

# ANXIETY

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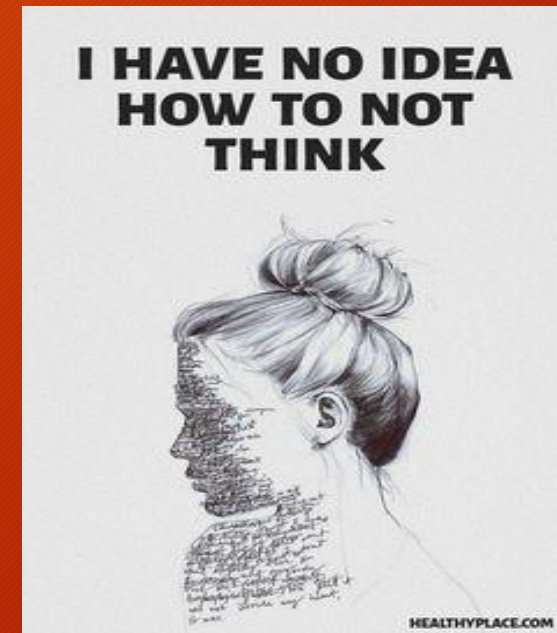


# OBJECTIVE



The viewer will be able to:

- Define Anxiety Disorders
- Discuss the different levels of Anxiety
- Recognize risk factors for Anxiety
- Recognize signs and symptoms of Anxiety
- Understand the pathophysiology of Anxiety





# OBJECTIVE



## The viewer will be able to:

- Create a treatment plan for Anxiety
- Describe research based articles in relation to Anxiety
- Describe the Peplau theory in conjunction to Anxiety
- Educate others using tools in diagnosing Anxiety
- Understand how self-reflection correlates to Anxiety



## DEFINITION OF ANXIETY



*“Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure.”*

(American Psychological Association, 2016)



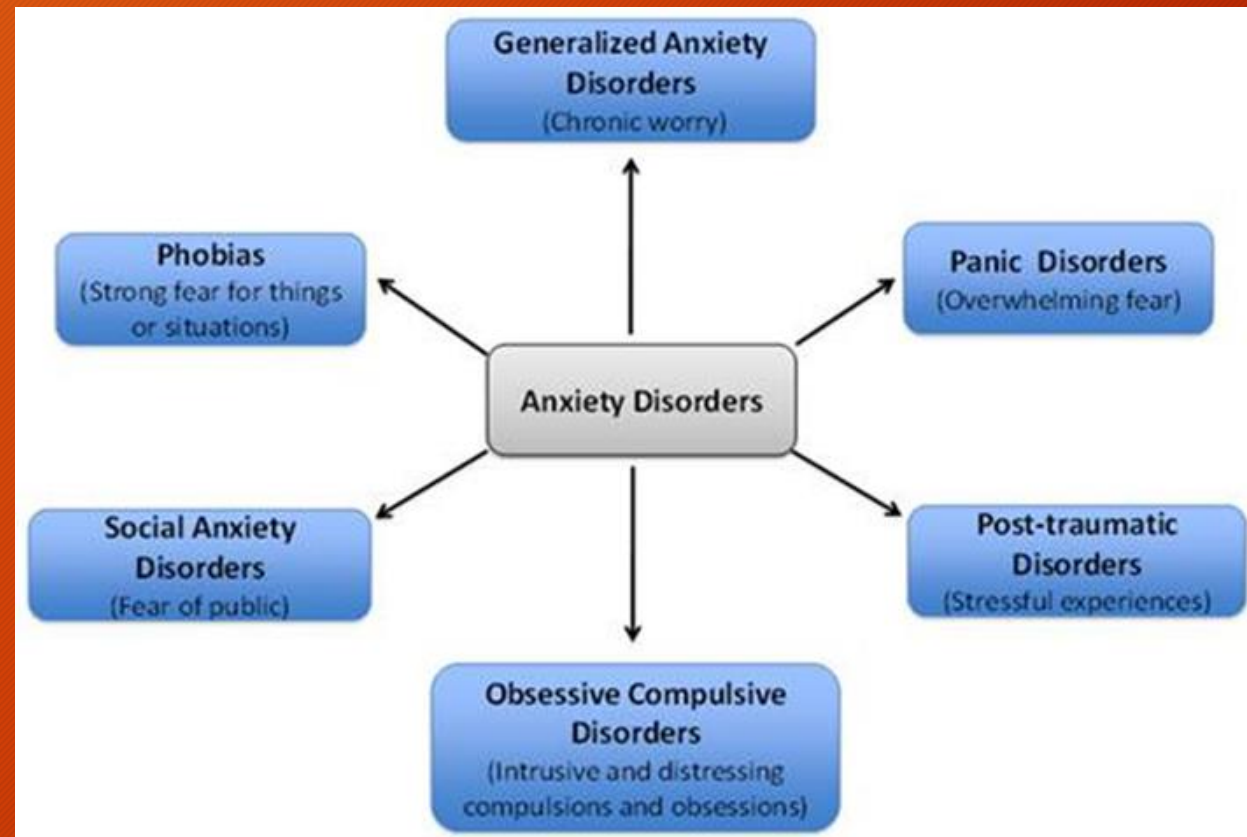
# NURSING CONCEPT PRACTICE



## Anxiety Disorders

(McCance & Huether, 2014)

- **GAD**
- **PTSD**
- OCD
- Panic
- Stress
- Phobias



(Elumalai & Lakshmi, 2016)

# NURSING CONCEPT PRACTICE



## Levels of Anxiety

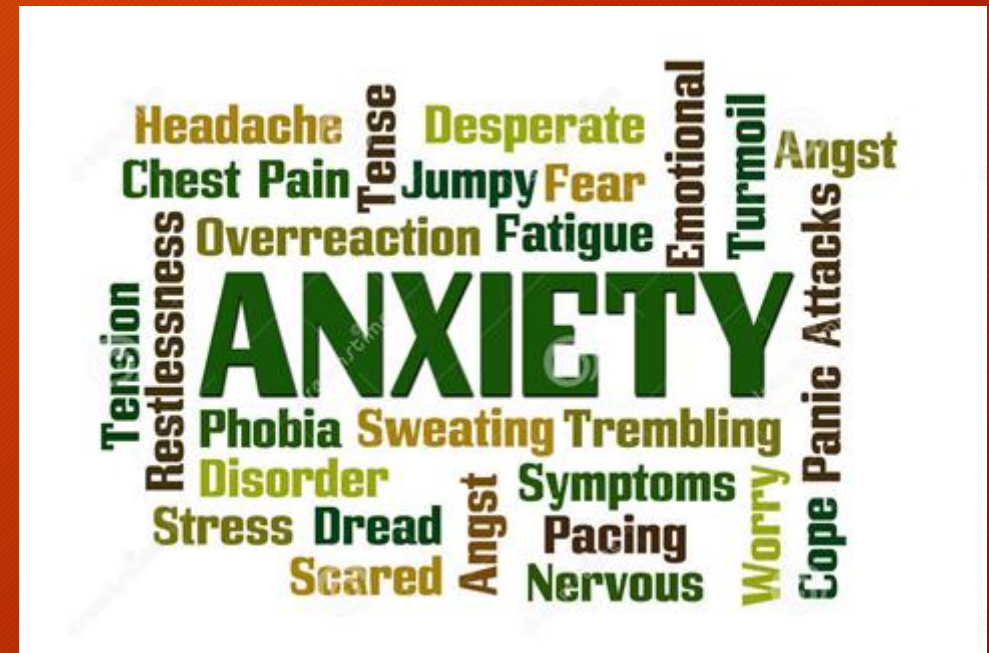
(Giddens, 2017)

- Mild
  - Senses, motivation, awareness, learning, functioning
- Moderate
  - Perception, alert, concentration, problem solving, tension, restless
- Severe
  - Concentration, attention, physical/emotional symptoms
- Panic
  - Focus, misperception, behavior, impairments, dysregulation

## Risk Factors

(Giddens, 2017)

- Population
  - Age
  - Caucasians
  - SES
- Individual
  - Temperament
  - Environmental
  - Genetics
  - Physiological



(Dreamstime, 2016)



# PATHOPHYSIOLOGY



- Etiology and Pathophysiology- PTSD
  - Exposure
  - Neural structures
  - Amygala and prefrontal cortex

- Etiology and Pathophysiology- GAD
  - Norepinephrine/serotonin
  - Decreased cingulate cortex activity
  - Increased right amygdala activation

(McCance & Huether, 2014)

- Treatment PTSD
  - Diagnosed
  - SSRI- Sertraline
  - Inhibitor- Venlafaxine
- Treatment GAD
  - Diagnosed
  - Anxiolytic- Buspirone
  - SSRI- Paroxetine
  - Benzodiazepine- Lorazepam

(Burchum & Rosenthal, 2016)

- Non-pharmaceutical
  - Cognitive Therapy, relaxation techniques and natural therapies

(Simon & Zieve, 2013)

# RESEARCH ARTICLE



- Pregabalin for generalized anxiety disorder: an updated systematic review and meta-analysis
  - 2013
  - Systematic review/meta-analysis
  - 94 studies
  - Databases
  - Data
  - Results

(Generoso, et al., 2016)

- Promising effects of treatment with flotation-REST as an intervention for generalized anxiety; a randomized controlled pilot trial
  - 2016
  - Randomized controlled pilot trial
  - 59 participants
  - Procedure
  - Results

(Jonsson & Kjellgren, 2016)

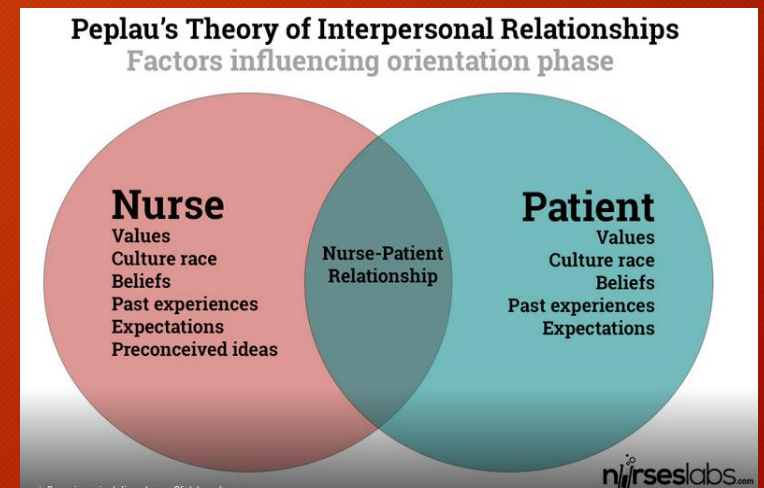


# MIDDLE RANGE THEORY



## Hildegard Peplau Theory- Interpersonal Relationships

- **Four components**
  - Person, environment, health, and nursing
- **Phases**
  - Orientation, Identification, exploitation, resolution
- **Subconcepts**
  - Stranger, resource person, teacher, leader, surrogate, counselor, technical expert



(Nursing Theory, 2016)

# TEACHING TOOLS



- Generalized Anxiety Disorder Questionnaire (GAD-7) (Willacy, 2016)
- Basic point system 0,1,2,3
- Seven questions
- Total score of 0-21
- 0-4 normal, 5-9 mild, 10-14 moderate, 15-21 severe

<http://patient.info/doctor/generalised-anxiety-disorder-assessment-gad-7>



# Teaching Tools



(Rienks, 2016)

# SELF REFLECTION



(Jackson, 2013)

- Knowledge is power
- Difficult subject to talk about
- Anxiety is easy to hide
- Share the pain

[http://www.mlive.com/news/grand-rapids/index.ssf/2013/12/grand\\_haven\\_dentist\\_dies\\_from.html](http://www.mlive.com/news/grand-rapids/index.ssf/2013/12/grand_haven_dentist_dies_from.html)



# SELF REFLECTION



**“I understand  
that you  
are anxious  
because you  
can't control  
this situation,  
but maybe  
you could  
try to focus  
your energy  
on what you  
can control.”**

The  
**MIGHTY**

**“I'M HERE  
FOR YOU  
WITH WHATEVER  
YOU NEED  
RIGHT NOW.”**

The  
**MIGHTY**

**“What can I do  
to help?”**

The  
**MIGHTY**

(McGlensey, 2016)

# CONCLUSION



## ANXIETY

- ❑ Loss and Grief
- ❑ Bullying
- ❑ Alcohol/Drug Use
- ❑ Discrimination
- ❑ Low Self-Esteem
- ❑ Physical Health
- ❑ Life events
- ❑ Family Break Up
- ❑ Loneliness



(Beyondblue, 2016)



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