

IM6 (Acute Psychiatric) Critical Thinking Worksheet

<p><b>1. DSM-5 Diagnosis and Brief Pathophysiology (include reference):</b>                  Anxiety- anxiety disorders include functional hyperactivity in limbic regions, particularly the amygdala, and the inability of higher cortical executive areas to normalize the limbic response to stimuli.                  Martin, E. I., Ressler, K. J., Binder, E., &amp; Nesenoff, C. B. (2009, September). The Neurobiology of Anxiety Disorders: Brain Imaging, genetics, and psychoneuroendocrinology. The Psychiatric clinics of North America. Retrieved October 27, 2021, from <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3684250/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3684250/</a>.</p>	<p><b>2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.);</b>                  Mother's death due to complications in surgery, not having her medicine bundle, family being so far away.</p>	<p><b>3. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References)</b>                  Looked concerned, worried.                  Concerned/traumatized from her mother's death due to surgical complications because she did not have her medicine bundle. She also does not have it with her so its difficult to control her worry. Pulse was 110, heavy breathing, reported she could not breath.</p>
<p><b>4. Medical Diagnoses:</b>                  Mastectomy- breast cancer on her left breast</p>	<p><b>6. Lab Values That May Be Affected:</b>                  N/A</p>	<p><b>7. Current Treatment:</b>                  D5LR, breathing treatment, therapeutic communication.</p>
<p><b>5. Diagnostic Tests Pertinent or Confirming of Diagnosis</b>                  No specific diagnostic test but it is based on history, and observation on verbal and nonverbal behaviors.</p>		

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

<p><b>8. Focused Nursing Diagnosis:</b> Anxiety</p>	<p><b>12. Nursing Interventions related to the Nursing Diagnosis in #7:</b> 1. Identify anxiety.</p>	<p><b>13. Patient Teaching:</b> 1. Relaxation techniques like deep breathing, guided imagery, medication.</p>
<p><b>9. Related to (r/t):</b> Past mother's experience in complications during surgery and not having her medicine bundle with her.</p>	<p><b>Evidenced Based Practice:</b> It is important to validate observations with the patient, name the anxiety, and start to work with the patient to lower anxiety.</p> <p>2. Encourage patient to talk about feelings and concerns.</p>	<p>2. Keep an anxiety diary, helps see what triggers it.</p> <p>3. Medications, teach what they are for, signs and symptoms to report, how to take them and how often.</p>
<p><b>10. As evidenced by (aeb):</b> Reporting difficulty breathing &amp; stating is she going to die.</p>	<p><b>Evidenced Based Practice:</b> When concerns are stated out aloud, problems can be discussed, and feelings of isolation decreased.</p> <p>3. Encourage problem solving with the patient. The person may need some assistance with this.</p>	<p><b>14. Discharge Planning/Community Resources:</b> 1. Exercise at least 30 min to relieve some stress and reduce anxiety.</p> <p>2. Contact the provider if they have a hard time staying focused or finishing daily tasks. Spend many hours a day feeling worried about everyday life. Become exhausted by worry.</p>
<p><b>11. Desired patient outcome:</b> Patient will report not feeling anxious about going into surgery by the end of my shift on October 27, 2021, at 1900.</p>	<p><b>Evidenced Based Practice:</b> Encouraging the patient to explore alternatives increase sense of control and self-sufficiency while decreasing anxiety.</p>	<p>3. Joining support groups like</p> <ul style="list-style-type: none"> <li>• Mental Health America: <a href="http://www.mentalhealthamerica.net">www.mentalhealthamerica.net</a></li> <li>• Anxiety and Depression Association of America (ADAA): <a href="http://www.adaa.org">www.adaa.org</a></li> <li>• National Alliance on Mental Illness (NAMI): <a href="http://www.nami.org">www.nami.org</a></li> </ul>