

IM6 (Acute Psychiatric) Critical Thinking Worksheet

<p><b>1. DSM-5 Diagnosis and Brief Pathophysiology (include reference):</b></p> <p>Severe Anxiety</p>	<p><b>2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.);</b></p> <ul style="list-style-type: none"> <li>• Trauma</li> <li>• Stress due to illness</li> <li>• Drugs</li> <li>• Alcohol</li> <li>• Family history</li> </ul>	<p><b>3. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References)</b></p> <ul style="list-style-type: none"> <li>• Feeling nervous, restless or tense*</li> <li>• Having a sense of impending danger, panic or doom*</li> <li>• Increased HR</li> <li>• Hyperventilation</li> <li>• Sweating</li> <li>• Trembling</li> <li>• Feeling weak/tired</li> <li>• Trouble concentrating*</li> <li>• Trouble sleeping</li> <li>• GI problems</li> </ul>
<p><b>4. Medical Diagnoses:</b></p> <p>Breast Cancer</p>		
<p><b>5. Diagnostic Tests Pertinent or Confirming of Diagnosis</b></p> <ul style="list-style-type: none"> <li>• Physical exam</li> <li>• Hamilton Anxiety Scale (HAM-A)</li> <li>• Zung Self-Rating Anxiety Scale</li> <li>• Beck Anxiety Inventory (BAI)</li> </ul>	<p><b>6. Lab Values That May Be Affected:</b></p> <ul style="list-style-type: none"> <li>• No lab tests- but Provider may run blood work to rule out physical conditions or illnesses that could cause symptoms presented</li> </ul>	<p><b>7. Current Treatment:</b></p> <ul style="list-style-type: none"> <li>• Patient ordered to take Lorazepam PO 2mg to help treat severe anxiety.</li> </ul>

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

<p><b>8. Focused Nursing Diagnosis:</b></p> <ul style="list-style-type: none"> <li>• Fear</li> </ul>	<p><b>12. Nursing Interventions related to the Nursing Diagnosis in #7:</b></p> <p>1. Maintain a calm, non-threatening manner while working with patient</p> <p><b>Evidenced Based Practice: Client will feel a sense of security in presence of a calm staff person</b></p>	<p><b>13. Patient Teaching:</b></p> <p>1. Teach patient about symptoms escalating anxiety and ways to interrupt progression (i.e., guided imagery, meditation).</p> <p>2. Teach patient about what the procedure is, and explain each step carefully until she understands to help her gain a sense of control.</p> <p>3. Educate the patient on anxiety and how the disorder is treatable with non-pharmacological techniques and pharmacological techniques.</p>
<p><b>9. Related to (r/t):</b></p> <p>Patient has breast cancer and scheduled to have a left mastectomy</p>	<p>2. Establish and maintain a trust relationship by listening to client, displaying warmth and care, and answering questions directly</p> <p><b>Evidenced Based Practice: A nurse may be visualized as a stranger, and may pose as a threat to patient who is already anxious- it's important to direct towards placing patient at ease</b></p>	<p><b>14. Discharge Planning/Community Resources:</b></p> <p>1. Support Groups</p> <p>2. Follow-up with PCP</p> <p>3. Counseling</p>
<p><b>10. As evidenced by (aeb):</b></p> <p>Patient does not have her medicine bundle causing her to feel helpless</p>	<p>3. Communicate with patient's family member to find other ways to help patient cope with her anxiety such as other alternatives related to her culture (i.e., finding a spiritual leader)</p> <p><b>Evidenced Based Practice: Maintaining patient's culture will help relieve anxiety</b></p>	
<p><b>11. Desired patient outcome:</b></p> <p>Patient will be free of anxiety attacks by day of surgery on 08.25.21 @0800</p>		