

IM6 (Acute Psychiatric) Critical Thinking Worksheet

<p>1. DSM-5 Diagnosis and Brief Pathophysiology (include reference):</p> <p>-The role of oxytocin in the regulation of social reward and empathy networks as a contributing cause of borderline personality disorder. Specifically, serotonin dysregulation reduced the sensitivity of the 5HT-1A receptor may contribute to borderline personality disorder.</p> <p>-Chapman, J. (2020, November 30). <i>Borderline Personality Disorder</i>. StatPearls [Internet]. https://www.ncbi.nlm.nih.gov/books/NBK430883/.</p>	<p>2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.);</p> <p>-relationships with family and peers</p> <p>-Feelings of worthlessness and self-loathing</p> <p>-Lack of social support</p> <p>-Environment</p>	<p>3. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References)</p> <p>-A pervasive pattern of instability of interpersonal relationships, self-image and affects, and marked impulsivity beginning by early adulthood and present in a variety of contexts, as indicated by 5 (or more) of the following:</p> <ol style="list-style-type: none"> 1. Frantic efforts to avoid real or imagined abandonment. 2. Identity disturbance 3. Impulsivity in at least 2 areas that are potentially self-damaging 4. Recurrent suicidal behavior, gestures or threats, or self-mutilating behavior 5. Chronic feelings of emptiness 6. Inappropriate, intense anger or difficulty controlling anger 7. Transient, stress-related paranoid ideation or severe dissociative symptoms.
<p>4. Medical Diagnoses:</p> <p>borderline personality</p>	<p>6. Lab Values That May Be Affected:</p> <p>-dexamethasone suppression testing</p> <p>-thyrotropin-releasing hormone testing</p>	<p>Biskin, R. S., & Paris, J. (2012, November 6). <i>Diagnosing borderline personality disorder</i>. CMAJ : Canadian Medical Association journal = journal de l'Association medicale canadienne. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3494330/.</p> <p>7. Current Treatment:</p> <ul style="list-style-type: none"> • Ibuprofen • Acetaminophen
<p>5. Diagnostic Tests Pertinent or Confirming of Diagnosis</p> <p>- A history and physical exam should be performed before performing a comprehensive psychiatric assessment. There are structured diagnostic screening tools used to assess personality disorders and specifically borderline personality disorder, for example, as the Zanarini Rating Scale for Borderline Personality Disorder.</p> <p>-The DSM-5 diagnostic criteria for borderline personality disorder</p>		

Student Name: _____ Date: _____

<p>7. Focused Nursing Diagnosis:</p> <p>Risk for Self-Mutilation</p>	<p>12. Nursing Interventions related to the Nursing Diagnosis in #7:</p> <p>1. Every 12 hrs I will work out a plan identifying alternative to self-mutilating behaviors -Anticipate certain situations that might lead to increased stress -Identify actions that might modify the intensity of such situations.</p>	<p>13. Patient Teaching:</p> <p>1. I will teach the patient to keep a journal of their feelings and how the situation went</p> <p>2. I will teach the patient to communicate and not let their disorder get in the way of relationships</p>
<p>8. Related to (r/t):</p> <p>Borderline personality disorder and pain</p>	<p>-identify two or three people whom the pt can contact to discuss and examine intense feelings when they arise. Evidenced Based Practice: Plan is periodically reviewed and evaluated. Offers a chance to deal with feelings and struggles that arise.</p>	<p>3. I will teach the patient and family about some of the s/s and what to expect so they can handle the situation appropriately</p>
<p>9. As evidenced by (aeb):</p> <p>Slit wrist in the past and stated, "if they don't help me with my pain, I will."</p>	<p>2. I will be consistent in maintaining and enforcing the limits, using a nonpunitive approach every time I enter the patient's room Evidenced Based Practice: Consistency can establish a sense of security</p> <p>3. I will explore with the patient what these feelings might mean when communicating with her. Every time I enter the room.</p>	<p>14. Discharge Planning/Community Resources:</p> <p>1. Advise the patient to attend support groups (can give them a list of local support groups who have experienced the same situation as your patient)</p> <p>2. I will get in contact case management and see if they can help the patient with activities that they can do at home to help with anxiety</p>
<p>10. Desired patient outcome:</p> <p>Patient will participate in therapeutic relaxation techniques to help with pain by 1300 and state pain has decreased on the pain rating scale to a 0.</p>	<p>Evidenced Based Practice: Self-mutilation might also be A way to gain control over others. A way to feel alive through pain. An expression of self-hate or guilt</p>	<p>3. Provide patient with food pamphlet on healthy choices to choose from</p>