

IM6 (Acute Psychiatric) Critical Thinking Worksheet

<p>1. DSM-5 Diagnosis and Brief Pathophysiology (include reference): Severe anxiety essentially narrows the perceptual field of the individual experiencing the disorder. Learning and problem solving skills are impaired and behavior is automatic with little thought to why they are doing whatever it is they are. Essentially there is a fight or flight feeling that drives the individual to focus on survival and reducing the anxiety before being able to address anything else. (references on separate document)</p>	<p>2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.);</p> <p>Being far from most family</p> <p>Not going home to meet with tribal healers before surgery</p> <p>Not having her medication bundle present on the day of her scheduled procedure</p> <p>Being fearful of dying in a similar manner that her mother did</p>	<p>2. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References)</p> <ul style="list-style-type: none"> • Hyper focus on a single detail * • Sense of dread * • Difficulty concentrating • Change in voice volume/pitch • Impending doom * • Hyperventilation • Heart palpitations • Rapid HR * • Rapid breathing * • Withdrawn <p>(references on separate document)</p>
<p>4. Medical Diagnoses:</p> <p>Breast CA</p>		
<p>5. Diagnostic Tests Pertinent or Confirming of Diagnosis</p> <ul style="list-style-type: none"> • GAD-2 (generalized anxiety disorder questionnaire) • GAD-7 • Hamilton rating scale for anxiety 	<p>6. Lab Values That May Be Affected:</p> <ul style="list-style-type: none"> • CBC • LFTs • LDH • Serum levels of lorazepam and diazepam (toxicity) 	<p>7. Current Treatment:</p> <p>Lorazepam Diazepam</p>

Student Name: _____ Date: _____

<p>8. Focused Nursing Diagnosis: Anxiety</p>	<p>12. Nursing Interventions related to the Nursing Diagnosis in #7: 1. Perform patient interview to assess the source of the patients fears/anxiety.</p>	<p>13. Patient Teaching: 1. Educate pt. on their rights to participate in their care.</p>
<p>9. Related to (r/t): situational crisis</p>	<p>Evidenced Based Practice: The nurse should be able to identify the sources of the patients anxiety to be able to properly address their concerns.</p> <p>2. Validate the sources of fear.</p>	<p>2. Educate pt. on deep breathing techniques to use when feeling anxious</p> <p>3. Go over the procedure with the patient so they better understand what will be performed while they are asleep.</p>
<p>10. As evidenced by (aeb): pt. stating being apprehensive to move forward with her scheduled procedure</p>	<p>Evidenced Based Practice: Patients may be scared to explain why they feel the way they do out of fear of judgement or misunderstanding. It is important for the nurse to make sure they know that how they are feeling is valid and will be addressed.</p>	<p>14. Discharge Planning/Community Resources: 1. Follow up appointment with physician if procedure is postponed.</p>
<p>11. Desired patient outcome: pt. will report decreased fear and anxiety reduced to a manageable level w/l 24h.</p>	<p>3. discuss postponement or cancellation of surgery with patient, family and physician</p> <p>Evidenced Based Practice: This may be necessary if the concerns and needs of the patients are not able to be met prior to the procedure.</p>	<p>2. Request case management to get on board to help with potential transportation barriers.</p> <p>3. refer pt. to outpatient therapy to address anxiety on a regular basis.</p>