

NURSING CARE PLAN FOR ANXIETY

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
Patient reports persistent worry and displays physical signs of anxiety (elevated heart rate, sweating) following a significant personal loss.	Anxiety related to loss of support and situational stress as evidenced by increased heart rate and verbal expressions of fear.	The patient will verbalize two effective coping strategies and report reduced anxiety within 48 hours.	Build rapport; encourage the patient to express feelings; teach simple relaxation exercises such as deep breathing.	Sit with the patient in a quiet room; demonstrate deep breathing exercises and offer a relaxation audio recording.	Providing emotional support and relaxation techniques can reduce anxiety and empower the patient to manage stress.	The patient reports decreased anxiety and uses at least two coping strategies during daily activities.
Patient scheduled for surgery shows increased blood pressure, poor eye contact, and reports fear about the upcoming procedure.	Preoperative Anxiety related to fear of the unknown and concern over surgical outcomes.	The patient will demonstrate calm behavior and actively participate in preoperative education, showing decreased anxiety before surgery.	Offer detailed information about the procedure; allow a preoperative tour; practice guided imagery.	Explain the surgical process in simple terms; accompany the patient on a tour of the surgical unit; conduct a 10-minute guided imagery session.	Familiarity with the environment and clear information reduce anxiety and prepare the patient mentally.	The patient appears calmer, answers questions about the surgery, and shows a stabilized heart rate before the operation.

<p>Patient with a history of generalized anxiety disorder reports poor sleep, constant worry, and muscle tension.</p>	<p>Chronic Anxiety related to ineffective coping and prolonged stress as evidenced by insomnia and physical tension.</p>	<p>The patient will learn and apply three effective relaxation techniques and experience improved sleep quality within one week.</p>	<p>Collaborate with the patient to review current coping mechanisms; introduce deep breathing, progressive muscle relaxation, and mindfulness meditation.</p>	<p>Schedule daily sessions to practice each technique; provide handouts with step-by-step instructions; check in during night shifts on sleep quality.</p>	<p>Empowering the patient with self-management techniques increases coping skills and improves sleep.</p>	<p>The patient demonstrates the techniques during practice and reports improved sleep and reduced muscle tension after one week.</p>
<p>Patient experiences panic attacks with chest tightness and fear of dying during stressful situations.</p>	<p>Panic Disorder related to overwhelming fear as evidenced by physical symptoms (chest tightness, rapid heart rate) and verbalized fear of impending doom.</p>	<p>The patient will reduce the frequency and intensity of panic attacks within 72 hours and demonstrate the use of grounding techniques during episodes.</p>	<p>Initiate rapid intervention through PRN anti-anxiety medication; teach grounding and distraction techniques; provide continuous monitoring during episodes.</p>	<p>Administer prescribed benzodiazepine during panic attacks; coach the patient through a grounding exercise by asking them to focus on five objects in the room.</p>	<p>Quick pharmacologic relief paired with grounding exercises interrupts the panic cycle and reassures the patient.</p>	<p>The frequency of panic attacks declines, and vital signs return to near-normal levels during intervention.</p>
<p>Patient undergoing substance withdrawal</p>	<p>Anxiety related to substance withdrawal and ineffective</p>	<p>The patient will engage in structured activities and</p>	<p>Create a safe and structured environment; arrange group therapy sessions; develop a daily</p>	<p>Collaborate with the interdisciplinary team to schedule</p>	<p>Structured routines and social support help stabilize</p>	<p>The patient participates in group activities, follows the daily</p>

shows severe anxiety, restlessness, and difficulty concentrating.	coping as evidenced by behavioral agitation and poor concentration.	report a reduction in anxiety levels within five days.	routine that includes brief physical exercise and scheduled relaxation breaks.	therapy sessions; provide a printed schedule for daily activities; monitor withdrawal symptoms regularly.	mood and reduce anxiety during withdrawal.	schedule, and reports reduced anxiety levels as noted by improved concentration and calmer behavior.
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