Covenant School of Nursing
LVN-RN Track Learning Guide
Topic: Anxiety & Stress Related Disorders

Learning Goals/Outcomes

Upon completion of this lesson, you will be able to:

- 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).

Texas DECs	*QSEN Competencies*
Knowledge: II.B.1, 5, 7, 8; II.C.1a-b, 2a-b, c, III.A.1, 2, 4, 6, 7, III.E.4 & 7; Clinical Judgments & Behaviors: II.E.1, II. E.2, a.b. & c, II.E.3.b	Patient Centered Care; Safety

Student Learning Outcomes	*NCLEX Test Plan*
• 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.	**Psychosocial Integrity:** Crisis intervention, Behavioral interventions, Mental Health Concepts, Therapeutic Communication, Therapeutic Environment **Pharmacological & Parenteral Therapies:** Adverse Effects/Contraindications/Interactions & Expected Actions/Outcomes

Pre-Class Preparation

Recommended reading:

- Silvestri, L. A. (20XX). *Saunders comprehensive review for the NCLEX examination*. Elsevier.
- Cuellar, E. T. (Ed.). (20XX). *HESI comprehensive review for the NCLEX-RN examination*. Elsevier.

Concepts	*Faculty*
Clinical Judgment & Coping	Annie M. Harrison, DNP, RN PMH-BC
Date originated: 12/19/17	***Revision Dates:*** 01/13/2023; 2/19/24

Learning Activities

- Exams
- Clinical performance/Evaluations

Evaluation Methods

- Exams
- Clinical performance/Evaluations