## SIGNS & SYMPTOMS

Mild Anxiety – Sharp senses, increased motivation/awareness, enhanced learning Moderate arxiety, 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 conflictably

Removing contraband objects improve client safety if the client is at risk for self-frame.



## 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, Hydrowytine, Lorazepam, Phenelzine sulfate, Fluoxetine.

#### NURSING IMPLICATIONS

Maintain calm environment.

Always remain with the patient having acute severe panic

Minimize environment stimuli. Move to quiet settine.

Speak low and slow.

Reinforce reality.

Keep patient safe.

## PATIENT TEACHING

Coping mechanisms to reduce anxiety/stresslevels.

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**

Susan K. Grove, Nancy Burns, Jennifer R. Gray

#### **Sample Nursing Concept Map For Anxiety:**

**Concept Mapping** Pamela McHugh Schuster, 2020-01-06 Looking for an easier path to care planning Create a map Concept mapping is a clear visual and systematic model for gathering and categorizing relevant assessment data identifying patient problems and developing patient goals interventions and outcomes for each nursing diagnosis A concept map is your Nursing Concept Care Maps for Safe Patient Care Ruth guide to nursing care in any clinical setting Wittman-Price, Brenda Reap Thompson, Suzanne M Sutton, 2012-10-11 Nursing Concept Care Maps for Providing Safe Patient Care presents 200 sample care maps covering the diseases and disorders you ll encounter most often in clinical practice They ll also help you develop the critical thinking skills you need to plan safe and effective nursing care You CAN Teach Advanced Med-Surg Nursing! Mary Miller, Deborah Wirwicz, 2014-08-18 This is the first comprehensive resource for clinical medical surgical nursing instructors responsible for guiding students through their entire clinical rotation Filling a huge gap in resources for instructors required to teach the medical surgical nursing course it contains everything the new or adjunct instructor needs to teach expertly and confidently The guide features a week by week instructional plan for the clinical rotation and includes all materials necessary to effectively perform administrative leadership and supervision assess students knowledge and learning styles maximize the learning process simplify evaluation and help ensure a smooth transition to clinical practice The guide will serve as a welcome companion to both experienced and novice medical nursing instructors with its week by week instruction guide that encompasses organizational teaching templates teaching and learning resources and evaluation materials These include everything from the Adjunct Faculty Contract to the Course Syllabus to a Comprehensive Skills Checklist Key clinical instruction materials including PowerPoints and simulation scenarios are provided for each body system Additionally the book contains guizzes with answers discussion questions and interactive student activities and exercises Key Features Comprises the first complete resource for successfully guiding students through their clinical rotations from start to finish Helps to allay the fear factor for new and adjunct clinical nursing instructors Provides a week by week instructional guide that includes organizational teaching templates teaching and learning resources and evaluation aids Includes numerous forms and templates to facilitate administrative responsibilities student assessment and student evaluation Key clinical information is organized by body system and includes multiple interactive teaching tools Basic Concepts of Psychiatric-mental Health Nursing Louise Rebraca Shives, 2007 This seventh edition includes new chapters and maintains popular features from previous editions such as self awareness prompts while adding research boxes and student worksheets at the end of each chapter Essentials of Psychiatric Mental Health Nursing Mary C Townsend, 2013-08-16 New DSM 5 content Whether it s an entire course on psychiatric nursing or integrating these principles into an existing course this is the text that s concise engaging and informative It offers an evidence based holistic approach to mental health nursing in a streamlined format that explores nursing diagnoses for both

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Unveiling the Magic of Words: A Review of "Sample Nursing Concept Map For Anxiety"

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