

**Covenant School of Nursing**  
**Instructional Module 6 Learning Guide**  
**Topic: Anxiety & Stress Related Disorders**

<b>Learning Goals/Outcomes</b>	
<p>Upon completion of this lesson, you will be able to:</p> <ul style="list-style-type: none"> <li>• Differentiate between the psychological and physiological responses in the four levels of anxiety: mild, moderate, severe, and panic.</li> <li>• Identify priority assessments for the person experiencing anxiety.</li> <li>• Describe the clinical manifestations of each anxiety disorder (Panic Disorder, Obsessive-Compulsive Disorder, Generalized Anxiety Disorder, Phobic Disorders, &amp; Dissociative Disorders).</li> <li>• Describe the clinical manifestations of each stress related disorder (Acute Stress Disorder &amp; Post Traumatic Stress Disorder).</li> <li>• Identify nursing interventions for the person experiencing stress or anxiety.</li> <li>• Identify common therapies used in the treatment of stress and anxiety disorders.</li> <li>• Identify common medications used in the treatment of anxiety and stress disorders.</li> <li>• Assess a patient for signs of anxiety and make clinical decisions based on the findings.</li> <li>• Implement a nursing plan of care for a patient experiencing anxiety.</li> </ul>	
<b>Pre-Class Preparation</b>	
<p>Required:</p> <ul style="list-style-type: none"> <li>• Varcarolis, 3rd ed. Ch. 10: p. 120-127 &amp; Ch. 11: p. 130-149</li> </ul> <p>Recommended:</p> <ul style="list-style-type: none"> <li>• HESI Comprehensive Review for the NCLEX-RN Examination 6th ed., Ch. 7, pp. 267-268.</li> </ul>	
<b>Learning Activities</b>	
<p>Classroom:</p> <ul style="list-style-type: none"> <li>• Lecture and discussion</li> </ul> <p>Online:</p> <ul style="list-style-type: none"> <li>• See online assignments on “Instructional Module 6 Assignments and Required Work”</li> </ul> <p>Clinical/Lab:</p> <ul style="list-style-type: none"> <li>• Care of the patient experiencing an anxiety disorder/anxiety in the clinical setting</li> </ul>	
<b>Evaluation Methods</b>	
<ul style="list-style-type: none"> <li>• Exams</li> <li>• HESI proctored exam</li> <li>• Clinical performance/Evaluation</li> </ul>	
<i>Texas DECs</i>	<i>QSEN Competencies</i>
Knowledge: II.B.1,5,7,8; II.C.1a-b; 2b, 4a,6,7; II.E.4.a & 7; Clinical Judgments & Behaviors: II.E.1; II. E.2, a. b. & c; II.E.3.b	Patient Centered Care; Safety
<i>IM Student Learning Outcomes</i>	<i>NCLEX Test Plan</i>
1,3	<p><b>Psychosocial Integrity:</b> Crisis intervention, Behavioral interventions, Mental Health Concepts, Therapeutic Communication, Therapeutic Environment</p> <p><b>Pharmacological &amp; Parenteral Therapies:</b> Adverse Effects/Contraindications/Interactions &amp; Expected Actions/Outcomes</p>
<i>Concepts</i>	<i>Faculty</i>

Clinical Judgment & Coping	Rebecca Powers, MSN, RN
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