Student Name: Alexis Villarreal _____Date: 10/6/2021_____

IM6 (Acute Psychiatric) Critical Thinking Worksheet

1. DSM-5 Diagnosis and Brief Pathophysiology (include reference): Anxiety is the uneasiness of a potential threat that is not identified by a specific source and can be broken down into levels. Patient had severe anxiety which causes a person to lose their perceptual field. Cannot focus on one event or make decisions.	**2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.);** **Patient is away from family.** **Patient does not have her medication bundle that is related to her cultural practice.** **Patient is fearful of surgery because her mother died due to complications related to surgery** **New diagnoses of breast cancer**	**3. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References)** **Anxiety associated with 3 or more of these 6 symptoms** **Restlessness or feeling keyed up or on edge** **Being easily fatigued** **Difficulty concentrating or mind going blank** **Irritability** **Muscle tension** **Sleep disturbances**
4. Medical Diagnoses: Breast cancer		
5. Diagnostic Tests Pertinent or Confirming of Diagnosis **Physical Exam** **Medication history** **Symptoms** **Blood test**	**6. Lab Values That May Be Affected:** **Some medical conditions that can contribute to anxiety:** **Hyperthyroidism** **Hypoglycemia** **Hypercortisolism** **Hypercalcemia** **Hyperkalemia** **Hyponatremia**	**7. Current Treatment:** **Deep breathing** **Suggesting surgery for a later time until her cultural needs are met.** **Reference used for first page:** Varcarolis, E. M., (2017). Essentials of psychiatric-mental health nursing (3rd ed.) Elsevier

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8. Focused Nursing Diagnosis: Fear of surgery	**12. Nursing Interventions related to the Nursing Diagnosis in #7:** 1. Stay with client while they express fear providing of safety if it is able to be controlled. **Evidenced Based Practice: Staying with patients provides support and reassurance.** 2. Provide education, support, and guidance **Evidenced Based Practice: "Research shows that engagement of the health care providers could help client reframe the negative meaning attached to the fear of an illness to a more positive one" (Ackley et al. 2020)** 3. Involve patient in a mindfulness-based practice. **Evidenced Based Practice: reduces fear and improves physical functioning.**	**13. Patient Teaching:** 1. Encourage and teach patient to fully explain their feelings by asking open-ended questions to further understand what is going on. 2. Teach patient to express her cultural concerns. Give her all the information available for her to make the best outcome that she believes. Teach her it is her choice. 3. Teach patient how to deep breath to calm patient which allows for a clearer mind/
9. Related to (r/t): Mother's death from surgery complications		
10. As evidenced by (aeb):		**14. Discharge Planning/Community Resources:** 1. Encourage patient to have a support person at home that they are able to communicate to when having fear. 2. visit her family who practice the same beliefs as her. If she wants to schedule surgery at a later time when she is able to have her medication bundle with her. 3. Have her teach back deep breathing exercise and to remember to use them when she begins to feel signs of distress Resource used second page: Ackley, B., Ladwig, G., Makic, M., Martinez-Kratz, M., Zanotti M.,(2020). Nursing diagnosis handbook. (12th edition) Elsevier.
11. Desired patient outcome: **Have patient do deep breathing exercises and right down 3 goals that she wants to accomplish with her treatment of plan.**		