

IM6 (Acute Psychiatric) Critical Thinking Worksheet

<p>1. DSM-5 Diagnosis and Brief Pathophysiology (include reference): Anxiety is a complex cognitive, psychological, physiological, and behavioral response system associated with the anticipation of circumstances or events perceived as threatening. The sympathetic nervous system mediates most of the symptoms of anxiety. The significant neurotransmitter activity involved in anxiety are decreased levels of serotonin, increased levels of norepinephrine and the reduction of gamma-aminobutyric acid (GABA).</p> <p>Chand, S. P. (2021, July 26). <i>Anxiety</i>. StatPearls [Internet]. Retrieved November 11, 2021, from https://www.ncbi.nlm.nih.gov/books/NBK470361/.</p>	<p>2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.);</p> <ul style="list-style-type: none"> -Recent diagnosis of breast cancer -Unhappy about losing breast -Mother died of complications of surgery -Family lives far away -Unable to find medication bundle and doesn't have it with her pre-procedure -Hasn't been sleeping well 	<p>3. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References)</p> <ul style="list-style-type: none"> -Restlessness* -Being easily fatigued -Difficulty concentrating* -Irritability* -Muscle tension -Sleep disturbance* <p>Substance Abuse and Mental Health Services Administration. (n.d.). <i>Table 3.15, DSM-IV to DSM-5 generalized anxiety disorder comparison - impact of the DSM-IV to DSM-5 changes on the National Survey on Drug Use and health - NCBI bookshelf</i>. Impact of the DSM-IV to DSM-5 Changes on the National Survey on Drug Use and Health [Internet]. Retrieved November 11, 2021, from https://www.ncbi.nlm.nih.gov/books/NBK519704/table/ch3.t15/.</p>
<p>4. Medical Diagnoses: Breast cancer</p>		

<p>5. Diagnostic Tests Pertinent or Confirming of Diagnosis</p> <p>HAM-A</p>	<p>6. Lab Values That May Be Affected:</p> <p>-Sodium -LDH -LFT</p>	<p>7. Current Treatment:</p> <p>Vital signs Q 8 hrs 5% Dextrose in Lactated Ringers @ 80mL/hr Respiratory and Cardiovascular focus assessment Relaxation techniques- deep breathing exercises Standard safety precautions 2mg Lorazepam before procedure Scheduled mastectomy</p>
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Student Name: _____ Date: _____

<p>8. Focused Nursing Diagnosis: Anxiety</p>	<p>12. Nursing Interventions related to the Nursing Diagnosis in #7:</p> <p>1. Maintain a calm, non-threatening manner while working with the client.</p> <p>Evidenced Based Practice: Anxiety is contagious and may be transferred from health care provider to client or vice versa. Client develops feeling of security in presence of calm staff person.</p>	<p>13. Patient Teaching:</p> <p>1. Teach patient different relaxation techniques to do when she is feeling anxious</p> <p>2. Teach patient not to drink more than 3 caffeinated beverages a day</p>
<p>9. Related to (r/t): Situational crisis (Scheduled mastectomy)</p>	<p>2. Establish and maintain a trusting relationship by listening to the client; displaying warmth, answering questions directly, offering unconditional acceptance; being available and respecting the client's use of personal space.</p>	<p>3. Teach patient to watch for triggers that make her anxious and avoid them</p>
<p>10. As evidenced by (aeb): Feelings of discomfort and apprehension</p>	<p>Evidenced Based Practice: Therapeutic skills need to be directed toward putting the client at ease, because the nurse who is a stranger may pose a threat to the highly anxious client.</p>	<p>14. Discharge Planning/Community Resources:</p> <p>1. Schedule follow up appointment</p>
<p>11. Desired patient outcome: Recognize and reduce own anxiety level before discharge</p>	<p>3. Move the client to a quiet area with minimal stimuli such as a small room or seclusion area (dim lighting, few people, and so on.)</p> <p>Evidenced Based Practice: Anxious behavior escalates by external stimuli. A smaller or secluded area enhances a sense of security as compared to a large area which can make the client feel lost and panicked.</p>	<p>2. Make consult with a mental health care provider for a psychological evaluation</p> <p>3. Send patient home with information and resources about anxiety, breast cancer and mastectomy procedures</p>