

## Unit 2: Psychiatric Nursing

### ONLINE CONTENT (1H)

#### Learning Objectives:

- Identify types of crisis that occur in people's lives. (1,2,5)\*
- Describe steps in crisis intervention. (1,2,5)\*
- Identify the role of the nurse in crisis intervention. (1,2,5)\*
- Discuss the goal of crisis intervention. (1,2,5)\*

\*Course Objectives

**Place this completed assignment in the Unit 2: Crisis Intervention drop box by June 3, 2024 at 0800.**

*In order to receive full credit (1H 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.*

**For each patient scenario provide the type of crisis, interventions, appropriate coping strategies, and provide two-three recommendations or suggestions on how the situation may be handled.**

#### Patient Scenarios:

1. Twenty-four-year-old Alisha was informed that her spouse was killed in an industrial accident. An hour later, Alisha was found walking down a busy highway saying, "I'm looking for my lucky rabbit's foot. Everything will be okay if I can just find my lucky rabbit's foot." What type of crisis is Alisha experiencing? What are some nursing interventions for this type of crisis?

Psychiatric Emergency

Interventions- Prevention, emergency medical care, monitoring vital signs, ensuring adequate airway, and initiating gastric lavage and/or activated charcoal, inpatient hospitalization

Coping strategies- discussing self esteem, rejection, and loss

I recommend that Alisha discuss what she is experiencing with a therapist to allow her to cope and heal without having to hold anything in causing her to lash out or have triggers. I also suggest that inpatient hospitalization to prevent the use of drugs or narcotics used on the street from being abused but as a last resort. Lastly a check of meds to see if they are interacting with any others to cause this behavior.

2. Savannah was transferred on her job to a distant city. Her spouse, Carson, had never lived away from his family before. He became despondent, living only for daily phone calls to his relatives back in their hometown. What type of crisis is Carson experiencing? What are some nursing interventions for this type of crisis?

Crisis of anticipated life transitions

Interventions- physical exam, and ventilation of feelings, reassurance provided

Coping strategies- financial and other types of assistance, identify problematic areas, change should be discussed

I suggest that Carson give it time and allow himself to settle into his new environment to find opportunities to occupy himself therefore he's not thinking about the distance between him and his family. I also recommend that Carson try not to talk to his family every single day and allow himself to take care of himself most importantly. Also could see therapy and discuss what has been going on and how he is feeling regarding the move and how his spouse is contributing.

3. Faith had a history of obsessive-compulsive disorder. She was phobic about germs and washed her hands many times every day. Last night, after a party, she had sex with a fellow college student she barely knew. Today, she is extremely anxious and keeps repeating that she knows she has AIDS. Her roommate cannot get her to come out of the shower. What type of crisis is Faith experiencing? What are some nursing interventions for this type of crisis?

Reflecting psychopathology

Interventions- reduce anxiety, use the buddy system by having someone with her to reassure her safety, discourage regressive behaviors, med therapy.

Coping- Verbalize feeling of abandonment, positive reinforcement for independent activities/accomplishments.

I suggest that Faith get tested for AIDS to provide closure if possible, avoid parties and having sex with people she has not corresponded with, express her feelings of disgust with a therapist, and reassurance with positive reinforcement.

4. Elijah knew when he married Matt that he had a drinking problem, but he believed Matt would change. Last night, after becoming intoxicated, Matt beat Elijah until he was unconscious. When he regained consciousness, Matt was gone. Elijah took a taxi to the emergency department of the local hospital. What type of crisis is Elijah experiencing? What are some nursing interventions for this type of crisis?

Dispositional Crisis

Interventions- Care of wounds and domestic violence screenings in the ED, Agency assistance, alternatives for managing health and safety.

Coping- Therapy to talk about what happened and what he can do to get through this, provide himself and the child distance from Matt to prevent the recurrence of events, hanging out with friends, and support groups.

I suggest Elijah get out of the marriage so Matt can't continue to beat him or so it doesn't progress and he ends up beating their child. I also recommend he talk about what happened, as well and finding a way to defend himself by learning self defense.

5. At age 13, Sue was raped by a family member. The abuse continued for several years. The abuser threatened to kill Sue's mother if she told. Sue is 23 years old now and recently became engaged. She has never had an intimate relationship and experiences panic attacks at the thought of her wedding night. What type of crisis is Sue experiencing? What are some nursing interventions for this type of crisis?

Maturation or developmental crisis

Interventions- mainly anxiety reduction, child safety should be assessed, support groups

Coping- Referrals and guidance in parenting skills, therapy to express what she had to go through and how it is getting engaged and wanted that intimate relationship, focus on the other parts of the relationship that get her mind off the fears and anxiety and allows her to be happy.

I suggest that Sue talk to her partner about how she is feeling and why if she hasn't already so her partner can understand why there might be a lack of intimacy. I also recommend attending support groups so she can talk to people that have went through the same thing and can provide her with a sense of freedom and that it's going to be okay.

6. Nevaeh was proud of her home. She had saved for many years and built it herself virtually from the ground up. Last night, while she and her spouse were visiting in a nearby town, a tornado ripped through their neighborhood and totally destroyed the home. Nevaeh is devastated and for more than a week has sat and stared into space, barely eating and rarely speaking. What type of crisis is Nevaeh experiencing? What are some nursing interventions for this type of crisis?

Crisis resulting from traumatic stress

Interventions- the nurse should allow Nevaeh to talk about what she is experiencing and express her feelings when ready and offer reassurance and support.

Coping- Support groups, therapy, raise money through fundraising, go look at houses she thinks are beautiful whether in the neighborhood or town.

I suggest that Nevaeh seek support groups, local charities, and insurance to possibly get back as much value as possible to help her get a new house. I also think she try go to open houses, or hangout with the neighborhood people to get her mind off losing the house.