

## 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?

The type of crisis Alisha is experiencing is a dispositional crisis. Some nursing interventions for this type of crisis would be offering mental health services as well as support for her.

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?

The type of crisis Carson is experiencing is a crisis of anticipated life transitions. Some nursing interventions for this type of crisis would be to encourage Carson to talk out his feelings as well as provide reassurance and support.

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?

The type of crisis Faith is experiencing is a crisis reflecting psychopathology. Some nursing interventions for this type of crisis would be suggest that someone stay and reassure her of her safety and security. After her initial feelings are lessened, I would encourage her to verbalize her feelings.

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?

The type of crisis Matt is experiencing is a psychiatric emergency. Some nursing interventions for this type of crisis would be to have emergency medical care, hospitalization to ensure patient safety, and to seek therapy to help cope.

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?

The type of crisis Sue is experiencing is a maturational and developmental crisis. Some nursing interventions for this type of crisis is to help teach techniques to reduce anxiety and give options to options for behavior change.

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?

The type of crisis Nevaeh is experiencing is a crisis resulting from traumatic stress. Some nursing interventions for this type of crisis are giving her the opportunity to talk about the experience and to express her feelings about the trauma when she shows she is ready too, as well as offer reassurance and support.