

IM6 (Acute Psychiatric) Critical Thinking Worksheet

<p>1. DSM-5 Diagnosis and Brief Pathophysiology (include reference): Posttraumatic Stress Disorder</p> <p>When someone is confronted by danger, information is sent to the amygdala, which sends a distress signal to the hypothalamus. Signals are sent to the adrenal glands, which pump epinephrine into the bloodstream. When a stress is prolonged, the body does not return to the relaxed state. A sustained increase in the chemicals produced by the stress response can have damaging effects on the body. (Essentials of Psychiatric Mental Health Nursing 4th ed)</p>	<p>2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.);</p> <ul style="list-style-type: none"> -Bright light -Loud noises -Large crowds 	<p>3. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References)</p> <ul style="list-style-type: none"> -Exposure to actual or threatened death, serious injury or sexual violence* -Presence of one or more of the following intrusion symptoms associated with the traumatic events, beginning after the traumatic events occurred* -Persistent avoidance of stimuli associated with the traumatic event beginning after the traumatic event occurred* -Negative alterations in cognitions and mood associated with the traumatic event* -Marked alterations in arousal and reactivity associated with the traumatic event, beginning or worsening after the traumatic event occurred* <p>(Essentials of Psychiatric Mental Health Nursing 4th ed)</p>
<p>4. Medical Diagnoses:</p> <ul style="list-style-type: none"> -Cardiovascular disease -Cancer -Diabetes -Angina -Hypertension -Arthritis -Immunologic disorders 		

<p>5. Diagnostic Tests Pertinent or Confirming of Diagnosis</p> <ul style="list-style-type: none">-Mini cog assessment-PTSD screening assessment- DSM 5	<p>6. Lab Values That May Be Affected:</p> <p>N/A</p>	<p>7. Current Treatment:</p> <ul style="list-style-type: none">-Diazepam-Topiramate-Therapy-Mindfulness
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Student Name: _____ Date: _____

<p>8. Focused Nursing Diagnosis: Anxiety</p>	<p>12. Nursing Interventions related to the Nursing Diagnosis in #7: 1. Maintain a calm, non-threatening manner while working with the patient.</p>	<p>13. Patient Teaching: 1. Adverse side effects to anxiety medications the patient may be prescribed.</p>
<p>9. Related to (r/t): PTSD</p>	<p>Evidenced Based Practice: Anxiety from the health care provider can be transferred to the patient. The patient will develop a sense of security in the presence of a calm staff member.</p>	<p>2. Signs and symptoms of escalating anxiety and ways to stop the progression. 3. Relaxation techniques</p>
<p>10. As evidenced by (aeb): -Restlessness, decreased attention span, inability to tolerate light and loud noise</p>	<p>2. Avoid asking or forcing the patient to make choices. Evidenced Based Practice: The patient may not be able to make appropriate decisions for themselves.</p>	<p>14. Discharge Planning/Community Resources: 1. Support groups in the community</p>
<p>11. Desired patient outcome: -Patient will respond to relaxation techniques and report a decreased anxiety level by the end of treatment.</p>	<p>3. Move the patient to a quiet area with minimal stimuli. Evidence Based Practice: A smaller, quiet area enhances a sense of security. Less stimuli will decrease anxious behavior.</p>	<p>2. Counselors that can help with anxiety and relaxation techniques 3. Follow up appointment with PCP</p>