

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?
Psychiatric emergency is the type of crisis. Some interventions would be emergency medical care, hospitalization would be needed for the patient's safety, and talking to the patient about her feelings about the loss. Appropriate coping strategies would be to talk to a therapist, relaxing strategies, and ask for help when needed. I suggest that the situation be handled by calling an ambulance. Giving Alisha medication possible to ensure her safety. I would also suggest she be hospitalized to ensure her safety.
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?
Anticipated life transitions is the type of crisis. Some interventions would be reassurance, support, and talking to his spouse about his feelings. Appropriate coping strategies would be seeing a counselor, communicating with his spouse, and planning time with his family. I would recommend that Carson try to balance his time with his spouse and family. I would recommend Carson and his spouse talk about if they will be able to live where they are or if they may need to move closer to their hometown.

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?

Reflecting psychopathology is the type of crisis. Some interventions would reassure Faith that she does not have AIDS. Once she is feeling better encourage her to talk about her feelings. Appropriate coping strategies are talking to others about her feelings and trying relaxation strategies. I would suggest Faith talk to someone about her obsessive-compulsive disorder to see if they have suggestions on how she can get through certain situations easier. I would also suggest she learn yoga or meditation techniques to help calm herself down some. I would recommend the situation be handled by talking with Faith and trying to calm her down.

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 is the type of crisis. Some interventions could be to seek help for the drinking problem and try to get sober. A therapist may be helpful for both people in this relationship. Elijah may have to express his feelings and explain he cannot be treated this way. Appropriate coping strategies may be talking with someone, alcohol abuse group therapy, and establishing boundaries. I would suggest that Elijah leaves the relationship if Matt cannot stop his drinking problem. I would recommend Elijah talk to Matt with someone else present in case Matt has an episode of anger to ensure both of them are safe.

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?

Maturational and developmental crisis is occurring. Some interventions would be to help Sue with controlling her panic attacks. Sue could talk with a therapist or counselor about her past trauma to help her get through it. Explain to Sue that this is not her fault and that there are groups she can also go to. Some coping strategies may be medication to help with her panic attacks, medication, and therapy. I suggest the situation be handled cautiously. Sue should not be touched without her permission as this can cause a panic attack. I would also suggest allowing her to talk about things at her own pace.

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. Some interventions would be allowing Nevaeh to talk about her feelings and express her thoughts. Give her some resources that may help her with a new home. Ensure she has a good support system that she can count on. Some coping mechanisms would be to see a therapist to talk about her feelings, meditation, and support groups that may be able to help her with items for a new house as well as a new home. I would suggest that Nevaeh is allowed time to express her feelings. I would recommend ensuring she has the resources she needs to get back on her feet.