

IM6 (Acute Psychiatric) Critical Thinking Worksheet

<p><b>1. DSM-5 Diagnosis and Brief Pathophysiology (include reference):</b>          Alcohol use disorder- the limbic system causes the reward mechanism every time they drink. The neurotransmitters in the brain reward the system every time they drink by causing a rush of dopamine. Genetics can play a role in AUD and may even have alcohol related genes.</p>	<p><b>2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.);</b></p> <ul style="list-style-type: none"> <li>• Older age</li> <li>• Drinking every night at dinner</li> <li>• Friend's drink</li> </ul>	<p><b>3. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References)</b></p> <ul style="list-style-type: none"> <li>• Alcohol taken in large amounts</li> <li>• Craving or a strong desire to use alcohol</li> <li>• Recurrent alcohol use resulting in a failure to fulfill major role obligations at work, school or home</li> <li>• Tolerance</li> <li>• Withdrawal symptoms or a benzodiazepine is taking to relive symptoms of withdrawal</li> </ul>
<p><b>4. Medical Diagnoses:</b>          Gastritis</p>	<p><b>5. Lab Values That May Be Affected:</b></p> <ul style="list-style-type: none"> <li>• AST</li> <li>• ALT</li> <li>• BAL</li> <li>• MCV</li> <li>• Thiamine levels</li> </ul>	<p><b>6. Current Treatment:</b></p> <ul style="list-style-type: none"> <li>• Lorazepam</li> <li>• Ondansetron</li> <li>• Folic acid</li> <li>• Thiamine</li> <li>• Ibuprofen</li> <li>• Watching the withdrawal symptoms and assessing</li> </ul>

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

<p><b>7. Focused Nursing Diagnosis:</b></p> <ul style="list-style-type: none"> <li>Anxiety</li> </ul>	<p><b>12. Nursing Interventions related to the Nursing Diagnosis in #7:</b></p> <p>1.if irrational fears and thoughts pop into head from the anxiety make sure to comfort them and offer them accurate information about their condition</p>	<p><b>13. Patient Teaching:</b></p> <p>1. make sure to call for help if you experience any irrational thought related to the anxiety that may want you to harm yourself</p>
<p><b>8. Related to (r/t):</b></p> <ul style="list-style-type: none"> <li>withdrawal</li> </ul>	<p><b>Evidenced Based Practice:</b></p> <p>Doing so will reduce their anxiety and the fear of the unknown</p> <p>2.use guided imagery</p>	<p>2.Try relaxation techniques when you start to get really anxious</p> <p>3. Think about yourself without anxiety and visualize how you feel without it.</p>
<p><b>9. As evidenced by (aeb):</b></p> <ul style="list-style-type: none"> <li>A CIWA-AR score of 19</li> <li>Shaking</li> <li>Irritability</li> <li>Diaphoresis</li> <li>Nausea</li> <li>Headache</li> </ul>	<p><b>Evidenced Based Practice:</b></p> <p>Can help her with the effects of the withdrawal symptoms that may be causing the anxiety</p> <p>3.provide music for them to listen too</p>	<p><b>14. Discharge Planning/Community Resources:</b></p> <p>1. refer to case management on outpatient programs the patient may be interested in to maintain sobriety</p> <p>2. get information on an AA meeting the patient can attend</p>
<p><b>10. Desired patient outcome:</b></p> <ul style="list-style-type: none"> <li>This patient will have less anxiety as her withdrawal symptoms dissipate by day of discharge</li> </ul> <p>References- Varcarolis, E. M., Fosbre, C. D., &amp; Chiappetta, L. (2021). <i>Essentials of psychiatric-mental health nursing: A Communication Approach to Evidence-Based Care</i>. St. Louis, MO: Elsevier.</p>	<p><b>Evidenced Based Practice:</b></p> <p>This can help them relax and be less anxious</p>	<p>3.obtain information on some ways to relax to relive anxiety like maybe some yoga classes.</p>