

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 a crisis resulting from traumatic stress. Interventions for this crisis may include taking Alisha to see a mental health professional, allowing Alisha to talk about her feelings, and providing support. Some appropriate coping strategies would be reaching out for help friends and family, seeing a mental health professional on a regular basis, and going through the stages of grief. A couple of recommendations on how the situation should be handled is to allow Alisha to feel her feelings and talk about them and explaining the different stages of grief to her. I also think that she should be admitted to a psych unit for her own safety until she is in her right mind again.

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?

Savannah is experiencing a crisis of anticipated life transition. Interventions for this crisis may include talking about how he feels with his wife and a counselor, support should be offered, and discussing some changes to help Carson feel more comfortable in his new environment. Some coping strategies I'd recommend are doing things on a daily basis that remind him of home or finding a hobby that will help distract him from the fear of being away. Some suggestions I have for Carson is to find some friends or hobbies that will make

him happy and less scared to be away from home and to talk to his wife about how he is feeling and come up with some different things that can be done to make him feel more comfortable.

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?

Faith is experiencing a crisis reflecting psychopathology. Interventions for this crisis may include reassuring Faith that there are people here to help her, letting her talk about her feelings and why she feels the way she does, or discouraging regressive behaviors. Some coping mechanisms she could use are seeing a counselor or expressing her feelings. I would recommend that she sees a doctor to be tested for aids to put her mind at ease and seeing a professional for her OCD.

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?

Elijah is experiencing a dispositional crisis. Interventions for this crisis may include wound care and a domestic violence screening. Some appropriate coping strategies for this crisis may include counseling or a support group for people who are going through the same situation. I would recommend he reach out to someone about the domestic violence and leave the situation as soon as he possibly can. Then to seek help from a mental health professional to talk about the trauma he went through.

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?

Sue is experiencing a developmental crisis. Interventions for this crisis may include allowing Sue to talk about her feelings and finally allowing her to tell what happened. Some coping strategies Sue may use are to express her feelings with a professional or to tell her husband what happened and why she is scared. I'd recommend for Sue and her fiancé to see a counselor to talk through what happened and to have Sue see a counselor of her own to fully allow her to express her feelings and to focus on her own anxiety.

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?

Neveah is experiencing a crisis resulting from traumatic stress. Some nursing interventions may include allowing Neveah to talk about her feelings, doing an assessment on Neveah's physical health, or admitting her into a psych unit until she is able to properly care for herself. Some coping strategies she could use are talking about how she feels with someone she trusts or accepting what has happened and rebuilding from there. I'd recommend for Neveah to be admitted for her safety and to really evaluate her physical health and care for her as needed based off of the assessment.