

IM6 (Acute Psychiatric) Critical Thinking Worksheet

<p><b>1. DSM-5 Diagnosis and Brief Pathophysiology (include reference):</b>          Borderline personality disorder is believed to stem from frontal lobe dysfunction leading to impulsivity, cognitive inflexibility, and poor self-monitoring. Diagnosed mostly in adults. In children, signs and symptoms usually disappear with maturity.</p>	<p><b>2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.);</b>          History of child abuse          Physical abuse          Sexual abuse*          Substance use*          Maladaptive school experiences          Low economic status          Social isolation*</p>	<p><b>3. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References)</b>          Patient afraid of abandonment          Pattern of unstable and intense relationships*          Unstable self-image or sense of self-identity*          Impulsivity in at least two areas that are potentially self-damaging and self-destructive behaviors*          Recurrent suicidal behavior*          Self-mutilating behavior*          Mood swings*          Chronic feelings of emptiness*          Inappropriate, intense anger*          Stress-related paranoia or loss of contact with reality</p>
<p><b>4. Medical Diagnoses:</b>          Chronic back pain</p>	<p><b>6. Lab Values That May Be Affected:</b>          N/A</p>	<p><b>7. Current Treatment:</b>          Psychotherapy           Encouragement of balanced diet           Medications to help treat symptoms</p> <ul style="list-style-type: none"> <li>• Antidepressants</li> <li>• Mood stabilizers</li> <li>• Antipsychotics</li> <li>• Antianxiety</li> </ul>
<p><b>5. Diagnostic Tests Pertinent or Confirming of Diagnosis</b>          The following may be performed to rule out symptoms being caused by other illness          X-rays          CBC*          BMP          Urinalysis</p>		

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<p><b>8. Focused Nursing Diagnosis:</b> Coping Impairment</p>	<p><b>12. Nursing Interventions related to the Nursing Diagnosis in #7:</b> 1. Use of empathetic communication</p>	<p><b>13. Patient Teaching:</b></p> <ol style="list-style-type: none"><li>1. Teach patient signs and symptoms of depression or thoughts of self-harm, and to report them to the practitioner.</li><li>2. Teach importance of adhering to follow up care including participation in therapy sessions</li><li>3. Teach relaxation and stress management techniques to channel emotional energy and reduce anxiety</li></ol>
<p><b>9. Related to (r/t):</b> Incarceration and lack of support</p>	<p><b>Evidenced Based Practice:</b> Acknowledging and empathizing creates a supportive environment that enhances coping.</p> <ol style="list-style-type: none"><li>2. Assist patient to set realistic goals and identify personal skills and knowledge.</li></ol>	<p><b>14. Discharge Planning/Community Resources:</b></p> <ol style="list-style-type: none"><li>1. Provide a list of prescribed drugs, including dosage, prescribed time, and adverse reactions to report to practitioner</li></ol>
<p><b>10. As evidenced by (aeb):</b> Verbal indication of the need for more medication and feelings of loneliness and suicidal ideation.</p>	<p><b>Evidenced Based Practice:</b> Involving patients in decision making helps them move toward independence.</p>	<ol style="list-style-type: none"><li>2. Arrange next follow up appointment for the patient and provide reminder</li><li>3. Refer patient to local or easily accessible support groups that help cope with symptoms of PD.</li></ol>
<p><b>11. Desired patient outcome:</b> The patient will demonstrate appropriate coping behaviors by the end of shift/scenario.</p>	<ol style="list-style-type: none"><li>3. Encourage patient to participate in mental and physical activities within the patient's ability and interest</li></ol> <p><b>Evidenced Based Practice:</b> Interventions that improve body awareness such as exercise, proper nutrition, and muscular relaxation may be helpful in treating anxiety and depression.</p>	