depressive moods/episodes
- Develop effective stress management skills
- Identify positive coping skills for managing emotions
- Increase awareness of signs of relapse
- Develop personal support system and a plan for emergencies with support persons
- Stress of the need for continued medication compliance after stabilization

** Compiled from multiple sources; citations available upon request.
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