

SIGNS & SYMPTOMS

Mild Anxiety – Sharp senses, increased motivation/awareness, enhanced learning
Moderate anxiety, Muscle tension decreased alertness/concentration, narrow perception, restlessness.
Severe anxiety Progressively narrowed concentration, cognitive impairment
Panic anxiety complete lack of focus, functional impairment changes in base line behavior

PATHOPHYSIOLOGY

The body's protective autonomic response to stress or threats.

DIAGNOSTICS / LABS

CBC,
ABG
Thyroid
Urinalysis
There is no specific diagnosis for anxiety disorder.

OTHER

Therapeutic communication will allow the client to be able to express themselves comfortably
Removing contraband objects improve client safety if the client is at risk for self-harm.

Anxiety

PRIORITY NURSING DIAGNOSIS

Anxiety related to interpersonal relationships, Stress and situational status. Shortness of breath, chest pain, lack of focus.

TREATMENT / MEDICATION

Behavioral therapist/ counselling – teach coping skill, peer support, education.
Buspirone, Hydroxyzine, Lorazepam, Phenelzine sulfate, Fluoxetine.

NURSING IMPLICATIONS

Maintain calm environment.
Always remain with the patient having acute severe panic
Minimize environment stimuli. Move to quiet setting.
Speak low and slow.
Reinforce reality.
Keep patient safe.

PATIENT TEACHING

Coping mechanisms to reduce anxiety/stress levels.
Medication safety – how to properly take the medication, adverse effects, indications/ contraindications
Patient understanding diagnosis/ individual triggers specific to the patient.

Sample Nursing Concept Map For Anxiety

RJ Shavelson



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