

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 emergencies

-Monitor Alisha vital signs along with mental/neurological status to make sure her state is declining. Having her admitted in patient would be for her best safety due to her impaired mental status and how she is an unintentional risk to herself.

-For now her best ability at coping will to talk with a counselor to help her accept and process this major tragic event that that occurred within her life. Doing this will prevent or at least minimize the chance of a relapse into another state of delusion like previously.

-Remove the patient from the dangerous environment of being in the middle of a busy highway, bring patient in for monitoring until having a grasp on reality again and converse about the initial problem of the death of her spouse. During conversation provide therapeutic assistance and offer various support groups and resources options for grief counseling.

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?

-Crisis of anticipated life transitions

-Reassurance and support should be provided as needed, encourage a ventilation of feelings for expression. give space at times through the day to talk with spouse to help through moments of stress or anxiety as well as give space at times to call loved ones back at home.

-Explore the new city for things to do instead of staying inside all the time and dwelling on family

-Allow for spouse to have time with loved ones and try not to argue with spouse at time of sadness or stress due to not being close to home/loved ones like previously.

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?

-Crisis reflecting psychopathology

-The initial goal is aimed at trying to reduce the anxiety of Faith. Someone needs to be at her side, someone that she trusts to reassure her that she is safe and that everything is okay.

-Set up appointments with a counselor regularly to express feelings and relieve stress

-Positive reinforcement should be given for completing activities independently, A primary therapist will need to pursue the issue with Faith and potentially hospitalization might be needed while under increased mental duress.

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

-Physical care of the wounds and screenings of domestic violence issues will need to be performed within the emergency department. A mental health counselor should also be provided for support and guidance on how to better take care of himself along with his own safety.

-best choice would be to end relationship and meet new friends to help get over the past to make a brighter future

-The proper authorities need to be notified about the situation of assault of Matt can be apprehended to provide a safer environment for Elijah. Elijah needs to verbalize and clarify his needs to address the situation and prevent this from happening again.

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

-Give Sue time to express her feelings and thoughts whenever she is ready to do so. Discuss on how rape can have feelings of loss of control and power over life and decision making.

-Go to grief/PTSD counseling due to past trauma to help move on to continue to build her life with her partner.

-She needs to sit down and express her feelings with her soon to be husband and explain as much as she is willing to and can comfortably express about her anxiety. Also regularly having counseling sessions can help express her feelings if she doesn't want to or isn't ready to have that conversation with her fiancé.

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?

-Crisis resulting from traumatic stress

-Offer Nevaeh the opportunity to talk and express her feelings and thoughts whenever she feels she is ready. Discuss how the loss of her house can result in feelings of loss of control/power over life that can trigger a grief response.

-Sometimes prayer can be a form of coping if already having a religious history of even establish a religious connection. Other things could be with a grief counselor or trusted loved one to confide in.

-One thing she can try to do is look at it from a different point of view, such as they could have been seriously injured or killed if they remained within the house during the incident. Also they can always rebuild their house to the exact way they have always wanted it to be so now it's perfect.