

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. A person may experience many different types of crises including uncertainty, fear, anxiety, isolation, anger, guilt, hypervigilance, intolerance, hopelessness, grief, bereavement, loss, despair, PTSD, and worry. These are not all inclusive. A person may feel fear, anxiety, and uncertainty because of the unknown. They may feel anger intolerance and blame others as a way of coping. Some may feel guilt grief loss bereavement despair because of “survivors’ guilt” or loss of friends of family or control of the situation. They may take things to the extreme and be hypervigilance and become obsessive in an attempt to prevent or control the situation. All of these can also lead to depression, stress, anxiety, and/or PTSD.
2. What kinds of thoughts and feelings might an individual who is in crisis express to you? Explain your answer. A person may discuss their fears of what they are going through because even though we may not actively go through the same situation, we have been there seeing what the person is going through and trying to help them through their situation. Other things a person may express to us is hopes or plans for when they “get out” and are on the road to recovery. They may tell us in hope that we can use this information to help remind them of these and motivate them to stay strong to get through this situation. The patient may also share stories and memories to help them pass the time and look to happier days.
3. Individuals in crisis need to develop more adaptive coping strategies. How can the nurse provide assistance with this process? Nurses can help them talk through what they are going through and explain things so they understand what is happening. The nurse can be honest and open with them and support them in this leg of the journey. We can also just be present and listen help them find good coping skills and support.

4. How do you believe that the pandemic has affected nurses for the future? This pandemic has changed so many people. Some have completely gotten out of nursing while it has called others to the profession. Unfortunately, I have seen and experienced more of the negative aspects of how this has effected nurses. They have become people that only look out for themselves and their family. Some have become jaded, stressed, hardened, and even burned out. These negative changes have sometimes impacted their personal relationships, professional relationships and effected their lives negatively. Other have been luck enough to be able to overcome this challenge and made a lot of money, personal successes, professional successes, and been able to stay positive with a grateful attitude by living life to the fullest every day.

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>