

IM6 (Acute Psychiatric) Critical Thinking Worksheet

<p>1. DSM-5 Diagnosis and Brief Pathophysiology (include reference): Severe Anxiety In anxiety disorders, it is believed that there are reduced levels of serotonin transmission and low levels of serotonin play a role in anxiety disorders. Gamma-aminobutyric acid (GABA), neurotransmitters are widely distributed in the brain. GABA slows neuron activity which plays a role in lowering anxiety and affects memory. Problems with GABA transmitter system are related to anxiety disorders. Excessive and unregulated norepinephrine activates the stress response, causing increase in heart rate and blood pressure. (Psychiatric-Mental Health Nursing 4th ed)</p>	<p>2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.); - Anxiety r/t cancer -Anxiety r/t surgery -Unable to locate medicine bundle -Unfamiliar environment</p>	<p>3. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References) - Excessive anxiety and worry occurring more days than not for at least 6 months, about a number of events or activities -The individual finds it difficult to control the worry* -The anxiety and worry are associated with three or more of the following six symptoms* -The anxiety, worry or physical symptoms cause clinically significant distress or impairment in social, occupational or other areas of functioning* -The disturbance is not attributable to the physiological effects of a substance or another medical condition -The disturbance is not better explained by another mental disorder*</p>
<p>4. Medical Diagnoses: -Hypertension -Cancer -Irritable bowel syndrome -Kidney and liver dysfunction -Reduced immunity</p>		

<p>5. Diagnostic Tests Pertinent or Confirming of Diagnosis -DSM 5</p>	<p>6. Lab Values That May Be Affected: N/A</p>	<p>7. Current Treatment: -Deep breathing -Antianxiety medications -Medicine bundle -Behavioral therapy -Milieu therapy -Mindfulness</p>
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<p>8. Focused Nursing Diagnosis: Fear</p>	<p>12. Nursing Interventions related to the Nursing Diagnosis in #7: 1. Find out patient's perception of threat to physical integrity or threat to self-concept.</p>	<p>13. Patient Teaching: 1. Deep breathing techniques 2. Determining anxiety triggering stimuli 3. Relaxation exercises</p>
<p>9. Related to (r/t): Surgery</p>	<p>Evidenced Based Practice: It is important to understand the patient's perception of the phobic object or situation in order to assist with the desensitization process.</p>	<p>14. Discharge Planning/Community Resources: 1. Follow up appointment with PCP 2. Resources for support groups and therapy to help deal with anxiety 3. Contact pharmacy for any prescribed medications</p>
<p>10. As evidenced by (aeb): Difficulty breathing, unable to find medicine bundle, not wanting to be left alone.</p>	<p>2. Suggest the patient substitute positive thoughts for negative thoughts.</p> <p>Evidenced Based Practice: Emotion connected to thought and changing to a more positive thought process can decrease anxiety level.</p>	
<p>11. Desired patient outcome: Patient will feel comfortable and confident in her decision to have or not have the scheduled surgery by the time she makes her decision and informs the doctor.</p>	<p>3. Include patient in making decisions related to their care.</p> <p>Evidence Based Practice: Allowing the patient choices provides a sense of control.</p>	