

IM6 (Acute Psychiatric) Critical Thinking Worksheet

<p>1. DSM-5 Diagnosis and Brief Pathophysiology (include reference): Anxiety disorder is a mental illness and disorder that can cause constant and overwhelming anxiety, fear, and related behavioral disturbances. Such as, phobia, mutism, panic disorder and social anxiety. Kupfer, D. J. (2015). Anxiety and DSM-5. <i>Dialogues in clinical neuroscience</i>, 17(3), 245.</p> <p>4. Medical Diagnoses: Post traumatic Stress Disorder</p>	<p>2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.); Genetics Brain Chemistry Environmental Stressors Drug withdrawal or misuse Medical Conditions Low self-esteem Negative Life events Trauma Childhood Sexual abuse</p>	<p>3. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References) Panic Fear Feeling of impending doom Sleep Problems Unable to stay calm or still Cold/Sweaty/numb Short of breath Heart Palpitations Dry mouth Nausea Dizziness Rumination Inability to concentrate Kupfer, D. J. (2015). Anxiety and DSM-5. <i>Dialogues in clinical neuroscience</i>, 17(3), 245.</p>
<p>5. Diagnostic Tests Pertinent or Confirming of Diagnosis Tests may be ran to rule out other health conditions that may be causing current symptoms.</p>	<p>6. Lab Values That May Be Affected: No lab tests and specifically diagnose anxiety disorders</p>	<p>7. Current Treatment: Medications: Antidepressants, Benzodiazepines, Beta-blockers, Anticonvulsants, Antipsychotics Psychotherapy</p>

<p>8. Focused Nursing Diagnosis: Ineffective coping</p>	<p>12. Nursing Interventions related to the Nursing Diagnosis in #7: 1. Lead patient in breathing exercises</p>	<p>13. Patient Teaching: 1. Take all medications as prescribed.</p>
<p>9. Related to (r/t): Loss of breast due to mastectomy</p>	<p>Evidenced Based Practice: Pursed lip breathing is a form of meditation and stress management that can help you unwind in stressful situations.</p>	<p>2. Diet and Exercise helps release brain chemicals that cut stress and help improve your mood.</p> <p>3. Don't use alcohol or recreational street drugs. They can interfere with current medications and increase risk for more anxiety disorders.</p>
<p>10. As evidenced by (aeb): Feeling of helplessness about cancer diagnosis.</p> <p>Feeling of apprehension about not having medicine bundle.</p>	<p>2. Use presence of touch</p> <p>Evidenced Based Practice: Touch promotes a sense of support and can promote communication. It also allows patient to feel comfort in that they are not alone.</p>	<p>14. Discharge Planning/Community Resources: 1. Denovo Therapy- Mental health service of Lubbock</p>
<p>11. Desired patient outcome: To respond to relaxation techniques and decrease perceived level of anxiety to less than 3 on the 0-10 scale by discharge on 8/24/21 at 1500.</p>	<p>3. Lessen stimuli and keep a peaceful environment</p> <p>Evidenced Based Practice: Anxiety and stress can intensify with excessive noise and overwhelming communication.</p>	<p>2. Physical Therapy to improve strength and conditioning post mastectomy.</p> <p>4. American cancer society of Lubbock for assistance in coping and living with cancer</p>