

Anxiety

Setting: **Inpatient** Population: **Adult** Keywords: **apprehension, dread, anxiety, uncertainty, uneasiness**

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Clinical Description

Care of the hospitalized patient experiencing feelings of apprehension, uneasiness, uncertainty or dread about possible future events and the ability to deal with the events.

Key Information

- Anxiety is a subjective, individual experience ranging from vague discomfort to feelings of panic. It is a normal response to threatening situations.
 - Anxiety can become excessive and difficult to control; negatively affecting day-to-day living, physical comfort and medical diagnosis symptoms.
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Clinical Goals

By transition of care

A. The patient will demonstrate achievement of the following goals:

- Anxiety Reduction or Resolution

B. Patient, family or significant other will teach back or demonstrate education topics and points:

- Education: Overview
 - Education: Self Management
 - Education: When to Seek Medical Attention
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Correlate Health Status

Correlate health status to:

- history, comorbidity
 - age, developmental level
 - sex, gender identity
 - baseline assessment data
 - physiologic status
 - response to medication and interventions
 - psychosocial status, social determinants of health
 - barriers to accessing care and services
 - health literacy
 - cultural and spiritual preferences
 - safety risks
 - family interaction
 - plan for transition of care
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Anxiety

Signs/Symptoms/Presentation

- acting out
- agitation
- anger
- apprehension
- crying
- distress
- fear
- helplessness
- hypervigilance
- increased dependence
- irritability
- joking
- nervousness
- panic
- regressive behavior
- restlessness
- sense of impending doom

- social withdrawal
- worry

Physical symptoms

- dry mouth
- muscle tension
- shortness of breath
- skin flushed
- skin rash
- sleep disturbance
- urinary frequency
- urinary urgency

Vital Signs

- heart rate increased

Problem Intervention(s)

Promote Anxiety Reduction

- Maintain a calm and reassuring environment; minimize noise; provide familiar items; cluster care; offer choices.
- Encourage support system presence and participation.
- Support expression and identification of feelings and worries; compassionately acknowledge and validate concerns.
- Utilize existing coping strategies and assist in developing new strategies (e.g., music, deep breathing, relaxation techniques, massage, meditation or pet therapy).
- Identify thoughts and feelings that led to current anxiety onset to enhance understanding of triggers.
- Reframe anxiety-provoking situations; provide a new perspective; engage in problem-solving.
- Utilize anticipatory guidance to enhance sense of control.
- Consider referral for a comprehensive assessment if there are concerns about the number, severity and duration of symptoms; degree of distress; functional impairment or excessive substance use.

Associated Documentation

- Complementary Therapy
 - Supportive Measures
 - Family/Support System Care
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General Education

- admission, transition of care
 - orientation to care setting, routine
 - advance care planning
 - diagnostic tests/procedures
 - opioid medication management
 - oral health
 - medication management
 - pain assessment process
 - safe medication disposal
 - tobacco use, smoke exposure
 - treatment plan
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Safety Education

- call light use
 - equipment/home supplies
 - fall prevention
 - harm prevention
 - infection prevention
 - MDRO (multidrug-resistant organism) care
 - personal health information
 - resources for support
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Education: Overview

- risk factors
 - signs/symptoms
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Education: Self Management

- coping strategies
 - resources for support
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Education: When to Seek Medical Attention

- unresolved/worsening symptoms
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