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

Learning Goals/Outcomes

Upon completion of this lesson, you will be able to:

- 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.

Texas DECs	*QSEN Competencies*
Knowledge: II.B.1, 5, 7, 8; II.C.1a-b, 2a, b, c, III.A.1, 2, 4, 6, 7, III.E.4 & 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*
	Psychosocial Integrity: Crisis intervention, Behavioral interventions, Mental Health Concepts, Therapeutic Communication, Therapeutic Environment **Pharmacological & Parenteral Therapies:** Adverse Actions/Outcomes

Pre-Class Preparation

Required:

- ATI Ch. 4: Stress & Defense Mechanisms
- Ch. 9: Stress Management
- Ch. 11: Anxiety Disorders
- Ch. 21: Coping with Stressors
- Ch. 22: Mental Health Disorders
- Ch. 36: Psychiatric Medications

Recommended:

- ATI Practice Questions "Anxiety Disorders"
- Varcarolis, 3rd ed. Ch. 10: p. 120-127 & Ch. 11: p. 130-149

Concepts	*Faculty*
Clinical Judgment & Coping	Jeremy Ellis MSN, RN

Date originated: 12/19/17 ***Revision Dates:*** NA

Learning Activities

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

Evaluation Methods

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