

IM6 (Acute Psychiatric) Critical Thinking Worksheet

<p>1. DSM-5 Diagnosis and Brief Criterion B: intrusion symptoms (one required) The traumatic event is persistently re- experienced in the following way(s): Unwanted upsetting memories, nightmares, flashbacks, emotional distress after exposure to traumatic reminders, physical reactivity after exposure to traumatic reminders. PTSD is a psychiatric disorder that may occur in people who have experienced or witnessed a traumatic even such as serious accident, terrorist act, war/combat, rape, or threatened by death or sexual violence/injury. Having intense, disturbing thought and feeling r/t to the experience long after the event.</p> <p>4. Medical Diagnoses: PTSD complicated by <u>Traumatic Brain Injury (Concussion)</u></p>	<p>2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.);</p> <p>Environmental: loud noises (his children crying) and light (gives him a headache)</p>	<p>3. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References)</p> <p>My patient answered “yes” when asked the following questions. Unwanted upsetting memories, nightmares, flashbacks, emotional distress after exposure to traumatic reminders, physical reactivity after exposure to traumatic reminders. They exhibited all of these symptoms.</p>
<p>5. Diagnostic Tests Pertinent or Confirming of Diagnosis</p> <p>Mini- Cog Acute Concussion Scale Post-Traumatic Stress Disorder Screen CT DSM-5</p>	<p>6. Lab Values That May Be Affected:</p> <p>CBC- platelet count, Hgb</p>	<p>7. Current Treatment:</p> <p>Medications- Topiramate and Diazepam Rest Therapy Psychotherapy</p>

Student Name: _____ Date: _____

<p>8. Focused Nursing Diagnosis:</p> <p>Ineffective Coping</p>	<p>12. Nursing Interventions related to the Nursing Diagnosis in #7:</p> <p>1. Encourage the recognition of situations that provoke flashbacks or thoughts.</p> <p>Evidenced Based Practice: Recognition of precipitating factors is the first step in teaching client to interrupt escalation of anxiety.</p> <p>3. Support and encourage the patient's efforts to explore the meaning and purpose of the behavior.</p>	<p>13. Patient Teaching:</p> <p>1. If you have suicidal ideation, constant headache, personality changes, or persistent dizziness. Go to the hospital.</p> <p>2. Don't do activities that require a lot of concentration or attention. This will allow your brain to rest and heal more quickly.</p> <p>3. (to wife) Be aware of symptoms to look for: husband is not waking up- call 911. Lock up the medicine cabinet, guns, and alcohol. Decrease stimulants as much as possible.</p>
<p>9. Related to (r/t):</p> <p>Situational crises</p>	<p>Evidenced Based Practice:</p> <p>The patient may be unaware of the relationship between emotional problems and compulsive behaviors. Recognition and acceptance of problems is important before change can occur.</p> <p>4. Assess client's level of anxiety. Investigate the types of situations that increase anxiety and result in ritualistic behaviors.</p>	<p>14. Discharge Planning/Community Resources:</p> <p>1. Veterans Affair Administration information as well as for The Texas Veterans Portal</p> <p>2. Wounded warriors project – support group</p> <p>3. Follow up appointment with neurologist</p>
<p>10. As evidenced by (aeb):</p> <p>Patient being hypervigilant, having flashbacks, detaches himself, and feels guilt.</p>	<p>Evidenced Based Practice:</p> <p>Helping the client recognize the precipitating factors is the first step in teaching the client to interrupt the escalating anxiety.</p>	
<p>11. Desired patient outcome:</p> <p>The patient will be able to identify his stressors: noise, light, or anything that triggers him by 11/17/22.</p>		

References:

DSM-5 criteria for PTSD. BrainLine. (2021, August 3). Retrieved November 15, 2022, from <https://www.brainline.org/article/dsm-5-criteria-ptsd>

What is posttraumatic stress disorder (PTSD)? Psychiatry.org - What is Posttraumatic Stress Disorder (PTSD)? (n.d.). Retrieved November 15, 2022, from <https://www.psychiatry.org/patients-families/ptsd/what-is-ptsd>