

IM6 (Acute Psychiatric) Critical Thinking Worksheet

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| <p>1. DSM-5 Diagnosis and Brief Pathophysiology (include reference): Borderline personality disorder is a mental disorder which is characterized by the instability of moods, behaviors, self-esteem, and impulse control. It can impact how one feels about themselves or others. Shedler, J., Beck, A., Fonagy, P., Gabbard, G. O., Gunderson, J., Kernberg, O., ... & Westen, D. (2010). Personality disorders in DSM-5. <i>American Journal of Psychiatry</i>, 167(9), 1026-1028.</p> | <p>2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.);</p> <p>Genetics Brain abnormalities Hereditary predisposition Childhood trauma</p> | <p>3. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References) An intense fear of abandonment Patterns of unstable relationships Rapid changes in identity "Splitting" Periods of stress-related paranoia Impulse and risky behavior Suicidal threats Feeling of emptiness Inappropriate/intense anger</p> <p>Shedler, J., Beck, A., Fonagy, P., Gabbard, G. O., Gunderson, J., Kernberg, O., ... & Westen, D. (2010). Personality disorders in DSM-5. <i>American Journal of Psychiatry</i>, 167(9), 1026-1028.</p> |
| <p>4. Medical Diagnoses: Dissociative Identity Disorder</p> | <p>6. Lab Values That May Be Affected:</p> <p>No lab values specifically affected by personality disorder but some blood test such as CMP and BMP may be run to rule out physical illness.</p> | <p>7. Current Treatment:</p> <p>Coping strategies for disorder</p> <p>Medication administration for pain: Ibuprofen and Acetaminophen.</p> |
| <p>5. Diagnostic Tests Pertinent or Confirming of Diagnosis Detailed interviews with mental health provider Psychological evaluation Medical history of exam</p> | | |

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| <p>8. Focused Nursing Diagnosis: Risk for self-mutilation</p> | <p>12. Nursing Interventions related to the Nursing Diagnosis in #7: 1. Identify the feeling the patient experiences prior to each act of self-harm.</p> <p>Evidenced Based Practice: Understanding and knowing these feelings can prevent future injuries and allow for early intervention.</p> <p>2. Maintaining consistency when enforcing limits</p> | <p>13. Patient Teaching: 1. Advise patient to seek professional help outside of the facility and stick with the treatment plan</p> <p>2. Manage intense and impulsive emotions by practicing coping skills such as Pursed Lip Breathing and meditation.</p> <p>3. Reach out to others who may have the same disorder to consider adopting treatments that work for them.</p> |
| <p>9. Related to (r/t): History of self-injury, physical, emotional, and sexual abuse.</p> | <p>Evidenced Based Practice: Consistency with personality disorder patients can prevent healthcare manipulation but is also know to establish a sense of security for the patient.</p> <p>3. Provide guided imagery with music</p> | <p>14. Discharge Planning/Community Resources: 1. Social worker to provide information for outside resources.</p> <p>2. Borderline Personality Disorder Hotline for help and support. 888-482-7227</p> <p>3. Star Care Lubbock</p> |
| <p>10. As evidenced by (aeb): The signs of old scars on her wrists and arms.</p> | <p>Evidenced Based Practice: Guided imagery and music is a therapeutic way into a deep relaxed state to help the client understand life issues and steer away from negative feelings.</p> | |
| <p>11. Desired patient outcome: Patient will demonstrate 2 new coping skills for when the emotions are unstable and her impulse for self-harm returns. She will achieve this my discharge on 9/1/21 at 1500.</p> | | |