

Recognized Cues from Assessment	Nursing Thought Process: Analyze Cues Using Objective and Subjective Data	Present in Somatic Symptom Disorder	Present in Illness Anxiety Disorder
Objective			
Heart rate 106	Anxiety	✓	✓
Crying, restless in the chair, wringing hands, shaking head	Anxiety	✓	✓
Demanding diagnostic imaging; wanted to have “proof”	Seeking validation; high levels of services utilization	✓	✓
Fired from job for attendance and performance issues	Interferes with daily life	✓	✓
Subjective			
Was fired because of health problems	Interferes with daily life Somatic symptoms are not present	✓	✓ ✓
I have a lot of doctor’s appointments, so I miss work	Interferes with daily life; high levels of services utilization	✓	✓
I know I have some disease and I’m tired all the time and I need a special diet because of my medical problems	Excessive worry and fear about having a serious medical condition		✓
I live by myself and I really can’t date or go out because I never know how I’ll be feeling	Interferes with daily life	✓	✓
I’ve lost three jobs this year	Interferes with daily life	✓	✓
I just really don’t want to have cancer or something bad! I can’t help it if I’m sick, can I?	A tendency to catastrophize	✓	✓
Doctors don’t listen to you! I can’t find one I really like. They do a bunch of tests, but they never find anything. I go online and I see those commercials and I know I have something wrong with me!	Somatic symptoms are not present; no medical evidence; high levels of services utilization Exposure to and misinterpretation of medical information		✓ ✓
I try to keep my mind off it . . .	Ineffective coping		✓

Table 21.1 Nursing Data Collection/Cues