

Fear

Nr.	Nursing Diagnosis	Date	Nursing Intervention/s and tasks	Sign.
	<p>Fear</p> <p>Related factors:</p> <ul style="list-style-type: none"> Diagnosis of cancer Language barrier Learned response (e.g., conditioning, modeling from or ident Natural/innate origin (e.g., sudden noise, height, pain, los Phobic stimulus Sensory impairment Separation from support system in potentially stressful situ Uncertain prognosis Unfamiliarity with environmental experience(s) <p>Symptoms / Risk factors:</p> <ul style="list-style-type: none"> Apprehension Being scared Decreased self assurance Diarrhea Diminished productivity, learning ability, problem solving a Fatigue Increased respiratory rate and shortness of breath Increased systolic blood pressure Increased tension Jitteriness Muscle tightness Narrowed focus on "it" (i.e., the focus of the fear) Nausea Pallor Panic Terror Vomiting <p>Outcome / Goal:</p> <ul style="list-style-type: none"> Demonstrates reduced leves of anxiety 		<p>Active Listening</p> <ul style="list-style-type: none"> Confirm your awarness of the patient´s fear. Help the patient to express his/ her fear by careful and thoughtful questioning While interacting with the patient, maintain calm and accepting manner <p>Anxiety reduction</p> <ul style="list-style-type: none"> Assess reasons for anxiety Explain all procedure as appropriate Provide accurate, concrete information about what is being done Reduce unnecessary externa stimuli 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>Presence</p> <ul style="list-style-type: none"> Spend time with the patient 	