

Student Name: Brynne Barker

IM6 (Acute Psychiatric) Critical Thinking Worksheet

<p>1. DSM-5 Diagnosis and Brief Pathophysiology (include reference): Anxiety can be defined as a feeling of apprehension, uneasiness, uncertainty, or dread resulting from a real or perceived threat whose actual source is unknown or unrecognized. A person with severe anxiety may focus on one particular detail or many scattered details. Learning and problem solving are not possible at this level and the person may be dazed or confused.</p>	<p>2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.);</p> <ul style="list-style-type: none">-anxious-flushed-breathing rapidly-states she “cannot get her breath”-tells the nurses she is going to die and does not want to have the surgery-does not have her medicine bundle which is causing her stress-past hx of mom dying is causing her stress	<p>3. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References)</p> <p>A) excessive anxiety and worry, occurring more days than not for at least 6 months, about a number of events or activities</p> <p>B) individual finds it difficult to control the worry</p> <p>C) anxiety and worry are associated with 3 or more of the following 6 symptoms: -restlessness, fatigued, difficulty concentrating, irritability, muscle tension, sleep disturbance</p> <p>D) symptoms cause distress in functioning</p> <p>E) not attributable to a substance or other medical condition</p> <p>F) disturbance not better explained by another mental disorder</p>
<p>4. Medical Diagnoses:</p> <ul style="list-style-type: none">-severe anxiety-left mastectomy	<p>6. Lab Values That May Be Affected:</p> <ul style="list-style-type: none">-CA15-3/CA27.29-possibly low WBC count-electrolytes (sodium, potassium, and calcium) – abnormalities in these can cause anxiety symptoms	<p>7. Current Treatment:</p> <ul style="list-style-type: none">-recommended left mastectomy-chemotherapy-lorazepam-buspirone
<p>5. Diagnostic Tests Pertinent or Confirming of Diagnosis</p> <ul style="list-style-type: none">-biopsy of breast		

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<p>8. Focused Nursing Diagnosis: Ineffective Coping</p>	<p>12. Nursing Interventions related to the Nursing Diagnosis in #7: 1. Assess anxiety level of patient and certain triggers as well as asking open ended questions</p> <p>Evidenced Based Practice: "Open-ended questions can help explore the thoughts and feelings of the patient regarding the situational crisis."</p>	<p>13. Patient Teaching: 1. Inquire with your provider about potentially getting on anti-anxiety medications after surgery to reduce anxiety levels</p> <p>2. Utilize distraction such as watching television to reduce anxiety levels</p>
<p>9. Related to (r/t): Patient's dx of breast cancer</p>	<p>2. Do not leave the patient when the anxiety levels are high, especially during a panic attack</p> <p>Evidenced Based Practice: "To ensure the patient's safety against self-harm. Leaving the patient alone during heightened levels of anxiety is dangerous."</p>	<p>3. Encourage daily walks if patient is physically able to reduce anxiety levels and relieve stress</p>
<p>10. As evidenced by (aeb): Patient stating she is going to die and feeling anxious, flushed, and breathing rapidly</p>	<p>3. Teach the patient to perform relaxation techniques such as deep breathing exercises, guided imagery, meditation, and progressive muscle relaxation</p> <p>Evidenced Based Practice: "To promote relaxation and reduce stress levels."</p>	<p>14. Discharge Planning/Community Resources: 1. Consult a therapist so Linda can talk about her feelings/triggers that cause her anxiety</p> <p>2. Contact provider if medication is causing self-harm thoughts</p>
<p>11. Desired patient outcome: Reduce the patient's anxiety levels by promoting relaxation techniques such as deep breathing before surgery</p>		<p>3. Encourage Linda to find a good support system to help guide her</p>