

My patient is a 49-year-old female that is of Indian descent. She is struggling with anxiety after becoming hospitalized due to cellulitis and puncture wounds to the left hand. According to demographics, Indian women tend to have a significantly higher prevalence of anxiety than the men. She has been admitted and diagnosed with cellulitis. The main concern for this diagnosis is to gain control over the infection. This is important to prevent the spread of infection leading to extensive damage or death of the tissue. If the infection continues to travel and spread throughout the body it can affect the blood, bones, heart, and other body processes such as the lymph or nervous system. Priority interventions that should be implemented include antibiotics, wound care, and pain management. Taking antibiotics is important because this can significantly help your body to fight off the infection. You may also want to elevate the affected site to prevent excessive swelling. Wound care is important because you want to make sure the dressings are clean and dry for smooth healing. You must take care of the wound to prevent further infection from occurring. Pain management is important because this will help to comfort her and could even help reduce a certain amount of the anxiety that she is experiencing. My priority psych assessments would be Hamilton Anxiety Rating Scale (HAM-A) and the Columbia-Suicide Severity Rating Scale (C-SSRS). I would do the HAM-A assessment because I would like to get an idea of how intense her anxiety is currently so I can provide proper care for her at this time. I would like to use the C-SSRS assessment to make sure she is doing okay and manages her anxiety well while at home. I know anxiety can be a challenging thing to live with so I believe this would be a valuable tool to assess. I would anticipate administering Hydroxyzine pamoate, Lorazepam, Acetaminophen, and/or Ibuprofen. Hydroxyzine pamoate and Lorazepam should help with lowering her anxiety while Acetaminophen and/or Ibuprofen can be implemented to help with the pain as well as fever that is associated with the infection. I would like to provide

therapeutic communication to my patient by explaining everything she needs to know such as what to expect, when to seek medical attention, and informing her about limiting or avoiding caffeine, as this may intensify her anxiety. I would also like to provide her with available resources such as talking therapies or peer support groups that way she can feel encouraged by others going through anxiety.