

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?

Alisha is experiencing maturational and developmental crises. Interventions would be to reduce Alisha's anxiety and immediately get her to safety. Coping strategies could be to find a lucky rabbit's foot for Alisha so she can be put at ease in her mind. One recommendation would be to contact a family member of Alisha's so that she is not alone and keep her safe from harm. Another recommendation would be to encourage her to go to a grief counselor so she can work through these stages of grief.

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?

Carson is experiencing the crisis of anticipated life transitions. Some nursing interventions would be to do a physical examination to look for signs of depression and encourage him to talk about his feelings. Some appropriate coping strategies would be to talk to his wife and family about his feelings about moving so far away. One recommendation would be to schedule a weekend out of the month so they can visit his family. Another recommendation would be to schedule regular therapist appointments so he can express his feelings.

- 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?

Faith is experiencing crises reflecting psychopathology. Interventions would be to help Faith reduce her anxiety, stay with her until the feelings have subsided then encourage her to express her feelings. If she does not calm down, she may need to visit the ER. Some coping strategies would be breathing exercises. One recommendation would be to take her to the ER and let her get tested for AIDs so she can ease her mind. Another recommendation would be to educate her about normal sexual activity.

- 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?

Elijah is experiencing a dispositional crisis. Interventions would be to take physical care of the wounds and screen for domestic violence issues in the ER. Coping strategies would be to talk with a counselor about what he is experiencing at home and talk about why he would accept this behavior in the past. One recommendation would be to encourage Elijah to stay with a family member or go to a hotel for a couple of nights to clear his head and think about what he's going to do. Another recommendation would be to encourage Elijah to file a police report about all the domestic violence.

- 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?

Sue is experiencing crises resulting from traumatic stress. Interventions would be to offer the opportunity to talk about the experience and to express her feelings when she demonstrates readiness. Reassurance and support should be offered to discuss stages of grief and how rape may precipitate feelings of loss, including loss of control, power, and self-worth that trigger the grief response. Coping strategies would be to write down all her feelings in a journal when she thinks about being intimate with her fiancé. One recommendation would be to talk about her feelings with her fiancé, so he can fully understand and help through those moments. Another recommendation is to have Sue go to a mental health counselor so she can work through all the past trauma and accept what happened to her in the past.

- 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?

Nevaeh is experiencing crises resulting from traumatic stress. Interventions would be to talk to Nevaeh and tell her how important it is to eat and nourish her body, so that she can heal from this natural disaster. She should also be brought into a place where she is comfortable to talk to a counselor about the stages of grief that she is going through, because it sounds like she is in disbelief/shock over what happened. For coping strategies, I would have her spouse try to offer meals, a snack, a drink, a blanket, a book, or something that is going to her mind off it. One recommendation would be to contact their insurance company to see what they can do about their home, because it could be covered. Another recommendation would be to offer a support group who have went through natural disasters.