

# GENERALIZED ANXIETY DISORDER PATHOCHART

## PATHOPHYSIOLOGY

While everyone worries about things from time to time, clients with Generalized Anxiety Disorder worry about things more than what seems to be appropriate, including day-to-day activities. The level of worry may range from mild to severe and may make it difficult to carry out routine activities and can lead to physical manifestations such as abdominal pain and headaches. Clients may realize and have probably been told by others that they worry too much, but they are unable to relax.

## ASSESSMENT FINDINGS

- Restlessness
- Easily fatigued
- Difficulty concentrating / mind goes blank
- Irritability
- Muscle tension
- Sleep disturbance (too little or too much)

## DIAGNOSTICS

- Excessive anxiety and worry that is difficult to control
- Difficulty functioning in social or occupational areas
- Not caused by a substance or other medication condition
- Symptoms present most days in the past 6 months (Adult: 3+ symptoms; Child: 1 symptom)

## NURSING PRIORITIES

- Maintain calm, supportive environment
- Promote adequate coping skills
- Maintain safety & prevent injury

## THERAPEUTIC MANAGEMENT

- Rule out other sources of symptoms
- Assess for suicidal ideations
- Group or individual therapy/counseling
- Provide resources for coping strategies
- Identify and avoid triggers

## MEDICATION THERAPY

- Benzodiazepines
- Some clients may benefit from antidepressants as well