

SMH001UK

# Generalized Anxiety Disorder

**Scenario time**

25 mins

**Delivery**VR headset  
On screen**Modality**Modeled  
communication  
(menu-based)  
Single-user**Target learners**RNs  
Nursing students  
NPs  
Doctors  
Medical students  
LPNs**Environment**

Emergency dept

**Team members**

Nursing assistant

**Competency Frameworks**AACN Essentials  
C-CEI  
NCLEX  
QSEN  
NMC**Summary**

80-year-old female with no prior mental health diagnosis presenting to the ED with signs of increasing anxiety and stress (tachycardia tachypnea, diaphoretic). Has recently learned her daughter and main support person will be moving away.

**Clinical Findings:** Tachycardia, tachypnea, normal physical exam

**Learning Objectives**

## General

- Gather and synthesize information to define each patient's clinical issue
- Practice patient-centered care, responding to unique patient characteristics and needs
- Demonstrate clinical decision-making and critical thinking in a clinical environment
- Apply clinical knowledge and adapt to changes in patient condition
- Provide consultative and interdisciplinary care
- Communicate effectively with patients and caregivers
- Escalate and refer appropriately
- Work effectively in an interprofessional team
- Demonstrate learning from formative feedback

## Assessment

- Complete a full set of vital signs
- Establish a history of the presenting complaint
- Establish past medical and psychiatric history
- Establish medication history and allergy status
- Establish social history (identify anxiety trigger of daughter's relocation)
- Perform focused physical exam (auscultate heart sounds)

## Initial Investigations

- Perform GAD and interpret score (to assess anxiety)
- Perform EKG
- Draw lab tests

## Management

- Reassure patient
- Monitor vital signs
- SBAR report to attending
- Avoid unnecessary tests or questioning

## Non-technical Skills

- Make appropriate, timely clinical decisions
- Effectively communicate with patient
- Effectively manage your team
- Maintain patient safety and comfort
- Seek advice from appropriate colleagues (senior medical support or psychiatric team)

