

Levels of Anxiety

	Patient's speech rate and volume is increased. Patient becomes wordy.	Verbalization of emotional pain "I need help. "	Behavior may be angry, withdrawn or aggressive with clinging and/or crying
Patients thoughts are logical, and is able to concentrate or problem solve	Patient can still focus and problem solve	Patient has impaired concentration and problem-solving ability. Selective attention and uni-focused.	Unable to concentrate problem-solve. No longer rational or thinking logically
Patient appears calm and in control	Patient becomes restless with frequent body movements and gestures	Patient has tremors, increased motor activity such as pacing or wringing of hands	Patient has loss of control and ability to function. Feels overwhelmed and helpless
Produces an increase in the level of awareness and alertness	Sensory stimuli perception is dulled and client becomes hesitant	Perception may be distorted	Grossly distorted perceptions. Patient is unable to tell the difference between real and unreal
Motivates learning and is associated with daily life	Can still do motivated learning	Stimulated fight-or-flight response	Requires immediate intervention
Mild Anxiety	Moderate Anxiety	Severe Anxiety	Panic

S/S

Common physiologic responses: ↑HR, ↑BP; rapid/shallow respirations; dry mouth; tight feeling in throat; tremors/muscles tension; anorexia; urinary frequency; palmar sweating; SOB, dizziness;

Management

Assess the own (nurses) level of anxiety and remain clam. By being clam, a nurse can gain control, decrease anxiety and increase feelings of security.

Medications

Benzodiazepines: Librium, Valium, Centrax, Serax, Xanax, Tranxene, Ativan; Nonbenzodiazepines: Buspar, Ambien