NURSING INTERVENTIONS CLASSIFICATION (NIC)*

DOMAIN: Physiological: Basic
CLASS: ACTIVITY AND EXERCISE MANAGEMENT
Interventions: Exercise Promotion: Facilitation of regular physical exercise to maintain or advance to a higher level of fitness and health

CLASS: ELIMINATION MANAGEMENT
Interventions: Constipation Management: Prevention and alleviation of constipation

CLASS: IMMOBILITY MANAGEMENT
Interventions: Physical Restraint: Application, monitoring, and removal of mechanical restraining devices or manual restraints which are used to limit physical mobility of patient

CLASS: NUTRITIONAL SUPPORT
Interventions: Eating Disorders Management: Prevention and treatment of severe diet restriction and overexercising, or binging and purging of food and fluids
Nutritional Management: Assisting with or providing a balanced dietary intake of food and fluids

CLASS: PHYSICAL COMFORT PROMOTION
Interventions: Progressive Muscle Relaxation: Facilitating the tensing and releasing of successive muscle groups while attending to the resulting differences in sensation
Simple Massage: Stimulation of the skin and underlying tissues with varying degrees of hand pressure to decrease pain, produce relaxation, and improve circulation.

CLASS: SELF-CARE FACILITATION
Interventions: Self-Care Assistance: Assisting another to perform activities of daily living
Sleep Enhancement: Facilitation of regular sleep/wake cycles

DOMAIN: Behavioral
CLASS: BEHAVIORAL THERAPY
Interventions: Activity Therapy: Prescription of and assistance with specific physical, cognitive, social, and spiritual activities to increase the range, frequency, or duration of an individual’s (or group's) activity
Animal Assisted Therapy: Purposeful use of animals to provide affection, attention, diversion, and relaxation
Art Therapy: Facilitation of communication through drawings or other art forms
Assertiveness Training: Assistance with the effective expression of feelings, needs, and ideas while respecting the rights of others
Behavior Management/Overactivity: Provision of a therapeutic milieu which safely accommodates the patient's overactivity while promoting optimal function
Behavior Management: Self-Harm: Assisting the patient to decrease or eliminate self-mutilating or self-abusive behaviors
Behavior Management: Sexual: Delineation and prevention of socially unacceptable sexual behaviors
Behavior Modification: Promotion of a behavior change
Behavior Modification: Social Skills: Assisting the patient to develop or improve interpersonal social skills
Limit Setting: Establishing the parameters of desirable and acceptable patient behavior
Milieu Therapy: Use of people, resources, and events in the patient's immediate environment to promote optimal psychosocial functioning
Music Therapy: Using music to help achieve a specific change in behavior or feeling
Mutual Goal Setting: Collaborating with patient to identify and prioritize care goals, then developing a plan for achieving those goals through the construction and use of goal attainment scaling
Patient Contracting: Negotiating an agreement with a patient which reinforces a specific behavior change
Play Therapy: Purposeful use of toys or other equipment to assist a patient in communicating his/her perception of the world and to help in mastering the environment
Self-Responsibility Facilitation: Encouraging a patient to assume more responsibility for own behavior
Substance Use Prevention: Prevention of an alcoholic or drug use lifestyle
Substance Use Treatment: Supportive care of patient/family members with physical and psychosocial problems associated with the use of alcohol or drugs
Substance Use Treatment: Alcohol Withdrawal: Care of the patient experiencing sudden cessation of alcohol consumption
Substance Use Treatment: Drug Withdrawal: Care of a patient experiencing drug detoxification
Substance Use Treatment: Overdose: Monitoring, treatment, and emotional support of a patient who has ingested prescription or over-the-counter drugs beyond the therapeutic range

### CLASS: COGNITIVE THERAPY

Interventions: Anger Control Assistance: Facilitation of the expression of anger in an adaptive nonviolent manner

Cognitive Restructuring: Challenging a patient to alter distorted thought patterns and view self and the world more realistically

Reality Orientation: Promotion of patient's awareness of personal identity, time, and environment

Reminiscence Therapy: Using the recall of past events, feelings, and thoughts to facilitate adaptation to present circumstances

### CLASS: COMMUNICATION ENHANCEMENT

Interventions: Active listening: Attending closely to and attaching significance to a patient's verbal and nonverbal messages

Socialization Enhancement: Facilitation of another person's ability to interact with others

### CLASS: COPING ASSISTANCE

Interventions: Anticipatory Guidance: Preparation of patient for an anticipated developmental or situational crisis

Coping Enhancement: Assisting a patient to adapt to perceived stressors, changes, or threats which interfere with meeting life demands and roles

Counseling: Use of an interactive helping process focusing on the needs, problems, or feelings of the patient and significant others to enhance or support coping, problem solving, and interpersonal relationships

Crisis Intervention: Use of short-term counseling to help the patient cope with a crisis and resume a state of functioning comparable to or better than the pre-crisis state

Grief Work Facilitation: Assistance with the resolution of a significant loss

Guilt Work Facilitation: Helping another to cope with painful feelings of responsibility, actual or perceived

Mood Management: Providing for safety and stabilization of a patient who is experiencing dysfunctional mood

Recreation Therapy: Purposeful use of recreation to promote relaxation and enhancement of social skills

Self-Esteem Enhancement: Assisting a patient to increase his or her personal judgment of self-worth

Spiritual Support: Assisting the patient to feel balance and connection with a greater power

Therapy Group: Application of psychotherapeutic techniques to a group, including the utilization of interactions between members of the group

### CLASS: PATIENT EDUCATION

Interventions: Teaching: Disease Process: Assisting the patient to understand information related to a specific disease process

### CLASS: PSYCHOLOGICAL COMFORT PROMOTION

Interventions: Anxiety Reduction: Minimizing apprehension, dread, foreboding, or uneasiness related to an unidentified source of anticipated danger

Calming Technique: Reducing anxiety in patient experiencing acute distress

Distraction: Purposeful focusing of attention away from undesirable sensations

Simple Guided Imagery: Purposeful use of imagination to achieve relaxation and direct attention away from undesirable sensations

Simple Relaxation Therapy: Use of techniques to encourage and elicit relaxation for the purpose of decreasing undesirable signs and symptoms such as pain, muscle tension, or anxiety

### Domain: Safety

### CLASS: CRISIS MANAGEMENT

Interventions: Rape-Trauma Treatment: Provision of emotional and physical support immediately following an alleged rape

Suicide Prevention: Reducing risk of self-inflicted harm for a patient in crisis or severe depression

### CLASS: RISK MANAGEMENT

Interventions: Abuse Protection: Identification of high-risk, dependent relationships and actions to prevent further infliction of physical or emotional harm

Abuse Protection: Child: Identification of high-risk, dependent child relationships and actions to prevent possible or further infliction of physical, sexual, or emotional harm or neglect of basic necessities of life

Abuse Protection: Elder: Identification of high-risk, dependent elder relationships and actions to prevent possible or further infliction of physical, sexual, or emotional harm, neglect of basic necessities of life, or exploitation

Area Restriction: Limitation of patient mobility to a specific area for purposes of safety or behavior management

Delirium Management: Provision of a safe and therapeutic environment for the patient who is experiencing an acute confusional state

Delusion Management: Promoting the comfort, safety, and reality orientation of a patient experiencing false, fixed beliefs that have little or no basis in reality
Dementia Management: Provision of a modified environment for the patient who is experiencing a chronic confusional state

Elopement Precautions: Minimizing the risk of a patient leaving a treatment setting without authorization when departure presents a threat to the safety of patient or others

Hallucination Management: Promoting the safety, comfort, and reality orientation of a patient experiencing hallucinations

Seclusion: Solitary containment in a fully protective environment with close surveillance by nursing staff for purposes of safety or behavior management

Domain: Family
CLASS: LIFE SPAN CARE
- Interventions: Caregiver Support: Provision of the necessary information, advocacy, and support to facilitate primary patient care by someone other than a health care professional
- Family Involvement: Facilitating family participation in the emotional and physical care of the patient
- Family Mobilization: Utilization of family strengths to influence patient’s health in a positive direction
- Family Therapy: Assisting family members to move their family toward a more productive way of living