

**THE PATIENT WITH ANXIETY/ANXIETY DISORDER**

**OBJECTIVES:**

1. To minimize/manage anxiety.
2. To teach patient how to handle/control periods of anxiety.

**PROCESS STANDARDS:**

1. The patient's level of anxiety will be assessed every shift and activities adjusted to patient's needs (ex., quiet environment provided if necessary).
2. The patient will be encouraged to participate in activities of daily living.
3. The patient will be encouraged to report feelings and behaviors related to anxiety such as fear, powerlessness, intrusive thoughts or preoccupation with thoughts, isolation and physical symptoms (autonomic responses) of panic.
4. Proper nutrition will be encouraged with food and fluid intake recorded if ordered.
5. The patient will receive medications as ordered and the effectiveness documented.
6. The patient will be taught to identify his/her level of anxiety, and instructed in techniques to reduce the level of anxiety. (Ex. thought stopping, re-direction.)
7. The patient will be taught to identify irrational versus rational thoughts and their consequences.
8. The patient will be given positive reinforcement for appropriate behavior.
9. The patient will receive proper discharge planning inclusive of medication/treatment regime and follow-up by psychiatry referral.

**OUTCOME STANDARDS:**

**At the time of discharge:**

1. The patient's anxiety will have been minimized or managed for the 24 hours prior to discharge.
2. Documentation of effectiveness of adaptive behavior will be present.
3. The patient will be able to identify his/her level of anxiety and be able to demonstrate methods to reduce anxiety.

**HAVE I DOCUMENTED:**

- \* Anxiety level
- \* Nutritional status
- \* Medicines (response)
- \* Teaching (procedures, tests, illness)
- \* Communication
  - Stressors
  - Feelings of anxiety

## **THE PATIENT WITH ANXIETY/ANXIETY DISORDER**

### **At The Time of Discharge:**

- \* Anxiety minimized for 24 hours
- \* Adaptive behavior present
- \* Understanding of medicine regime
- \* Psychiatric referral
- \* Knowledge of community resources i.e.

#### **Internet Resources**

<http://www.adaa.org>

<http://www.mentalhealth.com>

<http://www.psychweb.com/disorders/index.htm>

<http://www.nimh.nih.gov>

<http://www.anxietynetwork.com/pdhome.html>

- \* Patient/family has understanding of home and follow-up care

### **Reference:**

1. Varcaroles, E., Carson, V.B., and Shoemaker, N. Foundations of Psychiatric Mental Health Nursing, 5<sup>th</sup> ed. (2005). Mosby/Saunders: Philadelphia.
2. Townsend, M., Nursing Diagnosis in Psychiatric Nursing-7<sup>th</sup> ed., (2008). Chapter 7 *Anxiety Disorders*. Philadelphia: F.A. Davis: [AR, LA, OK Libraries - LSU - Shreveport -- Nursing Diagnoses in Psychiatric Nursing - 7th Ed. \(2008\)](#)