

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

Mary Miller, Deborah Wirwicz



Sample Nursing Concept Map For Anxiety:

Sample Nursing Concept Map For Anxiety: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Sample Nursing Concept Map For Anxiety : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Sample Nursing Concept Map For Anxiety : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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