

Stress and Crisis

Learning Objectives:

1. The student will demonstrate the use of therapeutic communication when working with a patient exhibiting symptoms of depression.
2. The student will perform a mental health nursing assessment on the patient exhibiting symptoms of depression.
3. The student will complete a depression and anxiety assessment and a suicide risk assessment using the PHQ4 and the Columbia Suicide Severity Rating Scale.
4. The student will demonstrate use of the SBAR communication tool when communicating with the physician or other healthcare providers.
5. The student will develop a safety plan with the patient experiencing suicidal thoughts.
6. The student will develop a nursing plan of care for a patient experiencing depression with suicidal thought and plan.

Stress and Crisis Scenario Instructions

1. Visit this website for information on suicide prevention:

<https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

2. View the demonstrational videos for completion of the Columbia Suicide Severity Rating Scale (CSSRC):

<https://www.youtube.com/watch?v=fx3N3uDUQbo>

<https://www.youtube.com/watch?v=2kpB3Tq2mgU>

3. Go to website: <https://cssrs.columbia.edu/>. At the top of the screen, toggle to the tab that says "Training".
4. Toggle to the section: **ONLINE OPTIONS: INTERACTIVE TRAINING MODULE**. Complete the 45-minute training program. (Questions on the quiz will come in part from this training).
5. Review the C-SSRS form.
6. View the simulation scenario video: Stress and Crisis

<https://www.montgomerycollege.edu/academics/departments/nursing-tpss/nursing-simulation-scenario-library.html>

7. Complete the Columbia Suicide Severity Rating Scale Screening Version (found in the lesson) to the best of your ability using the video patient.
8. Develop a nursing plan of care for a patient experiencing active suicidal thoughts. Complete a Critical Thinking Worksheet for the video patient.
9. Complete the Medication Worksheet for this patient. (This patient would not be placed on all three of these medications, but I want you to write up one from each classification of the TCAs, MAOIs and the SSRIs to compare the MOA and side effects).
10. Using CSON library resources, find a current article (within 5 years) about suicide prevention and write a one to two page summary in APA formatting.

Documents to be submitted to your Dropbox:

Columbia Suicide Severity Rating Scale Screening Version

SBAR for calling the Provider for the video patient

Medication Worksheet

Critical Thinking Worksheet

Complete the Stress and Crisis Quiz

Article Summary with link to article