

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?**

This is considered a psychiatric emergency because general functioning has been severely impaired and unable to assume personal responsibility for their behavior. The situation can be handled by using open-ended questions to gather more information and be an active listener so Alisha can vent her feelings. It can be handled by ensuring the patient feels safe and secure in the physical presence of a nurse or other healthcare provider. The nurse should remove Alisha from harm, such as traffic, and develop a therapeutic relationship so Alisha feels safe. Nursing interventions for this scenario would be to admit Alisha to inpatient hospitalization to ensure patient safety. A mental status examination along with vital signs could be assessed after admission. The patient would be placed in a calm and quiet place to reduce any anxiety and create a therapeutic environment. A coping strategy would be relaxation techniques such as meditation or deep breathing exercises. The nurse can explore many different nonpharmacological ways to help Alisha and then resort to medications if needed.

- 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?**

This is a crisis of anticipated life transitions because it is a lifestyle transition that is anticipated but the individual feels they have no control. The situation can be handled by giving both Savannah and Carson a place to explain their feelings. The nurse can find Carson support through therapy, counseling, or mental health education. The nurse could handle the situation by helping Carson find a regular routine that helps him feel in control, be more independent, and find more reasons to want to live except for their phone calls. They could be educated on coping strategies like finding hobbies, or exercise. They could set long-term goals to give them something positive to look forward to. Nursing interventions could be to build rapport and actively listen. The nurse can help create a coping plan, be a support system, and give tips on creating a healthy lifestyle. Some examples could be traveling, exercise, or games. A physical and mental health assessment can be conducted to identify any possible mental illness and for a baseline before starting treatment.

- 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?**

This is an example of crisis reflecting psychopathology because it is influenced or triggered by pre-existing psychopathology. To handle the situation the nurse could help Faith with her obsessive-compulsive disorder. To do this, the nurse could assess to determine the severity of it, support her, and get an order for treatment. The nurse could listen to Faith's concerns and determine if hospitalization is necessary. The nurse can help Faith develop coping strategies to manage the anxiety she is experiencing. These can include positive self talk, deep breathing, or music. These can get Faith's mind off of the thought of AIDS and potentially allow her to remove herself from the shower. The nurse can teach the patient signs and symptoms of escalating anxiety and ways to stop the progression of anxiety with relaxation techniques.

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- 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?**

This is a dispositional crisis because it is an acute response to an external stressor. An initial nursing assessment would do a physical assessment to identify and treat wounds that may have occurred. A screening for domestic violence can be conducted, a mental health assessment can be performed, and a counselor can be appointed for support and guidance. The nurse can be a support system to make Elijah feel safe, and be an active listener during this vulnerable time. A coping strategy could be deep breathing when feeling stress, music for relaxing purposes, games to take Elijah's mind off of this, and exercise. To handle this situation the nurse can determine if Elijah has anywhere else to go to avoid Matt, or any support systems, and should see how long this has been going on. The nurse should address both his physical and mental health while ensuring patient safety and health promotion.

- 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?**

This is a maturational and developmental crisis because it occurs in response to failed attempts to master developmental tasks associated with the life cycle. An immediate nursing intervention is to help decrease Sue's panic attacks. This can be done by staying calm, putting Sue in a low-stimulating environment, using breathing exercises, using a soothing tone of voice, and offering physical comfort. This can be done by a touch of the shoulder or holding hands if Sue consents. The nurse can handle the situation by distracting her from her anxious thoughts and calming her down. The nurse can offer water and assess if medical attention is needed. On some occasions, panic attacks become worse and need emergency services. The nurse can handle the situation by providing comfort, safety, and a quiet judgement-free area for Sue to recover. The nurse could educate her on ways to reduce or prevent panic attacks from occurring. The nurse can use therapeutic communication to figure out why the panic attack occurred, and then address the trauma she has endured. Sue may need mental health counseling, medication, or security against the abuser. Referrals to crisis hotlines, sexual assault organizations, support groups, counseling, or assistance can be provided to help as well. Coping mechanisms such as yoga, meditation, daily affirmation, or positive self-talk can be utilized.

- 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?**

This is a crisis resulting from traumatic stress because it's precipitated by an unexpected external stressor when the individual has little or no control resulting in feelings of overwhelm and defeat. To handle this situation the nurse should do a physical and mental examination to assess for depression or another mental illness that can be affecting Nevaeh. The nurse can try therapeutic communication and try to get her to open up about her thoughts and feelings to help guide the plan of care. The nurse can offer reassurance, and support, and discuss the stages of grief. Since Nevaeh has lost her home, the nurse can identify which stage she is in and help her through it. Coping mechanisms such as talking with friends and family, physical activity, games, or music can be used to manage grief. The nurse should educate her loved ones on respecting Nevaeh's grief process and helping her get through it. An ongoing assessment can be conducted to look for PTSD, depression, or an anxiety disorder as well.