

IM6 (Acute Psychiatric) Critical Thinking Worksheet

1. DSM-5 Diagnosis and Brief**Pathophysiology (include reference):**

Bipolar I disorder- is a disorder caused by dysregulation of neurotransmitters in the brain. Higher levels of dopamine, norepinephrine, and glutamate result in manic phases. Low levels of dopamine, norepinephrine, and serotonin may cause bipolar depression.

Reference:

Varcanolis, E. M., & Fosbre, C. D. (2021). *Essentials of psychiatric-mental health nursing: A communication approach to evidence-based care*. St. Louis, MO: Elsevier.

2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.): Husband not currently present, in the hospital and does not want to be, believes she needs to be in Washington, and not enough sleep.

3. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References)

At least one manic episode.

- A. **Distinct period of elevated mood for at least 1 week.**
- B. Three of these symptoms present.
 - a. **Inflated self-esteem.**
 - b. **Decreased need for sleep.**
 - c. **More talkative.**
 - d. **Flight of ideas.**
 - e. **Distractibility.**
 - f. **Increase in goal-directed activity.**
 - g. Excessive involvement in dangerous activities.
- C. **Impairment in social or occupational.**
- D. **Episode is not due to substance.**

Major depressive episode

- A. Five or more symptoms over 2-week period.
 - a. Depressed mood most of the day.
 - b. Marked diminished interest in pleasure.
 - c. Significant weight loss.
 - d. **Insomnia.**
 - e. Psychomotor agitation.
 - f. Fatigue.
 - g. Feeling worthless
 - h. Diminished ability to concentrate.
 - i. Recurrent thoughts of death.

<p>4. Medical Diagnoses: Right ankle fracture- post surgical repair.</p>		<p>Reference: Varcarolis, E. M., & Fosbre, C. D. (2021). <i>Essentials of psychiatric-mental health nursing: A communication approach to evidence-based care.</i> St. Louis, MO: Elsevier.</p>
<p>5. Diagnostic Tests Pertinent or Confirming of Diagnosis History and physical examination. Clinical exam. Psychological exam.</p>	<p>6. Lab Values That May Be Affected: Blood sugar. Cholesterol levels. Potassium levels. Lithium levels.</p>	<p>7. Current Treatment: Pharmacological therapy- mood stabilizers. Milieu Therapy. Therapeutic communication. Monitoring intake, output, and vital signs. Encouraging bedrest.</p>

Student Name: _____ Date: _____

<p>8. Focused Nursing Diagnosis: Self-Care Deficit.</p>	<p>12. Nursing Interventions related to the Nursing Diagnosis in #7: 1. Monitor intake, output, and vital signs.</p> <p>Evidenced Based Practice: Ensures adequate fluid and caloric intake; minimizes dehydration and cardiac collapse.</p>	<p>13. Patient Teaching: 1. Teach importance of taking their medications by explaining what will happen if they do not and what the medications do for them.</p> <p>2. Teach importance of adequate sleep by explaining the benefits.</p> <p>3. Teach importance of adequate nutrition and what her body needs by explaining the benefits and risks of not getting adequate nutrition.</p>
<p>9. Related to (r/t): Cognitive impairment and manic excitement.</p>	<p>2. Frequently remind the client to eat.</p> <p>Evidenced Based Practice: The manic client is unaware of bodily needs and is easily distracted. Needs supervision to eat.</p>	<p>14. Discharge Planning/Community Resources: 1. Support groups like Depression and Bipolar Support Alliance.</p> <p>2. Help set up or figure out future appointments to assess lithium levels and psychiatric status.</p> <p>3. Help set up smartphone apps to help with medication information, medication taking reminders, and mood-tracking strategies.</p>
<p>10. As evidenced by (aeb): Not grooming self and not eating adequately.</p>	<p>3. Encourage frequent high-calorie protein drinks and finger foods.</p> <p>Evidenced Based Practice: Constant fluid and calorie replacement are needed. Client might be too active to sit at meals. Finger foods allow “eating on the run”.</p>	
<p>11. Desired patient outcome: Patient will eat half to one third of each meal plus one snack between meals with aid of nursing intervention by 1500 3/30/2020.</p>		