

## 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
  - Discuss feelings of loss and the stages of grief; Advocate for admission to an inpatient facility for safety reasons; Assess patient for any possible injuries they may have experienced; Assess the severity of the level of impairment.
  - Guide her to safety and make sure she is safe and out of the way of traffic until transportation is available.
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?
  - Crises of anticipated life transitions
  - Encourage patient to verbalize feelings.
  - Provide reassurance and support as needed; Provide resources to help overcome the hardships the patient is experiencing; Problematic areas should be identified and approaches to change discussed.
  - Participate in therapy groups with people with similar situations or histories.
  - Ask him if there is something you can do for them, reassure the patient that its normal to feel scared, nervous, or anxious when a big change occurs in a person's life.

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?
  - Crises reflecting psychopathology
  - Remain with the individual that is experiencing the crisis and/or panic anxiety; Clarify the problem the individual is facing; Establish a rapid working relationship to assist the patient as soon as possible
  - Have the client use of coping strategies that the client has found effective in the past that are nonproblematic for the patient.
  - Knock on the door and ask if you can come in the bathroom with her. Take her to get tested for AIDS.
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 Crises
  - Assess and care for any physical injuries; Set up a meeting with a mental health counselor to provide guidance and support for managing health and safety; Empower the patient to clarify their needs and issues so referrals for agency assistance can be made.
  - Help the patient find a place to live if they don't already have one. Ask the patient how they would like to move forward from this incident.
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 crises
  - The primary intervention is to help with anxiety reduction; Keep any kind of physical touch to a minimum; Discuss why the patient feels anxious and
  - Use guided imagery to teach the client to visualize or fantasize about the absence of anxiety.
  - Ask the client if she would be willing to attend therapy; possibly discuss these issues with the patient and the fiancé together.
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?
  - Crises resulting from traumatic stress
  - Offer the patient the opportunity to talk and to express their feelings when patient expresses readiness; Offer reassurance and support; discuss stages of grief and grief

response triggers; Interventions should be performed in place where the patient feels safe.

- Distraction to distract from the stress, self-care, identify support systems.
- Help her realize that everyone is safe and material things can be replaced. Find out if there is a space she's comfortable in and help to keep calm.