

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

G Thomas



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Table of Contents Sample Nursing Concept Map For Anxiety

1. Understanding the eBook Sample Nursing Concept Map For Anxiety
 - The Rise of Digital Reading Sample Nursing Concept Map For Anxiety
 - Advantages of eBooks Over Traditional Books
2. Identifying Sample Nursing Concept Map For Anxiety
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sample Nursing Concept Map For Anxiety
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sample Nursing Concept Map For Anxiety
 - Personalized Recommendations

- Sample Nursing Concept Map For Anxiety User Reviews and Ratings
- Sample Nursing Concept Map For Anxiety and Bestseller Lists
- 5. Accessing Sample Nursing Concept Map For Anxiety Free and Paid eBooks
 - Sample Nursing Concept Map For Anxiety Public Domain eBooks
 - Sample Nursing Concept Map For Anxiety eBook Subscription Services
 - Sample Nursing Concept Map For Anxiety Budget-Friendly Options
- 6. Navigating Sample Nursing Concept Map For Anxiety eBook Formats
 - ePub, PDF, MOBI, and More
 - Sample Nursing Concept Map For Anxiety Compatibility with Devices
 - Sample Nursing Concept Map For Anxiety Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sample Nursing Concept Map For Anxiety
 - Highlighting and Note-Taking Sample Nursing Concept Map For Anxiety
 - Interactive Elements Sample Nursing Concept Map For Anxiety
- 8. Staying Engaged with Sample Nursing Concept Map For Anxiety
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sample Nursing Concept Map For Anxiety
- 9. Balancing eBooks and Physical Books Sample Nursing Concept Map For Anxiety
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sample Nursing Concept Map For Anxiety
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Sample Nursing Concept Map For Anxiety
 - Setting Reading Goals Sample Nursing Concept Map For Anxiety
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sample Nursing Concept Map For Anxiety
 - Fact-Checking eBook Content of Sample Nursing Concept Map For Anxiety

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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