Anxiety

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

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.

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

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

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

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

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
Education: Overview

- risk factors
- signs/symptoms

Education: Self Management

- coping strategies
- resources for support

Education: When to Seek Medical Attention

- unresolved/worsening symptoms

References


