# 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**

**Chao Zhang** 

**Sample Nursing Concept Map For Anxiety:** 

#### Reviewing Sample Nursing Concept Map For Anxiety: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "Sample Nursing Concept Map For Anxiety," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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