

Covenant School of Nursing
Instructional Module 6 Learning Guide
Topic: Anxiety & Stress-related Disorders

Learning Goals/Outcomes	
<p>Upon completion of this lesson, you will be able to:</p> <ul style="list-style-type: none"> • Differentiate between the psychological and physiological responses in the four levels of anxiety: mild, moderate, severe, and panic. • Identify priority assessments for the person experiencing anxiety. • Describe the clinical manifestations of each anxiety disorder (Panic Disorder, Obsessive-Compulsive Disorder, Generalized Anxiety Disorder, Phobic Disorders, & Dissociative Disorders). • Describe the clinical manifestations of each stress related disorder (Acute Stress Disorder & Post Traumatic Stress Disorder). • Identify nursing interventions for the person experiencing stress or anxiety. • Identify common therapies used in the treatment of stress and anxiety disorders. • Identify common medications used in the treatment of anxiety and stress disorders. • Assess a patient for signs of anxiety and make clinical decisions based on the findings. • Implement a nursing plan of care for a patient experiencing anxiety. 	<p>OSEN Competencies</p>
Pre-Class Preparation	
<p>Required:</p> <ul style="list-style-type: none"> • Varcarolis, 5th ed. Ch. 10: p. 120-133 & Ch. 11: p. 138-158 <p>Recommended:</p> <ul style="list-style-type: none"> • HESI Comprehensive Review for the NCLEX-RN Examination 6th ed., Ch. 7, pp. 267-268. 	
Learning Activities	
<p>Classroom:</p> <ul style="list-style-type: none"> • Lecture and discussion <p>Online:</p> <ul style="list-style-type: none"> • See online assignments in “Instructional Module 6 Assignments and Required Work” <p>Clinical/Lab:</p> <ul style="list-style-type: none"> • Care of the patient experiencing an anxiety disorder/anxiety in the clinical setting 	
Evaluation Methods	
<ul style="list-style-type: none"> • Exams • HESI proctored exam • Clinical performance/Evaluation 	
Texas DECs	
<p>Knowledge: II.B.1,5,7,8, 12; II.C.1a-b; 2b, 4a,6,7; II.E.4.a & 7; II. E 6a Clinical Judgments & Behaviors: II.E.1; II. E.2, a. b. & c; II.E.3.b</p>	<p>Patient Centered Care; Safety</p>
IM Student Learning Outcomes	NCLEX Test Plan
<p>1-8</p>	<p>Psychosocial Integrity: Crisis intervention, Behavioral interventions, Mental Health Concepts, Therapeutic Communication, Therapeutic Environment Pharmacological & Parenteral Therapies: Adverse Effects/Contraindications/Interactions & Expected Actions/Outcomes</p>
Concepts	Faculty
<p>Clinical Judgment & Coping</p>	<p>Annie Harrison, DNP, MSN, RN PMH-BC</p>
<p>Date originated: 12/15/15</p>	<p>Revision Dates: 7/20/16; 1/16/17; 1/19/18; 12/18/19; 12/3/20; 7/19/21/ 1/27/22, 6/27/22; 1/25/23; 7/10/23</p>

CSON Learning Guide (adopted 5-2015 by Faculty vote) - adapted from Smith, R. M. Conquering the Content. San Francisco: Jossey-Bass, 2008. REV 9-2016