Unit 2: Psychiatric Nursing
ONLINE CONTENT (2H)

1. What type of crisis might an individual who has been affected by COVID-19 experience? Explain why.

I think someone that has been affected by COVID-19 may experience a mental health crisis, financial crisis, or both. Many people that have underlying health issues had to make major life changes since the start of the pandemic, such as staying home and not seeing friends and family. Others may have lost their jobs or had to quit their jobs, which could cause a huge financial burden on many. Just because the pandemic started two years ago does not mean these effects have ever gone away. These changes took a mental toll on everyone affected by this pandemic and luckily things are getting better.

2. What kinds of thoughts and feelings might an individual who is in crisis express to you? Explain your answer.

I think this type of individual would express feelings of isolation, fear, anxiety, stress, financial burdens, and possibly depression. This pandemic has changed everyone's lives and for most in a negative way. It is a hard topic to grasp, and many are left feeling hopeless when nothing improves. Many are left in fear of a loved one getting sick or themselves getting sick.

3. Individuals in crisis need to develop more adaptive coping strategies. How can the nurse provide assistance with this process?

The nurse involved with this patient in crisis can aid with many different positive coping strategies. These include connecting with others through social media, video chatting, and phone calls if they are in isolation. Maintaining relationships is vital when getting through a crisis. Another skill is taking care of your body and mind through well balanced meals, exercising, meditation, reading, journaling and plentiful sleep. I think the best coping strategy is not to get hyper fixated on the negatives, the nurse should help the patient try to focus on the positive things in their situation.

4. How do you believe that the pandemic has affected nurses for the future?

I believe the pandemic has affected nurses because the way the whole world works has changed since the start of the pandemic. These changes are going to stay in effect for a long time to come. Many nurses have become burnt out because of the pandemic due to lack of staff and resources, longer shifts, and caring for distraught patients. Many new grad nurses only know the medical field with the pandemic, and they will carry these hardships with them throughout their career. On a more positive side, I think the pandemic has made nurses the

strongest they have ever been with everything they have been put through. The skills they have gained will be applied to patient care in the years to come.

Journal Reference:

Usher, K., Durkin, J., & Bhullar, N. (2020). The COVID-19 pandemic and mental health impacts. *International Journal of Mental Health Nursing*, *29*(3), 315–318. Retrieved from https://doi.org/10.1111/inm.12726