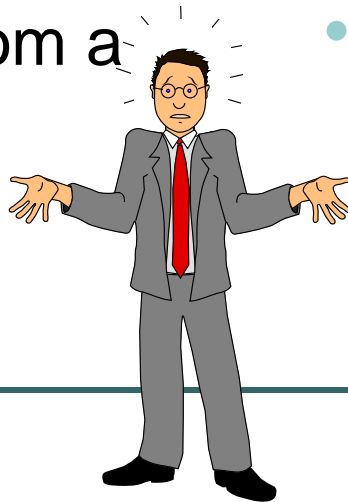


# Anxiety

---

- Most common response to stress/universal experience
- feeling of apprehension, uneasiness, uncertainly
- dread resulting from a perceived threat
- source may be unknown
- Normal anxiety
  - acute/state anxiety
  - chronic/trait
  - dysfunctional behavior is a a response to anxiety
  - stress=anxiety=relief behaviors
    - defense mechanisms
    - coping behaviors



# Etiology of anxiety

---

- Primary anxiety-  
psych causes
  - psychodynamic theories
    - Freud, Sullivan
- Behavioral theories
  - a learned response to stimuli
- Secondary anxiety
  - biological causes
  - secondary to a pervasive psych disorder



# Nursing Process

---

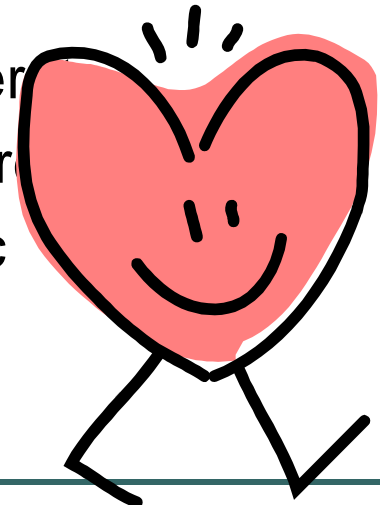
- Assessment

- physical
  - autonomic nervous system activity
  - Affects VS/other organ systems
- behavioral
  - Alert and active to terror/paralysis

- psychological
  - Heightened awareness to dissociation

- Levels of Anxiety

- Mild
- Moderate
- Severe
- Panic



# Nursing Diagnosis

---

- Anxiety: moderate related to lack of trust and paranoid thoughts as evidenced by sweating, headache, repetitive questions, inability to participate in group therapy



# Planning

---

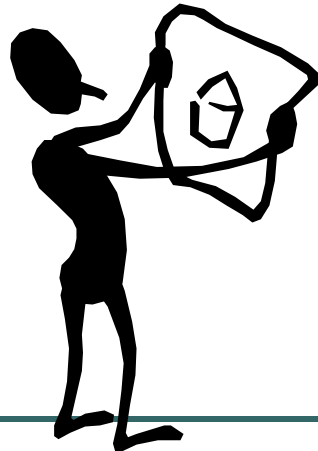
- Planning

- short term: reduce level of anxiety; prevent further escalation; facilitate problem solving
- mild to moderate: prevent further escalation

- severe to panic: goals may center on safety which is crucial to lower level of anxiety

- Long term goals

- prevention and coping measures



# Interventions

---



- Mild to moderate anxiety
  - verbalize feelings
  - support problem solving
  - provide outlets
  - nurse may feel anxiety
    - avoidance
    - annoyance

- Severe to panic anxiety
  - offer calming statements
  - remove to less stimulating env.
  - stay with patient
  - provide safety measures
  - “take charge” for patient

# Interventions

---

- Relaxation techniques
- biofeedback
- psychotherapy
- cognitive restructuring
- progressive muscular relaxation
- activities
- Implementation
  - treatment team approach
- Evaluation
  - improved coping skills



# Across the life span

---

- Children

- behavioral cues to anxiety
- developmental tasks/separation issues

- adolescents

- normal anxiety is “acute” for adolescents
- acting out behaviors, drug use

- Older adults

- anxiety and depression
- decreased ability to function

