Student Name: Jenna Dixon_____Date: 3/3/21_____

IM6 (Acute Psychiatric) Critical Thinking Worksheet

<table>
<tr>
<td>1. DSM-5 Diagnosis and Brief Pathophysiology (include reference): Opioid withdrawal. After repeated exposure to opioids over time, the body creates more neural receptors in an attempt to achieve homeostasis in the body. As a patient withdraws from opioids, a surge of norepinephrine (which is what causes fight or flight response in stressful situations) is released into the body, affecting all major organ systems and causing withdrawal symptoms, which begin with anxiousness and a racing heartbeat.

4. Medical Diagnoses:
Heroin Overdose</td>
<td>2. Psychosocial Stressors (i.e., Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.);
- family
- social
- substance use</td>
<td>3. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References) Presence of either of the following:
- Cessation of or reduction in opioid use that has been heavy and prolonged
- Administration of an opioid antagonist after a period of opioid use
3 or more of the following developing withing minutes to several days after
- Nausea/vomiting*
- Muscle aches
- Lacrimation or rhinorrhea
- Pupillary dilation, piloerection, sweating*
- Diarrhea*
- Yawning
- Insomnia*</td>
</tr>
<tr>
<td>5. Diagnostic Tests Pertinent or Confirming of Diagnosis
- COWs
- physical assessment</td>
<td>6. Lab Values That May Be Affected:
- CBC- for a baseline blood levels
- CMP- electrolyte imbalance r/t nausea, vomiting, and cramping caused by withdrawal
- ETOH- to see BAL
- urine toxicology- to see what opioid is in the system</td>
<td>7. Current Treatment:
- medications</td>
</tr>
</table>

Student Name:_____Date: _____

8. Focused Nursing Diagnosis: Ineffective individual coping	**12. Nursing Interventions related to the Nursing Diagnosis in #7:** 1. Decrease environmental stimuli	**13. Patient Teaching:** 1. Teach patient coping mechanisms
9. Related to (r/t): Use of substances to cope with life events	**Evidenced Based Practice:** helps the patient to reduce stress and helps to patient to relax 2. Maintain adequate hydration and physical health	2. Teach patient relaxation techniques 3. Teach patient to problem solve. Have patient define the problem and cause, and list advantages and disadvantages.
10. As evidenced by (aeb):, patient states having a bad relationship with kids and is currently going through a divorce, track marks on extremities, agitated, and restless	**Evidenced Based Practice:** hydration helps lessen side effects such as headache, blurred vision, hypotension 3. Use consistent and nonjudgmental approach.	**14. Discharge Planning/Community Resources:** 1. Follow up with HCP 2. Provide resources for local support groups
11. Desired patient outcome: Patient will initiate necessary lifestyle changes and use effective coping strategies such as meeting and talking with a health care professional for help by 1500 on 3/5/21.	**Evidenced Based Practice:** Using a consistent and nonjudgmental approach will minimize manipulative behavior.	3. Work with social worker to see if patient qualifies for opioid detox program