

General instructions:

Nurse practitioners (NPs) provide high-quality, comprehensive care to clients in a variety of healthcare settings. Standardized procedures may be used to help guide care. Boards of Nursing, such as [CaliforniaLinks to an external site.Open this document with ReadSpeaker docReader](#) , provide resources to ensure that NPs provide quality care while functioning within their scope of practice.

Select one of the conditions or disorders below and create a standardized procedure for treatment of a psychiatric emergency.

- serotonin syndrome
- neuroleptic malignant syndrome
- agranulocytosis
- lithium toxicity

I. Application of Course Knowledge

1. Diagnosis

- a. Identify the selected diagnosis.
- b. Provide a basic description of the pathophysiology of the selected diagnosis.
- c. Provide a summary of the incidence and prevalence of the selected diagnosis in the United States.

2. Assessment

- a. Identify common subjective findings (symptoms) consistent with the selected diagnosis.
- b. Identify pertinent physical examination components and the expected exam findings consistent with the selected diagnosis.
- c. Identify your intended state of practice and whether physician collaboration/supervision is required, as it is in California. If collaboration is required, describe the circumstances that would require physician consultation.

3. Diagnostic tests

- a. List diagnostic tests appropriate for the selected diagnosis.
- b. List expected abnormal results consistent with the selected diagnosis.

4. Management: Present an evidence-based management plan for the selected diagnosis. * If a section is not applicable to your chosen diagnosis, you need to list the section and state that the section is not applicable.

- a. Describe in detail recommended treatments for the selected diagnosis, including medical and psychiatric management strategies.
- b. Identify first-line prescribed medications recommended for the selected disorder, if any.
- c. Discuss expected changes to treatment after the client is stabilized.

- d. Describe expected client follow-up. If the client called in with persistent or recurrent symptoms after initial treatment, describe the appropriate next action.
 - e. Describe indications for referral.
 - f. Use current clinical practice guidelines or relevant scholarly resources appropriate for advanced practice as defined by [program expectationsLinks to an external site.](#) to support the management plan.
- II. **Professionalism in Communication:** Communicate with minimal errors in English grammar, spelling, syntax, and punctuation.

Diagnosis

Diagnosis: Serotonin Syndrome (SS)

Pathophysiology

Serotonin syndrome is a potentially life-threatening condition caused by excessive serotonergic activity within the central and peripheral nervous systems, usually following therapeutic use, overdose, drug interactions, or rapid dose escalation of serotonergic medications.

Incidence/Prevalence (U.S.)

- Exact incidence is unknown due to underrecognition.
 - Most cases are medication-induced.
 - Increasing prevalence parallels increased prescribing of SSRIs, SNRIs, MAOIs, and serotonergic polypharmacy.
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Assessment

Subjective Findings

- Agitation
- Anxiety
- Restlessness
- Confusion
- Diaphoresis
- Tremor
- Diarrhea
- Headache

Physical Examination