

IM6 (Acute Psychiatric) Critical Thinking Worksheet

<p>1. DSM-5 Diagnosis and Brief Pathophysiology (include reference): Severe Anxiety: A disorder characterized by intense worry and fear over certain events and activities. The central nervous system is heightened causing a fight or flight response (Bhatt, 2022).</p>	<p>2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.);</p> <ul style="list-style-type: none"> • Family history (mom died in surgery) • Cultural beliefs • Distance of family 	<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 • Fatigue • Difficulty concentrating • Muscle tension • Sleep disturbance <p>3 or more symptoms for at least 6 months</p>
<p>4. Medical Diagnoses:</p> <p>Breast cancer</p>		
<p>5. Diagnostic Tests Pertinent or Confirming of Diagnosis</p> <ul style="list-style-type: none"> • Hamilton anxiety scale • Zung self-rating anxiety scale • Beck anxiety inventory • Other anxiety scales 	<p>6. Lab Values That May Be Affected:</p> <p>There are no lab tests that can diagnose anxiety disorders</p>	<p>7. Current Treatment:</p> <ul style="list-style-type: none"> • Psychotherapy • Medication <ul style="list-style-type: none"> o Anti-anxiety o antidepressants

Student Name: _____ Date: _____

<p>8. Focused Nursing Diagnosis:</p> <p>Anxiety</p>	<p>12. Nursing Interventions related to the Nursing Diagnosis in #7:</p> <p>1. I will ensure there is a quiet, calm environment for the patient</p> <p>Evidenced Based Practice: decreased stimuli will reduce the patient's anxiety</p>	<p>13. Patient Teaching:</p> <p>1. I will teach the patient about her options to go through with surgery, delay it, or cancel it all together</p> <p>2. I will teach the patient about techniques to decrease anxiety</p>
<p>9. Related to (r/t):</p> <p>Surgery</p>	<p>2. I will assist the patient in doing deep breathing exercises</p> <p>Evidenced Based Practice: Deep breathing exercises help to calm the patient and help with breathing</p>	<p>3. I will teach the patient about anti-anxiety medications if prescribed</p>
<p>10. As evidenced by (aeb):</p> <p>Restlessness, difficulty breathing and tachycardia</p>	<p>3. I will actively listen and therapeutically communicate with my patient</p> <p>Evidenced Based Practice: actively listening and therapeutically communicating with the patient will allow them to communicate their concerns therefore reducing their anxiety</p>	<p>14. Discharge Planning/Community Resources:</p> <p>1. Refer the patient for psychotherapy</p> <p>2. follow-up appointments</p>
<p>11. Desired patient outcome:</p> <p>The patient will have a respiratory rate between 12-20, a heart rate between 60-100, and be able to state decreased fear before the surgery.</p>		<p>3. Anxiety education brochure</p>