

Mira Sweat

Unit 2: Psychiatric Nursing

ONLINE CONTENT (2H)

Learning Objectives:

- Identify types of crises that occur in people's lives. (1,2)*
- Discuss goals of crisis intervention. (1,2,5,7)*
- Identify the role of the nurse in crisis intervention. (1,2,7)*
- Apply the nursing process to care of victims of disasters. (1,2,7)*

*Course Objectives

Read the attached article titled “The COVID-19 Pandemic and Mental Health Impacts” and watch the video [How to Deal with Crisis and Difficult Times](#). Copy and paste the following link into a URL.

<https://www.youtube.com/watch?app=desktop&v=437IaiEYM84>

Answer the following questions and place in the Unit 2: Crisis Intervention Online Activity drop box by June 5, 2023 at 0800.

In order to receive full credit (2H class time) for this assignment, it must be completed in its entirety by the due date/time assigned. Any assignment not completed in its entirety will result in missed class time.

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

I think a type of crisis an individual may face who has been affected by COVID-19 could be the death of a loved one, isolation, burnouts, lack of social interaction, discrimination, homelessness, and countless more. The crisis I want to focus on is death of a loved one. At the beginning of the COVID-19 outbreak across the globe, so many people lost their lives to the zoonotic virus from healthy individuals to end of life patients. For many people and families, the loss of a loved one can send them into a crisis. That person may have lost their mother or father, sister or brother, someone very important in their life to a disease which already took away their freedom and sent them into isolation.

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

Some thoughts and feelings an individual in crisis may express could be grief, sadness, loneliness, isolation, anxiety, depression, flu like symptoms, thoughts of harming themselves/leaving their own life behind them, they may feel as if no one understands what they are going through, confusion, anger, tired, anorexia, and again, countless more. I chose a lot of these from personal experience with crisis. When my grandmother died, I felt so lonely, anxious, sad, no appetite, angry, confused how it happened, and even calm on some days.

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

The nurse could ask the patient about activities they enjoy at home like gardening, reading, exercise, cooking, knitting, pets, bird watching, whatever it may be. The nurse could suggest support groups for individuals who have been through similar situations. Phone numbers for therapists could be provided as well. The nurse could suggest some activities they have used in the past and present for coping. Recommendations could be made while on the units for therapy and medications could also be prescribed but finding an activity that the patient likes would be best for the nurse to use and find. When they experience the crisis, help them do that activity, maybe take a walk, provide

the patient with a book, therapy dogs come to Firelands on occasion, maybe see if one is around. Being there for the patient and helping them is huge. Listening to the patient as they vent could also help them.

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

I think the pandemic has affected nurses' workloads a lot. Nurses were essential for patient care during the pandemic, and many are and were burnout during the outbreak. Even now, I work in the ER, and the nurse-to-patient ratio is higher than it was before COVID-19. I think COVID-19 has taught us a lot. Nurses now have either experienced COVID-19 and what it brought to us and what we did with it. I think new nurses are stronger and more adaptable to everyday life than before. I think COVID-19 had both a positive and negative impact on everyone but has allowed us to grow as people and develop new skills along the way.

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>