

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?

Maturational and Developmental Crises – failing to master developmental tasks associated with transitions in the life cycle

- **Interventions:** help Alisha with anxiety reduction
- **Coping strategies:** Deep breathing exercises, mindfulness yoga, grief therapy
- **Recommendations:** Get Alisha away from the busy highway and into a quiet and dim environment that is non-stimulating. Perform deep breathing exercises with Alisha and assess for signs of physiological distress. Explore why the rabbit's foot is important to Alisha. Suggest grief therapy for the unexpected loss.

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?

Crises of Anticipated Life Transitions – Normal life transitions that are anticipated by the individual feels they have little control over them

- **Interventions:** Perform a physical examination of Carson, encourage venting of feelings, provide reassurance and support as needed

- ***Coping strategies:* Find a new hobby or revisit an old hobby, meet new people**
 - ***Recommendations:* Help Carson develop a routine, suggest FaceTime calls with family, encourage group therapy**
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?

Crises Reflecting Psychopathology – influenced by pre-existing psychopathology (OCD)

- ***Interventions:* Anxiety reduction, reassure Faith of safety and security, assess Faith for HIV (to relieve anxiety that she may have AIDS)**
 - ***Coping strategies:* Maintain a clean environment, deep breathing exercises, therapy**
 - ***Recommendations:* Explore why Faith thinks she has AIDS, explore why Faith feels that she needs to clean herself frequently, assist Faith with contacting a therapist**
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 Crises – acute response to an external situational stressor

- ***Interventions:* Physical assessment and evaluation, contact mental health counselor, clarify needs and determine referrals that need to be made**
 - ***Coping strategies:* Reassure safety and health**
 - ***Recommendations:* Physical evaluation, contact police, contact mental health counselor, help Elijah feel safe**
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?

Crises Resulting From Traumatic Stress – precipitated by an unexpected external stressor which the individual has little or no control over

- ***Interventions:* Offer reassurance and support, discuss stages of grief in relation to rape**

- ***Coping strategies:* identify resources needed and help Sue develop healthy coping strategies**
- ***Recommendations:* Offer Sue the opportunity to discuss her experiences and allow her to express her feelings about her trauma when she displays readiness, discuss stages of grief**

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?

Psychiatric Emergencies – general functioning has been severely impaired and the individual has become incompetent or unable to assume personal responsibility for behavior

- ***Interventions:* Assess physical health, assess nutritional intake, assess sleep patterns**
- ***Coping strategies:* Disaster support groups, fix meals that Nevaeh will eat, ensure healthy sleep habits**
- ***Recommendations:* Assess Nevaeh's physical health, offer resources for disaster support groups, find resources for financial aid following disasters, offer resources for safe housing**