

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?

Alisha is experiencing a crisis of Psychiatric Emergencies. Interventions that the nurse should perform for this patient would be to monitor vitals, maintain and monitor airway, and initiate gastric lavage. The nurse should help the patient explore adaptive methods of dealing with stressful situations and discuss feelings of rejection, loss, and self-esteem.

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?

Carson is experiencing the crisis of Crises of Anticipated Life Transitions. Interventions for the nurse to perform on this patient would be to do a physical examination and encourage verbalization of feelings. Refer this patient to services that can help with needs and discuss problematic areas with an approach to change.

- 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?

Faith is experiencing the crisis of Crises reflecting Psychopathology. Interventions for the nurse to perform on this patient would be to physically stay with her for safety/security and help with the reduction of anxiety. Encourage the patient to verbalize her feelings and handle with positive reinforcement.

- 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?

Elijah is experiencing the crisis of Dispositional Crises. Interventions to perform for this patient are to do a physical assessment and care for any physical wounds. Contact the mental health counselor and empower the patient to clarify any needs. Make the necessary referrals.

- 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?

Sue is experiencing the crisis of Crises resulting from Traumatic Stress. Interventions to perform for this patient are to offer opportunity to express feelings on situation and support. The nurse should explore new coping mechanisms and resources to help resume with daily activities. Handle with dignity, respect, and empower patient with choices in their care.

- 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?

Nevaeh is experiencing the crisis of Dispositional Crisis. Interventions that the nurse should perform for this patient are to contact mental health counselor for guidance. The nurse should empower the patient and have the patient clarify needs. Then offer referrals for agency assistance.