

Student Name: Ashlee Guzman

Date: 11/2/21

IM6 (Acute Psychiatric) Critical Thinking Worksheet

1. DSM-5 Diagnosis and Brief Pathophysiology (include reference): Post-traumatic stress disorder: It's the hyperactivity of the sympathetic branch of the autonomic nervous system as evidenced by changes in heart rate, b/p, & other psychophysiological measures. It can occur in any individual who has had exposure to trauma severe enough to be outside the range.	2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.): - concussive injury - veteran in the war (stressed, tired) - motor vehicle accident	3. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References) • exposure to actual or threatened death, serious injury • presence of intrusion symptoms associated w/ traumatic memories such as distressing memories or dreams • dissociative reactions such as flashbacks in which the individual feels or acts as if the traumatic event is recurring • negative alterations in cognitions & mood beginning or worsening after the events (agitated, disoriented)
4. Medical Diagnoses: - traumatic brain injury	6. Lab Values That May Be Affected: - there are none currently that could be affected	7. Current Treatment: • family therapy • medications • group therapy • relaxation techniques • psychoeducation • vocational rehabilitation • support groups
5. Diagnostic Tests Pertinent or Confirming of Diagnosis - DSM-5 diagnostic criteria - questionnaire to better understand the patient's experience		

Adopted: August 2016, revised October 2018

Reference: Essentials of Psychiatric Mental Health Nursing (Book)

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8. Focused Nursing Diagnosis: Altered social interaction	12. Nursing Interventions related to the Nursing Diagnosis in #7: 1. Encourage the patient to express any feelings & thoughts about the situation. Evidenced Based Practice: This will help patient distress about their health condition and express their thoughts.	13. Patient Teaching: 1. Teach patient to identify useful phrases such as "I can do this". Encourage positive self-talk. 2. Teach patient to avoid caffeine and alcohol.
9. Related to (r/t): traumatic brain injury	 2. Provide opportunities to interact with others & facilitate communication.	 3. Teach patient to keep a written journal to identify emotions associated with experiences.
10. As evidenced by (aeb): He is resisting to not attend to veteran's hospital.	Evidenced Based Practice: This will help patient with their social interaction. This helps patient open up towards others. 3. Encourage participation in social groups related to these interests.	14. Discharge Planning/Community Resources: 1. Refer patients to social workers for coordination of community care. 2. Suggest patient to psychotherapy or cognitive behavioral therapy.
11. Desired patient outcome: The patient will demonstrate positive changes in social behaviors and relationships by November 4th, 2021 at 3pm.	Evidenced Based Practice: This will help patient interact more with others who are going through the same situation as him.	 Provide family with information on keeping a safe, non-threatening, and routine environment.