

IM6 (Acute Psychiatric) Critical Thinking Worksheet

<p>1. DSM-5 Diagnosis and Brief Pathophysiology (include reference): A group of brain diseases characterized by unusual shifts in mood, energy, and activity levels leading to difficulties in carrying out day-to-day tasks. Varcarolis, E. M., Fosbre, C. D., & Chiappetta, L. (2021). <i>Essentials of psychiatric-mental health nursing: A communication approach to evidence-based care</i>. St. Louis, MO: Elsevier.</p>	<p>2. Psychosocial Stressors (i.e., Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.);</p> <ul style="list-style-type: none"> - high level of nonadherence to medication - poor coping skills - distractibility - flight of ideas - high-risk behavior - grandiosity 	<p>3. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References)</p> <ul style="list-style-type: none"> - Manic episode: persistent abnormal mood for at least 1 week and present most of the day.* - Hypomanic episode: persistent abnormal mood for at least 4 consecutive days and present most of the day, nearly every day. - Major depressive episode: 5 or more symptoms have been present for the same 2-week period and represent change in functioning. At least one of the symptoms is 1. Depressed mood or 2. Loss of interest of pleasure.* - Bipolar I Disorder: criteria have been met for at least one manic episode. The manic and major depressive disorder is not better described by other mental illnesses. <p>Essentials of Psychiatric-mental health nursing book pg. 230-231</p>
<p>4. Medical Diagnoses:</p> <ul style="list-style-type: none"> -Bipolar disorder 	<p>6. Lab Values That May Be Affected:</p> <ul style="list-style-type: none"> -CBC -BMP 	<p>7. Current Treatment:</p> <ul style="list-style-type: none"> -Lithium -Fentanyl -Risperidone -Lorazepam -Vancomycin -Clear liquids, advance to regular diet as tolerated. -Activity as tolerated
<p>5. Diagnostic Tests Pertinent or Confirming of Diagnosis</p> <ul style="list-style-type: none"> -Positive response to medication therapy 		

<p>8. Focused Nursing Diagnosis: Risk for injury</p>	<p>12. Nursing Interventions related to the Nursing Diagnosis in #7: 1. Decrease environmental stimulation.</p> <p>Evidenced Based Practice: Reducing the stimuli by dimming the lights and turning the TV off help reduce anxiety and agitation.</p>	<p>13. Patient Teaching: 1. Teach patient about smartphone apps for medication reminders and mood tracking strategies.</p>
<p>9. Related to (r/t): Impulsivity</p>	<p>2. Use consistent and nonjudgmental approach.</p>	<p>2. Teach patient and family signs and symptoms of lithium toxicity.</p> <p>3. Teach patient and family to use self help strategies (managing stress, good sleep hygiene)</p>
<p>10. As evidenced by (aeb): Hyperactivity, poor judgement, fractured ankle from falling, loud talking, grandiose thinking</p>	<p>Evidenced Based Practice: Using a consistent and nonjudgmental approach will minimize manipulative behavior.</p> <p>3. Maintain client's physical health</p>	<p>14. Discharge Planning/Community Resources: 1. Follow up with HCP.</p>
<p>11. Desired patient outcome: Patient will be free of constant physical agitation, unnecessary motor activity and remain free from injury by 1700 on 2/25/21.</p>	<p>Evidenced Based Practice: Provide nutrition, rest, and hygiene. Provide small finger foods that can be carried.</p>	<p>2. Monitor serum lithium levels regularly.</p> <p>3. Provide support groups in community to help with coping skills.</p>