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Panic disorder: Nature, assessment and treatment

Article 539. Short N, Kitchiner NJ (2002) *Mental Health Practice*, 5, 7, 33-38.

Aims and intended learning outcomes

This article discusses the characteristics of panic disorder, its assessment and treatment. After reading this article and completing the exercises, you will be able to:

- define the panic disorder;
- state the general prevalence of panic disorder;
- describe two assessment measures used for panic disorder;
- describe the treatment techniques used to treat panic disorder;
- discuss the role of the nurse in treating panic disorder.

Introduction

Panic disorder is characterised by sudden attacks of intense fear and panic. It is a common psychological disorder, which can, unfortunately, affect many aspects of the person's life. Beck (1976) suggests that exaggerated thoughts of danger are a central feature of anxiety disorders. These features are particularly prominent in panic disorder. Contemporary literature based on the work of Beck discusses how people innocently, but catastrophically, misinterpret certain bodily sensations (Clark 1986). These misinterpretations can lead people to think that there is an immediate impending physical or mental dis-

aster, e.g. perceiving palpitations as evidence of an imminent heart attack (Clark 1988).

Case study 1

Debbie (not her real name) is a 23-year-old underwriter who was referred by a consultant psychiatrist for a cognitive-behavioural assessment, following a road traffic accident (RTA). She complained of panic attacks and an inability to drive her car or travel as a passenger apart from with her partner.

The panic attacks began a few days following the RTA ten months previously. They occurred approximately twice each week particularly when away from home, in crowds, when she felt hot, or travelling in cars. She experienced anxiety symptoms of feeling hot, heart racing, choking sensation, her thoughts were: 'I'm suffocating, collapsing, fainting, losing control, going to vomit, or I'm going crazy'. This would lead her to use various safety and avoidance behaviours, such as, sitting down, controlling her breathing, trying to relax, controlling her mind, leaving the situation, using distraction, checking her pulse and attempting to be with someone.

Due to the above symptoms and thoughts Debbie began to avoid once pleasurable situations, places and people. She would only travel to work by train. She stopped socialising due to

In brief

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Keywords

- Behaviour therapy
- Patient assessment
- Psychiatric nursing
- Neuroses and phobias

These key words are based on subject headings from the British Nursing Index. This article has been subject to double-blind review.

Pain In Children Nature Assessment And Treatment

Lynnda M. Dahlquist



Pain In Children Nature Assessment And Treatment:

Pain in Children Patricia A. McGrath, 1990 Interest in the assessment and management of children's pain has increased dramatically over the past few years. Recent advances in the understanding of the plasticity and complexity of pain processing and new information about internal pain inhibitory systems have revolutionized traditional approaches to pain control. It is now known that children's pain is plastic, not simply and directly related to the nature and extent of tissue damage, and that there are many ways to alleviate their suffering. Using a multifaceted approach that encompasses the neural and psychological factors that mediate pain and featuring specific examples drawn from the Pain Clinic at The Children's Hospital of Western Ontario, this uniquely practical volume presents the most up-to-date information on how to assess and control acute, recurrent, and chronic pain in children. In recognition of the multidimensional nature of children's pain experiences, the book opens with a discussion of what pain is to children, the types of pain they experience, and the developmental, familial, situational, and emotional factors that modify children's perceptions and behaviors. Physiological, behavioral, and psychological pain measures and direct measures for evaluating pain in infants and children are described and evaluated. The complexity of the nociceptive system, which enables practitioners to alter children's pain perceptions, is covered in detail, and information is provided about how to teach children and parents about pain modulation. In the chapters that cover treatment, the primary pharmacological and non-pharmacological interventions for reducing pain are reviewed, along with practical suggestions on how to select and use cognitive-behavioral techniques in ambulatory clinics and hospital settings. Separate chapters offer separate in-depth discussions on the management of acute pain, recurrent pain syndromes such as headaches, abdominal and limb pains, and chronic pain. Drawn from the author's experience as director of a multidisciplinary pain clinic for children, this straightforward volume, with its numerous case illustrations and research results, will be an invaluable resource to all health professionals, particularly those in psychology, behavioral medicine, nursing, and pediatrics. It also serves as an excellent text for students in these disciplines.

Cognitive-Behavioral Therapy for Chronic Pain in Children and Adolescents Tonya M. Palermo Ph.D., 2012-05-04 Chronic pain is a significant health problem for many children and adolescents and is often challenging for healthcare professionals to treat. Estimated to affect approximately 15% to 30% of children, chronic and recurrent pain occurs most commonly in the pediatric population without clearly identifiable underlying physical etiology, such as pain associated with irritable bowel syndrome, headaches, musculoskeletal pain, or complex regional pain syndrome. Chronic or recurrent pain may also be associated with ongoing underlying medical conditions such as arthritis, cancer, Crohn's disease, or sickle cell disease. *Cognitive Behavioral Therapy for Chronic Pain in Children and Adolescents* provides a practical guide for implementing cognitive-behavioral therapy (CBT) for children and their families coping with the consequences of persisting pain. The book is divided into three sections. The first section presents a brief history, theoretical foundations, and background concerning the development of CBT interventions for

children with chronic pain conditions and summarizes research results on the efficacy of CBT Chapters in the second section cover assessment and evaluation approaches patient education and how to structure and sequence CBT interventions with children and families The last section of the book describes in detail each cognitive behavioral intervention including relaxation and cognitive skills and interventions directed at parents sleep problems physical activity and school functioning Extensive suggested dialogue and detailed instructions and handouts are included in the text and accompanying appendices to provide user friendly therapist training materials for successful application of clinical techniques to children and families Cognitive Behavioral Therapy for Chronic Pain in Children and Adolescents is an essential evidence based resource for pediatric and child clinical psychologists and other mental health professionals social workers child psychiatrists who work with children in pain

Pain in Infants, Children, and Adolescents Neil L. Schechter, Charles B. Berde, Myron Yaster, 2003 This Second Edition is a significant revision of the leading text and clinical reference on pediatric pain Written by an international group of experts from all relevant disciplines this new edition is a vital reference for all pain practitioners and for nurses psychologists PTs anesthesiologists and pediatricians dealing with acute and chronic pediatric pain This edition includes new and expanded information on NSAIDs opioids and regional anesthesia New chapters cover sedation pain in the ICU multidisciplinary pain services palliative care and the long term consequences of pain User friendly new features include many more illustrations of techniques

Clinical Practice Guideline, 1992 **Pediatric Pain Management** Lynnda M. Dahlquist, 1999-05-31 This much needed text presents a hypothesis testing framework for conceptualizing pain problems in children to guide the practitioner through the process of developing an individualized pain assessment and treatment plan While other texts mainly stress scholarly reviews of the literature Pediatric Pain Management explains how one can integrate the existing literature into an evaluation and treatment plan specific to the individual child The book is illustrated with extensive case examples and research findings structured worksheets and detailed practical suggestions

Handbook of Pediatric Psychology in School Settings Ronald T. Brown, 2003-09-12 In recent years the escalating costs of health care have caused managed care programs to shift the delivery of pediatric psychological services away from specialized medical centers and into primary care and school settings One result has been a radical expansion of school psychology into issues of clinical intervention health promotion and the assessment of psychotropic medications School psychologists are now expected to either deliver or more likely to provide consultation regarding a wide variety of pediatric psychological services Because this is a recent phenomenon very few school based psychologists or allied health practitioners school counselors and social workers have received training in pediatric psychology The mission of this book is to provide them with a comprehensive and authoritative guide to their newly acquired responsibilities in such areas as psychotherapy psychopharmacology health promotion and prevention of disease This book is appropriate for anyone concerned with issues of pediatric psychology in school settings school psychologists pediatric psychologists clinical child psychologists as well as

pediatricians and child psychiatrists

Handbook of Medical Play Therapy and Child Life Lawrence C.

Rubin, 2017-12-12 The Handbook of Medical Play Therapy and Child Life brings together the voices and clinical experiences of dedicated clinical practitioners in the fields of play therapy and child life This volume offers fresh insights and up to date research in the use of play with children adolescents and families in medical and healthcare settings Chapters take a strength based approach to clinical interventions across a wide range of health related issues including autism trauma routine medical care pending surgeries both large and small injury immune deficiency and more Through its focus on the resiliency of the child the power of play and creative approaches to healing this handbook makes visible the growing overlap and collaboration between the disciplines of play therapy and child life Acute Care of the Cancer Patient Andrew

Shaw, Bernhard Riedel, Allen Burton, Alan Fields, Thomas W. Feeley, 2005-08-18 Drawing on the real world experience of leading experts in oncological medicine this reference serves as an invaluable source of guidance for anyone specializing in the care of acutely ill cancer patients providing quick reference to effective techniques therapies and approaches for surgical medical pediatric pain and general oncology issues **When Children Die** Institute of Medicine, Board on Health Sciences

Policy, Committee on Palliative and End-of-Life Care for Children and Their Families, 2003-02-09 The death of a child is a special sorrow No matter the circumstances a child's death is a life altering experience Except for the child who dies suddenly and without forewarning physicians nurses and other medical personnel usually play a central role in the lives of children who die and their families At best these professionals will exemplify medicine with a heart At worst families encounters with the health care system will leave them with enduring painful memories anger and regrets When Children Die examines what we know about the needs of these children and their families the extent to which such needs are and are not being met and what can be done to provide more competent compassionate and consistent care The book offers recommendations for involving child patients in treatment decisions communicating with parents strengthening the organization and delivery of services developing support programs for bereaved families improving public and private insurance training health professionals and more It argues that taking these steps will improve the care of children who survive as well as those who do not and will likewise help all families who suffer with their seriously ill or injured child Featuring illustrative case histories the book discusses patterns of childhood death and explores the basic elements of physical emotional spiritual and practical care for children and families experiencing a child's life threatening illness or injury **Textbook of Pediatric Rheumatology** Ross E. Petty, Ronald M. Laxer, Carol B Lindsley, Lucy

Wedderburn, 2015-04-14 Matchless in reputation content and usefulness Textbook of Pediatric Rheumatology 7th Edition is a must have for any physician caring for children with rheumatic diseases It provides an up to date global perspective on every aspect of pediatric rheumatology reflecting the changes in diagnosis monitoring and management that recent advances have made possible all enhanced by a full color design that facilitates a thorough understanding of the science that underlies

rheumatic disease Get an authoritative balanced view of the field with a comprehensive and coherent review of both basic science and clinical practice Apply the knowledge and experience of a who s who of international experts in the field Examine the full spectrum of rheumatologic diseases and non rheumatologic musculoskeletal disorders in children and adolescents including the presentation differential diagnosis course management and prognosis of every major condition Diagnose and treat effectively through exhaustive reviews of the complex symptoms and signs and lab abnormalities that characterize these clinical disorders Keep current with the latest information on small molecule treatment biologics biomarkers epigenetics biosimilars and cell based therapies Increase your knowledge with three all new chapters on laboratory investigations CNS vasculitis and other vasculitides Understand the evolving globalization of pediatric rheumatology especially as it is reflected in the diagnosis and management of childhood rheumatic diseases in the southern hemisphere Choose treatment protocols based on the best scientific evidence available today

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