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IM6 (Acute Psychiatric) Critical Thinking Worksheet

1. DSM-5 Diagnosis and Brief Pathophysiology (include reference):	2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.);	3. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References)
The significant mediators of anxiety in the central nervous system are thought to be norepinephrine, serotonin, dopamine, and gamma-aminobutyric acid (GABA). The autonomic nervous system, especially the sympathetic nervous system, mediates most of the symptoms. The amygdala plays an important role in tempering fear and anxiety. Patients with anxiety disorders have been found to show heightened amygdala response to anxiety cues. The amygdala and limbic system structures are connected to prefrontal cortex regions, and prefrontal-limbic activation abnormalities may be reversed with psychological or pharmacologic interventions	Being far from family (except for the cousin) Not having medication bundle Being diagnosed with breast cancer Upcoming surgery	The anxiety and worry are associated with three or more of the following symptoms: 1.restlessness 2. being easily fatigued 3. Difficulty concentrating or mind going blank 4. Irritability 5. Muscle tension 6. Sleep disturbance
4. Medical Diagnoses: **Anxiety**		

5. Diagnostic Tests Pertinent or Confirming of Diagnosis	6. Lab Values That May Be Affected:	7. Current Treatment:
DSM-5	EEG: may have the heart rate going up	Medications
Sleep disturbance	CBC: may show substance that may mimic signs of anxiety	Breathing exercises
Individual finds it difficult to control the worry		Family member in room
Restlessness		

Adopted: August 2016, revised October 2018

Student Name:_____Date: _____

8. Focused Nursing Diagnosis: Ineffective coping	12. Nursing Interventions related to the Nursing Diagnosis in #7: 1. **Initially meet the client's dependency needs as necessary by checking on the patient at least every 15 to 30 mins.** **Evidenced Based Practice:** **Sudden and complete elimination of avenues for dependency would create anxiety and will burden the client more.**	13. **Patient Teaching:** 1. Teach deep breathing exercises. (4 seconds in and out) 2. Teach the patient to talk about feelings rather than keeping them bottled up to help relieve anxiety.
9. Related to (r/t): **Diagnosis of breast cancer**		3. Teach how maybe calling a family member or a close friend when feeling anxious.
	2. **Encourage independence and give positive reinforcement for independent behaviors at least once every two hours.**	
10. As evidenced by (aeb): **Anxiousness and high vital signs. (RR of 24)**	**Evidenced Based Practice:** **Positive reinforcement enhances self-esteem and encourages repetition of desired behaviors**	14. **Discharge Planning/Community Resources:** 1. Schedule a follow up appointment with primary care provider to check on condition of the patient.
	3. **Support and encourage client's efforts to explore the meaning and purpose of the behavior. Set a designated time for the patient to talk at least once a shift.**	2. Provide resources for the patient that help with anxiety, like breathing techniques or doing exercises.
11. Desired patient outcome: **Patient will demonstrate ability to cope effectively by talking about feelings by discharge.**	**Evidenced Based Practice:** **Client may be unaware of the relationship between emotional problems and compulsive behaviors. Recognition and acceptance of problems is important before change can occur.**	3. Provide resources for a support group so the patient does not feel they are alone in their situation.