

Covenant School of Nursing
Instructional Module 6 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.	
Pre-Class Preparation	
Required: • Varcarolis, 4th ed. Ch. 10: p. 120-133 & Ch. 11: p. 134-149-156 Recommended: • HESI Comprehensive Review for the NCLEX-RN Examination 6th ed., Ch. 7, pp. 267-268.	
Learning Activities	
Classroom: • Lecture and discussion Online: • See online assignments in “Instructional Module 6 Assignments and Required Work” Clinical/Lab: • Care of the patient experiencing an anxiety disorder/anxiety in the clinical setting	
Evaluation Methods	
• Exams • HESI proctored exam • Clinical performance/Evaluation	
Texas DEC's	QSEN Competencies
Knowledge: II.B.1,5,7,8, 12; II.C.1a-b; 2b, 4a,6,7; II.E.4.a & 7; II. E 6a Clinical Judgments & Behaviors: II.E.1; II. E.2, a. b. & c; II.E.3.b	Patient Centered Care; Safety
IM Student Learning Outcomes	NCLEX Test Plan
1-8	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

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