

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.

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: Crises Resulting from Traumatic Stress
Interventions: offer the opportunity to talk about how she feels, offer reassurance and support, identify support systems
Coping: think about positive things that have happened in the past
You could redirect Ava back to her home or stop her and try to talk to her.
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: Crises of Anticipated Life Transitions
Interventions: physical examination, reassurance, and referred to services that can provide assistance if needed
Coping: Talking to those around you
Carson could try to go out to try and make friends to distract himself from thinking about his family back home or he could get his own job and go explore the opportunities that this new city has to offer.
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: Crises Reflecting Psychopathology

Interventions: stay with her and assure her of her safety, give positive reinforcement, contact therapist

Coping: go on a walk, exercise, listen to music

You could contact the college student with her and verify that he does not have AIDS and you could ask her to go do get dinner or do something fun with you to distract her.

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: Psychiatric Emergencies

Interventions: monitor VS, ensure pt safety, discuss feelings

Coping: journaling, support groups

You could talk to Elijah about how he is feeling after he was knocked unconscious and then you could talk to him and see if he thinks that the relationship he is in is healthy for him.

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: Crises Reflecting Psychopathology

Intervention: contact therapist, positive reinforcement

Coping: counseling, exercising, breathing exercises

You could remind sue that that situation is in the past and ask her if she thinks that counseling would be a benefit for her on this situation to help her get past it.

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: Crises of Anticipated Life Transitions

Interventions: physical examination, reassurance, and referred to services that can provide assistance if needed

Coping: meditation, music, breathing exercises

You could help Nevaeh contact her insurance company to get this situation fixed as soon as possible and you could talk to her about some better coping skills rather than not eating or speaking.