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(Ackley et al., 2020)

IM6 (Acute Psychiatric) Critical Thinking Worksheet

(Ackley et al., 2020)

1. DSM-5 Diagnosis and Brief Pathophysiology

(include reference): Anxiety

Vague, uneasy feeling of discomfort or dread accompanied by an autonomic response, creating a feeling of apprehension caused by anticipation of danger due to physical stressor or stimulus such as cortisol

4. Medical Diagnoses:

breast cancer

2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.):

- family far away
- forgot medication bundle
- new cancer diagnosis
- impending surgery
- previous family member death in medical setting

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

- presence of excessive anxiety about a variety of topics, events, or activities. Worry occurs more often for 6 months
- the worry is experienced as very challenging to control
- anxiety & worry are accompanied by at least 3 of the following physical or cognitive symptoms: restlessness, fatigue, impaired concentration, irritability, muscle aches & difficulty sleeping

5. Diagnostic Tests Pertinent or Confirming of Diagnosis

- heart rate
- breaths per minute
- temperature → ↑ in perspiration
- blood pressure
- O₂ saturation
- generalized anxiety disorder scale
- SCID
- ADIS-5

6. Lab Values That May Be Affected:

- sodium
- potassium
- calcium
- CBC
- thyroid function
- UA
- cortisol level in blood

7. Current Treatment:

pt to be sent home and to be scheduled for surgery at a later date so that she may feel more comfortable especially with the presence of her medication bundle. Pt taught deep breathing exercises to decrease ~~anxiety~~ anxiety non-pharmacologically.

Adopted: August 2016, revised October 2018
reference: Ackley, B. J., Ladwig, G. B., Flynn, M. M. B., Martinez-Kratz, M. R., & Zarotti, M. (2020). Nursing diagnosis handbook: An evidence-based guide to planning care. Elsevier.

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<p>8. Focused Nursing Diagnosis:</p> <p>Anxiety</p>	<p>12. Nursing Interventions related to the Nursing Diagnosis in #7:</p> <ol style="list-style-type: none">1. If irrational thoughts or fears present, offer client accurate information and encourage to talk about event contributing to anxiety	<p>13. Patient Teaching:</p> <ol style="list-style-type: none">1. teach client / family symptoms of anxiety
<p>9. Related to (r/t):</p> <p>upcoming surgery without presence of medication bundle.</p>	<p>Evidenced Based Practice:</p> <ol style="list-style-type: none">1. providing pts with accurate information about dx, prognosis, and outcomes reduces anxiety and increases empowerment2. use guided imagery to decrease anxiety	<ol style="list-style-type: none">2. teach client techniques to self-manage anxiety3. teach appropriate emergency resources such as hotlines
<p>10. As evidenced by (aeb):</p> <p>restlessness, pacing, distress, helplessness, increase in blood pressure</p>	<p>Evidenced Based Practice:</p> <ol style="list-style-type: none">1. guided imagery can be used to aid pts in handling undesirable emotions connected with illness3. consider massage therapy for preoperative clients	<p>14. Discharge Planning/Community Resources:</p> <ol style="list-style-type: none">1. refer to social worker to help with client personal, spiritual, familial needs.2. refer to pharmacist to discuss anxiolytic medications prescribed
<p>11. Desired patient outcome:</p> <p>Patient will identify, verbalize, and demonstrate techniques to control anxiety by discharge.</p>	<p>Evidenced Based Practice:</p> <p>complementary therapies has been shown to reduce psychological stress and anxiety</p>	<ol style="list-style-type: none">3. refer to psychiatrist to discuss anxiety disorder