

IM6 (Acute Psychiatric) Critical Thinking Worksheet

<p><b>1. DSM-5 Diagnosis and Brief Pathophysiology (include reference):</b>  <b>Posttraumatic stress disorder (PTSD)</b> is a psychiatric disorder that may occur in people who have experienced or witnessed a traumatic event such as a natural disaster, a serious accident, a terrorist act, war/combat, or rape or who have been threatened with death, sexual violence, or serious injury.          What is posttraumatic stress disorder? What Is PTSD? (n.d.). Retrieved November 10, 2021, from <a href="https://www.psychiatry.org/patients-families/ptsd/what-is-ptsd">https://www.psychiatry.org/patients-families/ptsd/what-is-ptsd</a>.</p>	<p><b>2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.);</b></p> <ul style="list-style-type: none"> <li>• Veteran of war</li> <li>• Motor vehicle accident</li> <li>• Environment like things slamming</li> <li>• Exposure to blasts</li> <li>• Head injury</li> </ul>	<p><b>3. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References)</b></p> <ul style="list-style-type: none"> <li>• Loss consciousness</li> <li>• Very confused</li> <li>• Agitated/irritable</li> <li>• Disoriented</li> <li>• Intrusions</li> <li>• Avoidance</li> <li>• Alterations in cognitive and mood</li> <li>• Alteration in arousal and reactivity</li> <li>• Flashbacks, nightmares or frightened thoughts</li> <li>• Problem concentrating or remembering things</li> <li>• Emotional</li> <li>• Sleeping less</li> </ul>
<p><b>4. Medical Diagnoses:</b></p> <ul style="list-style-type: none"> <li>• Migraines</li> <li>• Traumatic brain injury (TBI)</li> </ul>		
<p><b>5. Diagnostic Tests Pertinent or Confirming of Diagnosis</b></p> <ul style="list-style-type: none"> <li>• Mini-Cog</li> <li>• Acute Concussion Evaluation (ACE)</li> <li>• PTSD screen test</li> </ul>	<p><b>6. Lab Values That May Be Affected:</b></p>	<p><b>7. Current Treatment:</b></p> <ul style="list-style-type: none"> <li>• Topiramate &amp; sumatriptan</li> <li>• Seeing a psychiatrist</li> <li>• Seeing a neurologist</li> <li>• Primary Care PTSD Screen and use therapeutic communication during interactions with the patient and his wife</li> <li>• Mindfulness</li> </ul>

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

<p><b>8. Focused Nursing Diagnosis:</b> Fear</p>	<p><b>12. Nursing Interventions related to the Nursing Diagnosis in #7:</b> 1. Encourage client to keep a journal of stressors and emotional reactions to those stressors.</p>	<p><b>13. Patient Teaching:</b> 1. Teach visualization and relaxation technique such as deep breathing and imagery</p>
<p><b>9. Related to (r/t):</b> Veteran (trauma from war)</p>	<p><b>Evidenced Based Practice:</b> Helps client identify triggers that prompt anxiety or symptoms and evaluate the outcome of those reactions.</p> <p>2. Provide extra time for care and allow client extra time to respond to questions.</p>	<p>2. Take medications as prescribed.</p> <p>3. Let us know of triggers that make symptoms worse.</p>
<p><b>10. As evidenced by (aeb):</b> Easily startled or frightened</p>	<p><b>Evidenced Based Practice:</b> Clients often have difficulty communicating due to racing thoughts or inability to concentrate. Avoid rushing the client and allow them more time to answer or respond to promote security and instill a sense of a value.</p> <p>3. Encourage client to write about the traumatic event</p>	<p><b>14. Discharge Planning/Community Resources:</b> 1. Follow up appointments are important to go to.</p> <p>2. Access to community resources using Case Manager or Social Worker</p>
<p><b>11. Desired patient outcome:</b> By the end of the appointment the patient will verbalize aspects of psychosocial impact of the event and cooperate with treatment plan by Wednesday Nov 10, 2020.</p>	<p><b>Evidenced Based Practice:</b> Allows provider to better understand the nature of the client's condition and anticipate triggers that may cause symptoms. Also allows client and provider to periodically review evolution of emotions towards the traumatic event.</p>	<p>3. Therapies. CBT/group therapies/family therapies.</p>