

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?
 - a. Alisha is experiencing crisis resulting from traumatic stress. Some nursing interventions would be to provide her support and provide a calm environment. You could ask her about her rabbit foot, maybe she got it from somewhere that might calm her mind down. Some coping strategies would be to encourage her to talk when she feel comfortable. There could also be other support family member that she could lean on in her time of grieving.
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?
 - a. Carson is experiencing maturational and developmental crisis. Some nursing intervention would be to talk to Carson about his family and his wife. The nurse could also talk to him about potential hobbies and interests to help get his mind off his daily phone call. The nurse could also encourage him to keep a journal to occupy his time. Some coping techniques could be for him to start exercising to help with anxiety. He could also talk to his wife about some of the stress he's feeling about moving so far away.

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?
 - a. Faith is experiencing crisis reflecting psychopathology. Some nursing interventions includes providing an environment that will not make Faith feels like it is dirty. Avoid touching her if at all possible. The nurse could try and distract Faith and put her mind onto something else that might relax her. The nurse may need to consult a doctor to start the patient on a medication regimen. Some coping mechanisms that Faith could begin to practice is journaling. She could also try and do yoga or meditate to try and clear her mind. If she fears that she could have could an STD, she could also go to a clinic to get tested in hopes that it would ease her mind.

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?
 - a. Elijah is experiencing dispositional crisis. The first nursing intervention would be to assess any wounds and screen for domestic violence. The nurse should also remind him that he is safe and secure and encourage him to talk if he is comfortable. Some coping mechanisms that he could do is set clear boundaries for not only himself but also for other around him. He should also consider therapy or group therapy to overcome the trauma he had experienced.

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?
 - a. Sue is experiencing a trauma crisis. Some nursing interventions would include ensuring that Sue is safe and support her, encourage her to talk about what happened if she feels comfortable, and help her establish a support system. Some coping mechanisms include therapy or group therapy, hobbies to take her mind off of it, and keeping a self-care journal.

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?

- a. Nevaeh is experiencing a psychiatric emergency. Some nursing interventions would be encouragement to eat and drink to prevent nutritional problems and dehydration. The nurse should also encourage the patient to change positions and help her stretch and move about. The nurse should also remind Nevaeh that she doesn't have to talk if she doesn't want to but she will be here to listen when she is ready. Some coping mechanisms would be to encourage Nevaeh to acknowledge her feelings and to not bottle them up. Nevaeh could also begin to work on her house to make it the way she wants it again. She could also lean on her spouse for support during this time.