

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.**

Class 3 crisis resulting from traumatic stress because COVID obviously was not a planned event in anyone's life and within this class of crisis this is defined as an unexpected or external stressor where the person involved has no control over leaving them feeling emotionally overwhelmed and defeated.

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

Anxiety due to all the fears of the unknowns and environmental changes, feelings of hopelessness due to not being able to work from being sick or since the shutdown, feelings of depression from isolation or the fear of getting sick. Other feelings expressed may be despair, grief, bereavement, and a profound loss of purpose because of the pandemic (Usher, 2020).

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

Nurses can aid during this process by going through a problem-solving process to live a more positive life. This is done by helping the patient confront the contributing factors that led up to the crisis. Then encourage the patient what changes they would like to make and jointly determine whether these changes are realistic or not. Encourage the patient to explore feelings about aspects that cannot be changed to explore alternative coping mechanisms to adapt better later on. Always discuss support systems with your patients and weigh out the pros and cons to every coping mechanism discussed.

Elizabeth McCloy

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

I believe the pandemic has affected nurses for the future in the sense that it has opened peoples eyes more in the sense of mental health and how bad America treats those with mental health disorders. A lot of nurses left the field due to COVID but also due to staffing, mandates and so many other things. I don't think the pandemic has impacted us for the good at all if anything it has made our workforce worse off than what it was before. We all have adapted, and employers have seen that and said oh they can do it so why keep staff at this said amount verses what is actually safe. Mental health still is on the back burner for a lot of places, and it is sad.

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>