

## 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.**

Mental illness is a major crisis that people who have been affected by COVID-19 experience today. I feel this is accurate because of the traumatic visions of death, injury, especially in the younger population. I feel that seeing younger individuals or children being intubated and struggling to breathe can cause some forms of PTSD in healthcare workers. Depression can also occur, along with episodes of severe anxiety. As we've learned in class, mental illness comes from the maladaptive occurrence of the brain to adjust to its surroundings. Healthcare workers especially have been in an activated and prolonged fight or flight response causing the development of mental illness in the sick patients they had to take care of. Not only were the patients high acuity, but they were also large in number and in need.

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

Some thoughts and feelings that an individual experiencing a crisis may express could be anger, frustration, thoughts of self-harm, anxiousness, being overly exhausted, insomnia, and feelings of hopelessness and despair. Having major mood swings would also be expressed and evident. Feelings of hopelessness and despair are classic symptoms of depression, especially the inability to sleep. I would also expect frustration to be displayed due to the debilitation of the illness. Some thoughts they could express can include describing a cloud over their head, a chain weighing them down, restless thoughts, symptoms worsening in the evening, frustration over their loss of energy, loss of interest in hobbies, and noticing their anger over small inconveniences.

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

Some ways the nurse can help someone develop better coping strategies start with understanding where the patient stands on their journey in their mental health. It's pertinent to know what they've experienced, where they are now, and try to close the gaps in knowledge of their illness. Many people don't understand why certain innate coping mechanisms are not working. To help them better understand this, talking about their current mental state can help lay out the path toward progress and healing. After determining the patient's mental state, coping skills can be implemented on a trial-and-error basis. It's important for the patient to feel in control of their care plan and more importantly at their pace. Some popular coping strategies include breathing exercises, meditation, exercise, music therapy, and setting boundaries.

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

I absolutely feel nurses have been impacted. I feel that the nation was shocked by the brokenness of our healthcare system and how long nurses were being overworked and underpaid. I also believe so many nurses were affected by the pandemic that it led to a nursing shortage today and a huge shift of nurses leaving bedside care. The reality is that people were given opportunities to work differently like being remote or wanting to leave the profession entirely and having the time to do that. For some others, it broke them, and it became too much for their well-being. I feel that nurses now are empowered, more confident in setting boundaries with patients and families, more cognizant of their rights as a worker, and have higher standards for the workplace. I believe this is why many applicants are giving employers a run for their money due to expectations and changed behavior in what nurses will and won't accept.

**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>