

IM6 (Acute Psychiatric) Critical Thinking Worksheet

<p>1. DSM-5 Diagnosis and Brief Pathophysiology (include reference): Severe Anxiety - In the CNS, the major mediators of the symptoms of anxiety disorders appear to be norepinephrine, serotonin, dopamine, and gamma-aminobutyric acid (GABA). Other neurotransmitters and peptides, such as corticotropin-releasing factor, may be involved. Peripherally, the autonomic nervous system, especially the sympathetic nervous system, mediates many of the symptoms</p> <p>Nita V Bhatt, M. D. (2021, July 22). <i>Anxiety disorders</i>. Background, Anatomy, Pathophysiology. https://emedicine.medscape.com/article/286227-overview#a4.</p>	<p>2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.);</p> <ul style="list-style-type: none"> -Spiritual Belief -Mom passed away -Surgery -Cancer diagnosis -Family lives far away 	<p>3. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References)</p> <ul style="list-style-type: none"> -feelings of dread * - ineffective functioning - confusion - purposely activity - sense of impending doom * - more intense somatic complaints (dizziness, nausea, headache, sleeplessness) -hyperventilation * -tachycardia * -withdrawal -loud and rapid speech * -threats and demands <p>Varcarolis, E. M., Fosbre, C. D., & Chiappetta, L. (2021). 11/Anxiety, Anxiety Disorders, and Obsessive-Compulsive and Related Disorders . In <i>Essentials of psychiatric-mental health nursing: A communication approach to evidence-based care</i> (pp. 136-136). essay, Elsevier.</p>
<p>4. Medical Diagnoses:</p> <ul style="list-style-type: none"> -Left Mastectomy 		

<p>5. Diagnostic Tests Pertinent or Confirming of Diagnosis</p> <ul style="list-style-type: none">- History- Mental Status Examination- Physical Examination	<p>6. Lab Values That May Be Affected:</p> <ul style="list-style-type: none">- Catecholamine blood test- Electrolytes- Thyroid function (T4)- Urinalysis- Urine drug screen	<p>7. Current Treatment:</p> <ul style="list-style-type: none">-Lorazepam-Buspirone-De-escalation techniques
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<p>8. Focused Nursing Diagnosis:</p> <p>Death anxiety</p>	<p>12. Nursing Interventions related to the Nursing Diagnosis in #7:</p> <p>1. Assess for the presence of culture-bound anxiety states.</p> <p>Evidenced Based Practice: It is imperative that any special cultural practices, requirements, or beliefs, such as prayers or alternative medicines, are acknowledged and appreciated.</p> <p>2. Encourage the patient to talk about the meaning of the events contributing to the anxiety.</p>	<p>13. Patient Teaching:</p> <p>1. Teach about pain medication and antianxiety medication available.</p> <p>2. Teach breathing techniques to help bring calmness</p> <p>3. Teach when to call the healthcare provider</p>
<p>9. Related to (r/t):</p> <p>Related to religious spiritual beliefs</p>		
<p>10. As evidenced by (aeb):</p> <p>Patient stated, "I just realized I don't have my medicine bundle. My mother died because someone threw hers away by mistake."</p>	<p>Evidenced Based Practice: This validates the feeling the patient is holding and demonstrates recognition of those feelings.</p>	<p>14. Discharge Planning/Community Resources:</p> <p>1. Refer to counseling, support groups, peer-to-peer networks.</p> <p>2. Refer to home health for post op care</p> <p>3. Refer to physical therapy for post op</p>
<p>11. Desired patient outcome:</p> <p>Have vital signs that reflect baseline or decreased sympathetic stimulation by 0900 on August 4, 2021</p> <p>Ackley, B. J., Ladwig, G. B., Flynn, M. M. B., Martinez-Kratz, M. R., & Zanotti, M. (2020). Death Anxiety. In <i>Nursing diagnosis handbook: An evidence-based guide to planning care</i> (pp. 144-146). essay, Elsevier.</p>	<p>3. Provide music of the patient's choice</p> <p>Evidenced Based Practice: According to Quach (2017), music, as a complimentary intervention, has been shown to notably improve both patient anxiety and patient physical well-being.</p>	

