Description: This module continues to explore the concept of stress and coping. Emphasis is placed on the body’s response to stress and potential for adaptation. In particular this module will explore the nursing process as it relates to the client experiencing phobias, panic disorder and generalized anxiety disorder.

Learning Outcomes:

Upon completion of this module the student will be able to:

1. Discuss the stress response in relation to the development of stress related disorder.
2. Identify the physiological symptoms exhibited by the client experiencing phobias, panic disorder, and generalized anxiety disorder.
3. Relate the pharmacological agents employed in the management of the client with a phobia, panic disorder, or generalized anxiety disorder.
4. Examine evidence-based treatment modalities used in the care of the client with a phobia, panic disorder, or generalized anxiety disorder.
5. Utilize the nursing process in the care of the client with a phobia, panic disorder, or generalized anxiety disorder.

Learning Resources:

Text:   NC ADN Textbook

Websites: National Institute of Mental Health http://www.nimh.nih.gov/
         Anxiety Disorders Association of America http://www.adaa.org/

Video:   Understanding Psychological Disorders (Part 1)
         Insight Media

Learning Activities:
Faculty led discussion of nursing care for clients experiencing phobias, panic disorder and generalized anxiety disorder
Discuss case studies in required text.
Submission and discussion of evidence based journal article.
Game: “What if, what else, what then” (see whatifgame@yahoo.com )
Formulate a care map for a client experiencing alterations in stress and coping.

Evaluation:
Unit Exams
Lab competencies
Clinical Performance Evaluation