

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](https://www.youtube.com/watch?v=437IaiEYM84). Copy and paste the following link into a URL.

<https://www.youtube.com/watch?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. An individual who has been affected by COVID-19 may experience hypervigilance, PTSD, depression and/or anxiety. These can all be caused by the new fear and panic due to the pandemic and mixed messaging from the government which increases fear because no one knows who to believe or what is true and what is just people spreading rumors.
2. What kinds of thoughts and feelings might an individual who is in crisis express to you? Explain your answer. An individual who is in crisis may express feelings of hopelessness, despair, grief, bereavement, and a profound loss of purpose because of the feeling of loss of control. They also may feel vulnerable, anxiety, anger, and fear caused by different types of crisis.
3. Individuals in crisis need to develop more adaptive coping strategies. How can the nurse provide assistance with this process? Page 194 The nurse can provide assistance by learning how the patient currently copes, and if it is not working then as the nurse can move on to offering suggestions and providing guidance with what will work best with them. The choice of adaptive coping strategies must be made by the patients. Some suggestions as the nurse we could offer are problem-solving and figuring out what the true stressor of the crisis is and regulating emotions. Some short-term relief options are mediation and deep breathing.
4. How do you believe that the pandemic has affected nurses for the future? I believe that the pandemic has affected nurses for the future by making nursing more of just strictly a job instead of having a passion to care for others. When COVID-19 occurred, hospitals and other medical facilities were super overwhelmed with patients and not enough available staff to care for them. There were not enough supplies to even care for all the patients that were affected and that may make some people wanting to become nurses steer away from it due to a possible pandemic happening again. I also think it had a positive impact on nurses in a way because nurses were able to be seen as a hero and not get overseen like nurses in the past did.

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>