

Anxiety

Nr.	Nursing Diagnosis	Date	Nursing Intervention/s and tasks	Sign.
	<p>Anxiety</p> <p>Related factors:</p> <ul style="list-style-type: none"> Economic status Environment Exposure to toxins Familial association/heredity Health status Interaction patterns Interpersonal transmission/contagion Physiological factors, hypermetabolic state Role function Role status Situational/maturational crises Stress Substance abuse Threat of death Threat to or change in Health status Threat to self concept Unconscious conflict about essential values/goals of life Unmet needs <p>Symptoms / Risk factors:</p> <ul style="list-style-type: none"> Anxious Awareness of physiological symptoms Blocking of thought Cardiovascular excitation (sympathetic) Confusion Diarrhea (parasympathetic) Diminished ability to problem solve and learn Distressed Dry mouth (sympathetic) Expressed concerns due to change in life events Facial flushing (sympathetic) Faintness (parasympathetic) Fatigue (parasympathetic) Forgetfulness Heart pounding (sympathetic) Impaired attention Increased blood pressure (sympathetic) Increased pulse (sympathetic) Increased respiration (sympathetic) Irritability Nausea (parasympathetic) Overexcited Painful and persistent increased helplessness Scared Uncertainty Urinary frequency (parasympathetic) Urinary urgency (parasympathetic) Voice quivering Weakness (sympathetic) <p>Outcome / Goal:</p> <ul style="list-style-type: none"> Demonstrate problem-solving skills. Verbalize awareness of feelings of anxiety Will experience a reduction in anxiety 		<p>Anxiety reduction</p> <ul style="list-style-type: none"> Administer medications as ordered and monitor for side effects, effectiveness. Assess reasons for anxiety Explain all procedure as appropriate Inform patient about his stay in the post op care unit Prepare patient for surgery (if planned) Provide accurate, concrete information about what is being done Reduce unnecessary externa stimuli Reinforce previous information client has been given Spend time talking with parents. Allow to express feelings Spend time talking with patient. Allow to express feelings Spend time talking with resident. Allow to express feelings. Teach relaxaiton exercises techniques to promote sleep and reduce anxiety <p>Calming Technique</p> <ul style="list-style-type: none"> Assess sleeping patterns in response to discomfort Maintain calm, deliberate manner Provide pain medication as indicated Reassure patient of personal safety or security Teach relaxaiton exercises techniques to promote sleep and reduce anxiety <p>Emotional Support</p> <ul style="list-style-type: none"> Provide positive support for the patient's self-esteem <p>Environmental Management</p> <ul style="list-style-type: none"> Adjust environment to promote patients comfort Ascertain and validate client's perceptions Assess infant for physiological signs/behavioral cues indicating stress Discuss the need for removing environmental barriers in the home Encourage client to watch feet when appropriate Reduce unnecessary externa stimuli Review pathology of individual condition. <p>Teaching: Procedure/Treatment</p> <ul style="list-style-type: none"> Counseling and the support of therapeutic relationship Describe the preprocedure/pretreatment activities Describe the preprocedure/pretreatment activities Explain all procedure as appropriate Explain the purpose of the procedure/treatment Include the family/significant others, as appropriate Instruct patient / significant others about treatment interventions: Introduce the patient to the staff who will be involved in the procedure/treatme Patient education:Disease process,Diet,Medication effects and Exercise 	