

IM6 (Acute Psychiatric) Critical Thinking Worksheet

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| <p>1. DSM-5 Diagnosis and Brief Pathophysiology (include reference): Alcohol Withdrawal Syndrome- cessation of chronic alcohol consumption causes autonomic overactivity and CNS irritability due to decreased synthesis of GABA and increased synthesis of glutamate. An increase in dopamine levels also contributes to the autonomic hyperarousal and may be responsible for the development of hallucinations.</p> <p>Reference: Essentials of psychiatric-mental health nursing book</p> | <p>2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.): Fights with son and missing obligations.</p> | <p>3. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References)</p> <ol style="list-style-type: none"> 1. Cessation of alcohol use that has been heavy and prolonged. 2. Two of the following within hours or a few days after cessation of alcohol use. <ol style="list-style-type: none"> A. Autonomic hyperactivity. B. Increased hand tremor. C. Insomnia. D. Nausea or vomiting. E. Transient visual, tactile, or auditory hallucinations or illusions. F. Psychomotor agitation. G. Anxiety. H. Generalized tonic-clonic seizures. 3. Signs in 2 cause significant distress or impairment in social, occupational, or other important areas of functioning. 4. Signs and symptoms not due to another medical condition, mental disorder, or another substance. <p>Reference: DSM-5</p> |
| <p>4. Medical Diagnoses: Gastritis.</p> | | |

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| <p>5. Diagnostic Tests Pertinent or Confirming of Diagnosis</p> <p>History and physical examination CIWA-A- 36 AUDIT- 30</p> | <p>6. Lab Values That May Be Affected:</p> <p>Hemoglobin 10.4- could be due to gastritis. Hct 34%- could be due to gastritis. BAL 0.08%- alcohol consumption. AST 350- possible liver damage. ALT 380- possible liver damage. CBC- gastritis may cause changes. BMP- nausea and vomiting from withdrawal may cause changes. Liver Panel- Alcohol use may damage the liver. Thiamine level- giving thiamine so its level may change. Folic acid level- giving folic acid so its level may change.</p> | <p>7. Current Treatment:</p> <p>Psychopharmacology for withdrawal. Psychopharmacology for sobriety. Milieu therapy. Seizure precaution. Fall precautions.</p> |
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| <p>8. Focused Nursing Diagnosis: Sensory/perceptual alterations.</p> | <p>12. Nursing Interventions related to the Nursing Diagnosis in #7: 1. Provide calm environment, minimizing noise and shadows.</p> <p>Evidenced Based Practice: To reduce the incidence of delusions and hallucinations.</p> <p>2. Provide care by same personnel whenever possible.</p> | <p>13. Patient Teaching: 1. Teach the importance of adhering to medications to help continue sobriety.</p> <p>2. Teach signs of worsening withdrawal and the importance of reporting any.</p> <p>3. Teach the affects that alcohol could have on their overall health if they continue to drink.</p> |
| <p>9. Related to (r/t): Chemical alterations from alcohol consumption cessation.</p> | <p>Evidenced Based Practice: Promotes recognition of caregivers and a sense of consistency, which may reduce fear.</p> | <p>14. Discharge Planning/Community Resources: 1. Social service to help figure out her living situation and any other needs she may need when she leaves the hospital.</p> <p>2. Support groups for her like Alcoholics Anonymous (AA), Self-Management and Recovery Training (SMART), and Women for Sobriety (WFS</p> |
| <p>10. As evidenced by (aeb): Disorientation to date, irritability, visual/auditory hallucinations, itching skin, and anxiety.</p> | <p>3. Orient the patient to reality.</p> <p>Evidenced Based Practice: The patient may experience hallucinations and may try to harm themself and others.</p> | <p>3. Family group therapy for any problems and to help with more support. Can also recommend other groups like Al-Anon, Alateen, Nar-Anon, and Families Anonymous.</p> |
| <p>11. Desired patient outcome: Patient will report an absence or reduction in hallucinations by 1500 4/6/2021.</p> | | |