

IM6 (Acute Psychiatric) Critical Thinking Worksheet

<p>1. DSM-5 Diagnosis and Brief Pathophysiology (include reference): B. The person finds it difficult to control the worry. E. The anxiety, worry, or physical symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning. Anxiety is a feeling of fear, dread, and uneasiness. It might cause a rapid heartbeat, sweat, feel restless, or tense. It can be a normal reaction to stress. For some people with anxiety disorders, the fear is not temporary and can be overwhelming.</p> <p>4. Medical Diagnoses: Breast Cancer (here for left mastectomy)</p>	<p>2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.); Surgical procedures Lack of social support Loss of loved one</p>	<p>3. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References) -B.The patient found it difficult to control the worry E. The anxiety, worry, or physical symptoms caused clinically significant distress or impairment in social, occupational, or other important areas of functioning. ** patient's vitals were elevated, SOB, stated " I feel like I'm going to die. I can't catch my breath. I feel like I am having a heart attack." , she couldn't think straight, very worried, and anxious.</p>
<p>5. Diagnostic Tests Pertinent or Confirming of Diagnosis DSM-5 Self- assessment questionnaire Psychological evaluation</p>	<p>6. Lab Values That May Be Affected: Cortisol Epinephrine Dopamine</p>	<p>7. Current Treatment: Cognitive behavioral therapy Medications: anti-anxiety Certain antidepressants</p>

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. Stay with the patient when levels of anxiety are high (severe or panic); reassure client of their safety and security</p>	<p>13. Patient Teaching:</p> <p>1. Teach relaxation techniques: Deep breathing</p>
<p>9. Related to (r/t):</p> <p>Left mastectomy procedure. Situational crises. Doesn't have medicine bundle.</p>	<p>Evidenced Based Practice:</p> <p>The client's safety is utmost priority. A highly anxious client should not be left alone as his anxiety will escalate.</p> <p>4. Encourage anxiety- reducing measures, such as slow, controlled deep breathing; distraction; relaxation techniques and biofeedback.</p>	<p>5. If symptoms persist such as " impending doom or shortness of breath lasting a long time " or if you have thoughts of self-harm. Let us know ASAP.</p> <p>3. What anxiety is : A feeling of worry, nervousness, or unease, typically about an imminent event or something with an un certain outcome.</p>
<p>10. As evidenced by (aeb):</p> <p>Feeling discomfort Disorganized thought process SOB Helplessness Worried Can't think straight</p>	<p>Evidenced Based Practice:</p> <p>Relaxation exercises are effective nonchemical ways to reduce anxiety</p> <p>3. Observe for increasing anxiety. Assume a calm manner, decrease environmental stimulation, and provide temporary isolation as indicated.</p>	<p>14. Discharge Planning/Community Resources:</p> <p>1. Breast Cancer support groups</p>
<p>11. Desired patient outcome:</p> <p>Respond to relaxation techniques with a decreased anxiety level such as shortness of breath by the time the patient gets discharged.</p>	<p>Evidenced Based Practice:</p> <p>Early detection and intervention facilitate modifying client's behavior by changing the environment and the client's interaction with it, to minimize the spread of anxiety.</p>	<p>2. pamphlet for breathing exercises</p> <p>3. Information to the Native American Health Center.</p>

References

U.S. National Library of Medicine. (n.d.). *Anxiety*. MedlinePlus. Retrieved November 16, 2022, from <https://medlineplus.gov/anxiety.html>

Table 3.15, DSM-IV to DSM-5 generalized anxiety disorder comparison ... (n.d.). Retrieved November 16, 2022, from <https://www.ncbi.nlm.nih.gov/books/NBK519704/table/ch3.t15/>