

## **Scenario**

**A 39-year-old presents to the PMHNP for therapy. He recently started a new career after working in the same field for over 20 years. Although he was an expert in his previous field, he is a novice in his new role. He is experiencing symptoms of anxiety, which is having a negative impact on his relationship with his wife and children because he is unable to focus on anything but the job. He uses marijuana daily to help reduce his anxiety symptoms.**

## **Answer:**

The PMHNP should consider several factors in addressing the patient's concerns.

**Assessment of symptoms:** The PMHNP should conduct a thorough assessment of the patient's symptoms, including his symptoms of anxiety and the impact it is having on his daily life. This may include exploring the triggers of the patient's anxiety and the severity of the symptoms.

**Substance use:** The PMHNP should assess the patient's use of marijuana, including the frequency and the reasons for use. It is important to understand how the use of marijuana may be impacting the patient's anxiety symptoms and overall functioning.

**Family dynamics:** The PMHNP should also explore the patient's relationship with his wife and children and how the symptoms of anxiety are affecting them. The PMHNP should also assess the patient's support system, including his relationships with friends and extended family.