

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?

Crises resulting from traumatic stress

Encourage Alisha to talk about the accident when she is ready and show support to her, as well as identifying the stages of grief. After doing this, the nurse could find resources such as support systems that would help Alisha get back to her "normal" life. Some coping strategies for Alisha could be for her to lean on her loved ones for support, as well as maintaining, and providing herself with self-care. I would recommend first trying to help Alisha look for her lucky rabbit's foot, which might give her a sense of comfort. I would then try to have her sit down and grieve with her no matter what stage of grief she is in at the time. I would want to let her know that I was there with her to support her in any way that she needed, and I was there to listen, and be a shoulder to lean on.

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

Carson should be evaluated for signs and symptoms of depression as well as provided support, since this is something that is very difficult for him to go through. Some coping mechanisms the Carson could take part of would be journaling, taking on new hobbies, or even going to therapy. All of these things would help Carson get what he is feeling off of his chest, which would in turn hopefully allow him to not become dependent on making those phone calls to his family every day. I would recommend going up to Carson and trying to have a talk with him first, allowing him to talk about his stressors and what he might dislike about being in this new area away from his family. I would then act by trying to suggest those different coping mechanisms such as therapy groups, hobbies, or journaling his thoughts down to try to see if that helps him at all. Throughout the entire time talking to Carson, I would want to make sure I was very aware of what he was saying, to make sure I pick up any signs of depression.

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

The biggest intervention that should be done in this situation would be to help reduce Faith's anxiety level. After this, the next best thing would be to allow Faith to talk about why she feels that she has AIDS, and talk about the possibility to getting tested to rule that out. Some coping strategies for her could be trying to take some deep breaths to reduce her anxiety as well as avoiding caffeine and alcohol, as these can cause increased anxiety levels. If I was Faith's roommate, my first thing would be to get Faith out of the shower, even if that meant I need to go in and get her myself. Since she is extremely anxious, she could be at risk for harming herself, so I would want to get her out of the shower where I can be with her at all times until she calms down. I would go through the coping mechanisms with her such as deep breathing, until her anxiety levels are reduced, then allow her to decide what the next best option would be for her to do, whether that be going with her to be tested for AIDS, or sitting with her until she is ready for me to leave.

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

The number one intervention would be to make sure Elijah is okay, and to treat any of the wounds he might have. Then I would talk to Elijah about what happened and contact social services to see where we could go from here. Although Elijah is likely experiencing lots of emotions at the time, there are some coping mechanisms that can help him to get through this time. These include setting up proper boundaries between him and Matt, as well as getting involved in a social support group that allows him to talk about what has happened and hear other people have gone through this and he is not alone. I would recommend handling this by definitely calling social services due to the fact that once Elijah is discharged from the hospital he could be in danger and come back in for the same reasons later on. I would also encourage Elijah to join one of those support groups. I think they may be looked down upon in society because people think you are “weak” if you go, but I believe it could really benefit Elijah. It would allow him to hear about how other people have dealt with physical abuse and see that they got through it, and he can too.

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

An intervention would be to encourage Sue to talk to her partner if she is able and ready about what happened to her. I think this will help her be able to express her concerns to her partner and they can find ways to cope and get through this. Some coping strategies she could try would be to validate her feelings. Understanding why she is feeling this way and that it is okay is a big coping mechanism she can do to help reduce her panic attacks. Also, I think taking care of your body is another way to cope after rape, due to the fact that some people hold their trauma within their body. Going to get a massage, hot baths, or aromatherapy are all good examples of this. My biggest recommendation in this situation would be to listen to Sue and her story. I think too often rape victims get pushed away because some think they aren’t telling the truth, but in all reality that’s the worst thing you can do to them. Another would be to control your anger while you are around Sue. If she were to tell her partner and they got very upset, this might trigger one of her panic attacks as it might remind her of the family member who raped her in the first place.

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?

Dispositional Crisis

Nevaeh has gone through sometime very traumatic that was caused by an external source that damaged her home. My first action would be to make sure she was okay, especially since she has barely been eating anything. I would try to get her to eat a little something and then try to see if she would want to talk about what has happened. Trying to get her to realize what has happened is the next step, and then finally finding ways to cope with this. Some of the coping strategies I would recommend would be to find areas where you feel comfort, limit social media exposure to reduce anxiety levels, and trying to do relaxation techniques or meditation. I would recommend Nevaeh to express her feelings if she is able, as well as maybe having her state things that make her feel joy or happiness. Another thing I would do in this situation would be to encourage her to talk to her loved ones that are safe and avoided this tragedy that could have caused physical harm to them.