

Covenant School of Nursing
LVN-RN Track Learning Guide
Topic: Anxiety & Stress Related Disorders

Learning Goals/Outcomes		
<p>Upon completion of this lesson, you will be able to:</p> <ul style="list-style-type: none"> • Differentiate between the psychological and physiological responses in the four levels of anxiety: mild, moderate, severe, and panic. • Identify priority assessments for the person experiencing anxiety. • Describe the clinical manifestations of each anxiety disorder (Panic Disorder, Obsessive-Compulsive Disorder, Generalized Anxiety Disorder, Phobic Disorders, & Dissociative Disorders). • Describe the clinical manifestations of each stress related disorder (Acute Stress Disorder & Post Traumatic Stress Disorder). • Identify nursing interventions for the person experiencing stress or anxiety. • Identify common therapies used in the treatment of stress and anxiety disorders. • Identify common medications used in the treatment of anxiety and stress disorders. • Assess a patient for signs of anxiety and make clinical decisions based on the findings. • Implement a nursing plan of care for a patient experiencing anxiety. 		
Pre-Class Preparation		
<p>Required:</p> <ul style="list-style-type: none"> • ATI Ch. 4: Stress & Defense Mechanisms • Ch. 9: Stress Management • Ch. 11: Anxiety Disorders • Pearson, Comprehensive Review for NCLEX-RN 2nd edition. • Ch. 21: Coping with Stressors • Ch. 22: Mental Health Disorders • Ch. 36: Psychiatric Medications <p>Recommended:</p> <ul style="list-style-type: none"> • ATI Practice Questions “Anxiety Disorders” • Varcarolis, 3rd ed. Ch. 10: p. 120-127 & Ch. 11: p. 130-149 		
Learning Activities		
• Exams	- ATI Mental Health Nursing Assessment	- Clinical performance/Evaluations
Evaluation Methods		

Texas DECs	QSEN Competencies
Knowledge: II.B.1,5,7,8; II.C.1a-b; 2b, 4a,6,7; II.E.4.a & 7; Clinical Judgments & Behaviors: II.E.1; II. E.2, a.b. & c; II.E.3.b	Patient Centered Care; Safety
Student Learning Outcomes	NCLEX Test Plan
1,3	Psychosocial Integrity: Crisis intervention, Behavioral interventions, Mental Health Concepts, Therapeutic Communication, Therapeutic Environment Pharmacological & Parenteral Therapies: Adverse Effects/ Contraindications/Interactions & Expected Actions/Outcomes
Concepts	Faculty
Clinical Judgment & Coping	Jeremy Ellis MSN, RN
Date originated: 12/19/17	Revision Dates: NA

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- Exams - ATI Mental Health Nursing Assessment - Clinical performance/Evaluations