

## 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

**J Spring**



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