

Student Name: _____ Date: _____

IM6 (Acute Psychiatric) Critical Thinking Worksheet

<p>1. DSM-5 Diagnosis and Brief Pathophysiology (include reference):</p> <p>PTSD</p>	<p>2. Psychosocial Stressors (i.e. Legal, Environmental, Relational, Developmental, Educational, Substance Use, etc.):</p> <p>history of War</p>	<p>3. DSM-5 Criteria for Diagnosis (Asterisk or Highlight Symptoms Your Patient Exhibits and Include References)</p> <p>nightmares, flashbacks</p>
<p>4. Medical Diagnoses:</p> <p>Metabolic encephalopathy</p>		
<p>5. Diagnostic Tests Pertinent or Confirming of Diagnosis</p> <p>patient stated that he often has dreams or daydreams of times when he was in the war and seeing his friends die beside him was very traumatizing. he usually tries to avoid the 4th of July because it brings back memories. His Hamilton anxiety scale was scored at an 8 and his depression scale was scored a 5</p>	<p>6. Lab Values That May Be Affected:</p>	<p>7. Current Treatment:</p> <p>cymbalta 30 mg daily melaton 3mg nightly PRN</p>

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8. Focused Nursing Diagnosis: PTSD	12. Nursing Interventions related to the Nursing Diagnosis in #7: 1. stay with the patient when he is having a nightmare or flashback Evidenced Based Practice: trauma informed care	13. Patient Teaching: 1. teach relaxation techniques in anxious times 2. avoid alcohol and drugs 3. allow him to figure out what triggers him and how to cope
9. Related to (r/t): anxiety from war, witnessing tragic death	Evidenced Based Practice: 2. encourage him to talk about his feelings and allow time for him to speak	14. Discharge Planning/Community Resources: 1. join a PTSD support group
10. As evidenced by (aeb): inability to concentrate, flashbacks, nightmares	Evidenced Based Practice: 3. help him find coping strategies	2. allow him to plan out how to cope with his feelings and learn how to handle anxiety 3. inform him of CBT
11. Desired patient outcome: patient will be able to hand the grief and find a way to deal with his anxiety	Evidenced Based Practice:	