16, 18, 20, 21, 22, 27

Week 4: Anxiety/Obsessive Compulsive Disorders

Differentiate normal anxiety responses from those suggestive of an anxiety disorder.

Anxiety disorder: when fears and anxieties are excessive and there are associated behavioral disturbances. Interferes with social and occupational functioning.

Recognize the signs/symptoms for the four levels of anxiety and nursing interventions appropriate for each level.

Mild: Perceptual field widens slightly. Able to observe more than before and to see relationships. Learning is possible. Is aware, alert, sees, hears, and grasps more than before. Usually able to recognize and identify anxiety easily.

Moderate: Perceptual field narrows slightly. Selective inattention: does not notice what goes on peripheral to the immediate focus but can do so if attention is directed there by another observer. Sees, hears, and grasps less than previously. Can attend to more if directed to do so. Able to sustain attention on a particular focus, selectively inattentive to contents outside the focal area. Usually able to state, "I am anxious now".

Severe: Perceptual field is greatly reduced. Tendency toward dissociation: to not notice what is going on outside; largely unable to do so when another observer suggests it. Sees, hears, and grasps far less than previously. Attention is focused on a small area of a given event. Inferences drawn may be distorted because of inadequacy of observed data. May be unaware of and unable to name anxiety. Relief behaviors generally used.

Panic: Perceptual field is reduced to a detail, which is usually "blown up", ie elaborated by distortion (exaggeration), or the focus is on scattered details; the speed of the scattering tends to increase. Massive dissociation, especially of contents of self-system. Felt as enormous threat to survival. Learning is impossible. Feelings of unreality, flights of idea or confusion, fear, repeats a detail. Many relief behaviors used automatically w/o thought. The enormous energy produced by panic must be used and may be mobilized by rage. May pace, run, or fight violently.

Recognize the prevalence and incidence of anxiety disorders.

More common in women than in men by at least 2 to 1. 3-5% prevalence rate for GAD, 13% social anxiety, 25% phobias, 2-3% OCD.

Understand the theories of anxiety disorders.

Serotonin and norepinephrine (norepinephrine effects act on systems most affected by a panic attack — CV, respiratory, GI)

Gamma-aminobutyric acid (GABA stimulation)

Hypothalamic-pituitary-adrenal axis (stress hormone activation = increase anxiety)

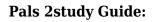
Psychoanalytic and psychodynamic

Cognitive behavioral theories (learning theory, fear response, interoceptive conditioning)

Apply nursing process with recovery-oriented interventions for persons with anxiety and anxiety disorders.

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