

IM6 (Acute Psychiatric) Critical Thinking Worksheet

<p><b>1. DSM-5 Diagnosis and Brief Pathophysiology (include reference):</b>  <b>PTSD</b> is a syndrome that results from exposure to real or threatened death, serious injury, or sexual assault. Following the traumatic event, PTSD is common and is one of the serious health concerns that is associated with comorbidity, functional impairment, and increased mortality with suicidal ideations and attempts. (Mann, 2022)</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>• War veteran</li> <li>• Exposure to bomb blasts</li> <li>• Motor vehicle accident 2 weeks ago</li> <li>• History of migraines</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>• Headache*</li> <li>• Intrusion symptoms</li> <li>• Avoidance of thoughts and behaviors*</li> <li>• Sensitivity to light*</li> <li>• Sensitivity to noise*</li> <li>• Nervousness*</li> <li>• Negative change in thoughts/mood</li> <li>• Less sleep*</li> <li>• More emotional*</li> <li>• Changes in arousal</li> </ul>
<p><b>4. Medical Diagnoses:</b>          Traumatic brain injury</p>		
<p><b>5. Diagnostic Tests Pertinent or Confirming of Diagnosis</b></p> <ul style="list-style-type: none"> <li>• Mini-Cog assessment</li> <li>• Part B of the ACE form</li> <li>• Primary Care PTSD screen</li> </ul>	<p><b>6. Lab Values That May Be Affected:</b></p> <p>No labs were drawn for this patient's PTSD.</p>	<p><b>7. Current Treatment:</b></p> <ul style="list-style-type: none"> <li>• Psychiatric nurse practitioner visits*</li> <li>• Medications*</li> </ul>

<p><b>8. Focused Nursing Diagnosis:</b></p> <p>Fear</p>	<p><b>12. Nursing Interventions related to the Nursing Diagnosis in #7:</b></p> <p>1.I will create a safe and opening environment for the patient while in the hospital setting.</p>	<p><b>13. Patient Teaching:</b></p> <p>1.Teach patient how to perform coping mechanisms including imagery and meditation to reduce fear daily.</p>
<p><b>9. Related to (r/t):</b></p> <p>Perceived threat or danger, secondary to PTSD</p>	<p><b>Evidenced Based Practice:</b></p> <p>This will help decrease anxiety and fear while being in a new environment.</p> <p>2.I will guide the patient to identify reality from the perceived threats that cause the fear.</p>	<p>2. Teach patient how to replace negative thoughts with positive ones.</p> <p>3.Teach patient about the disease process and the lifestyle changes that can be made to help treat it.</p>
<p><b>10. As evidenced by (aeb):</b></p> <p>Patient states, “Every time I go somewhere, I immediately look for exits”.</p>	<p><b>Evidenced Based Practice:</b></p> <p>This promotes assurance and can help the patient maintain at ease.</p>	<p><b>14. Discharge Planning/Community Resources:</b></p> <p>1. Refer patient to support groups related to fear from PTSD.</p>
<p><b>11. Desired patient outcome:</b></p> <p>Patient will demonstrate effective coping mechanisms such as breathing and relaxation techniques by discharge.</p>	<p>3.I will determine the patient’s previous coping strategies and how well they worked in order to create new, more effective ones.</p> <p><b>Evidenced Based Practice:</b></p> <p>This will help with the formation of coping strategies that the patient can easily adapt to.</p>	<p>2. Follow up appointment with PCP for re-assessment.</p> <p>3. Refer patient to psychiatrist if therapy is needed/wanted.</p>

## References

Mann, S. K. (2022, February 7). *Posttraumatic stress disorder*. StatPearls [Internet].

<https://www.ncbi.nlm.nih.gov/books/NBK559129/>

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<https://nursestudy.net/ptsd-nursing-diagnosis/>

Tull, M. (n.d.). *Learn the symptoms, causes, and treatment of PTSD*. Verywell Mind.

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*6 fear nursing care plans*. NurseStudy.Net. (2021, December 19).

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