

| Anxiety Level | Behavior | Nursing Approach | Example Statement |
|---------------|---|--|---|
| Mild | Client may be irritable, restless | This stage actually may increase ability to learn; nurse should use most communication here | "Let's talk this through." |
| Moderate | Client verbalizes feeling tense, may complain of headache | Perceptual field narrowed; nurse's communication should be focused | "Walk with me." |
| Severe | Client loses perspective, needs assistance, may cry, cannot learn | Give specific direction and repeat, offer comfort measures | "Put your sweater on, I will stay here with you." |
| Panic | Client must get relief, loses personal control, heart rate increases, safety risk, seeks escape | Manage the environment, reduce stimuli, repeat simple directions in calm manner, use client's name and verbalize intent before taking any action | "Sarah, here is your wheelchair, we are going to another room now." |

Table 24.3 Anxiety Level and Nursing Approaches