

## 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?
  - Type of crisis – Crisis resulting from traumatic stress.
  - Interventions – Educate on the importance of safety even during very difficult times, take the time to think clearly.
  - Appropriate coping strategies – Participating in grief therapy.
  - Recommendations/suggestions on handling – Keep in a quiet, calm room and frequently offer 1:1 time to let out feeling.
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?
  - Type of crisis – Crisis of anticipated life transitions
  - Interventions – Create boundaries and attempt distance, if not, discuss potential complications with spouse.
  - Appropriate coping strategies – Speaking with a couple's counselor and displaying how much the change is affecting her.
  - Recommendations/suggestions on handling – Being honest with her spouse and her family regarding the situation.

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?
  - Type of crisis – Crisis reflecting psychopathology
  - Interventions – Have Faith get tested for AIDS to know for sure if she has an issue.
  - Appropriate coping strategies – Talking to the college student
  - Recommendations/suggestions on handling – Talking to the student she had sex with and
  
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?
  - Type of crisis – psychiatric emergencies
  - Interventions – Elijah should get a restraining order against Matt for safety purposes.
  - Appropriate coping strategies – Seeking a counselor as this is a very traumatic event.
  - Recommendations/suggestions on handlings – Learn self-defense and completely remove him from the situation.
  
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?
  - Type of crisis – crisis resulting from traumatic stress
  - Interventions – Sue needs to see a therapist as well as couples therapy because this can be very detrimental on relationships and it's important that her spouse fully understands.
  - Appropriate coping strategies – Learning techniques to keep her calm.
  - Recommendations/suggestions on handlings – Taking intimacy very slow as it will be hard to jump into something like this given her previous trauma.
  
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?
  - Type of crisis- dispositional crises
  - Interventions – Involving the community to show support towards her and her loss.

- Appropriate coping strategies – Looking on the bright side as she was not in the home, focusing on the future.
- Recommendations/suggestions on handlings – Finding a positive light in finding a new beginning and new home, accepting that a lot of materialistic items can be replaced.