

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

Learning Goals/Outcomes	
<p>Upon completion of this lesson, you will be able to:</p> <ul style="list-style-type: none"> • Differentiate between the psychological and physiological responses in the four levels of anxiety: mild, moderate, severe, and panic. • Identify priority assessments for the person experiencing anxiety. • Describe the clinical manifestations of each anxiety disorder (Panic Disorder, Obsessive-Compulsive Disorder, Generalized Anxiety Disorder, Phobic Disorders, & Dissociative Disorders). • Describe the clinical manifestations of each stress related disorder (Acute Stress Disorder & Post Traumatic Stress Disorder). • Identify nursing interventions for the person experiencing stress or anxiety. • Identify common therapies used in the treatment of stress and anxiety disorders. • Identify common medications used in the treatment of anxiety and stress disorders. • Assess a patient for signs of anxiety and make clinical decisions based on the findings. • Implement a nursing plan of care for a patient experiencing anxiety. 	
Pre-Class Preparation	
<p>Required:</p> <ul style="list-style-type: none"> • Varcarolis, E., Fosbre, C. (2021). Essentials of psychiatric mental health nursing (4th ed): Ch. 10: pp. 120-133 & Ch. 11 pp. 134-156. <p>Recommended:</p> <ul style="list-style-type: none"> • HESI Comprehensive Review for the NCLEX-RN Examination 6th ed., Ch. 7, pp. 267-268. 	
Learning Activities	
<p>Classroom:</p> <ul style="list-style-type: none"> • Lecture and discussion <p>Online:</p> <ul style="list-style-type: none"> • See online assignments in “Instructional Module 6 Assignments and Required Work” <p>Clinical/Lab:</p> <ul style="list-style-type: none"> • Care of the patient experiencing an anxiety disorder/anxiety in the clinical setting 	
Evaluation Methods	
<ul style="list-style-type: none"> • Exams • HESI proctored exam • Clinical performance/Evaluation 	
<i>Texas DEC's</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>
1-8	<p>Psychosocial Integrity: Crisis intervention, Behavioral interventions, Mental Health Concepts, Therapeutic Communication, Therapeutic Environment</p> <p>Pharmacological & Parenteral Therapies: Adverse Effects/Contraindications/Interactions & Expected</p>

	Actions/Outcomes
Concepts	Faculty
Clinical Judgment & Coping	Rebecca Powers, MSN, RN-BC
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