

## 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?

The crisis the patient is going through would be a psychiatric emergency. In this situation interventions would be to check if the patient has any injuries such as harm to self which would be performing assessment, get the patient to somewhere safe and off of the busy highway would be part of planning phase of intervention. It seems like the patient is having some sort of anxiety that is interfering with their decisions so I would be staying with the patient. Some appropriate coping strategies can be discuss feelings of loss with the patient which would be expressing emotions, embracing memories of the patient. Once the patient has been placed in a safe place recommending the patient to support groups, placing the patient in a psychiatric unit to get some psychiatric help because they were displaying a danger to themselves, Once forming a sense of trust with the patient one can stay with them until being transferred or getting in contact with family that maybe was not aware of how the patient may have been 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?

The patient is experiencing crisis of anticipated life transitions. Nursing interventions that could be used would be having therapeutic communication with the patient and see if the patient would be willing to open with what is going on. Assessing the patient for any signs of stress such as not have slept, being tense, any headaches ? Some appropriate coping strategies would be to build a support system of people in their new environment, maintaining a routine something to look forward to and having a pattern in their new environment, acknowledge their feelings because Carson may feel worried to let their spouse know how they are feeling maybe scared of them being disappointed. The situation can be handled by seeking a support group of people that may be feeling the same way. Their spouse can have a one on one conversation in regards to them being okay if they don't like the new environment. Maybe Carsons family could travel and visit him or getting him a plane ticket to going to see their family they may be feeling homesick.

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?

The type of crisis that the patient is having would be Crisis reflecting psychopathology. Some interventions for this would be getting the patient to reduce their anxiety, staying with the patient to make sure that they are safe, if patient isn't coming after a long time of being in the shower one would have to call for help or attempt to get in. Some coping strategies that could help the patient would be. Some coping strategies would be looking at the facts such as getting tested for AIDS, the patient would get support by the roommate or the nurse. Recommendations in this case would be having the patient going to see a therapist and have the patient avoid doing something like this situation again.

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?

The crisis that Elijah is experiencing would be Dispositional Crisis. When the patient comes into the emergency department check their bruises. Assess how okay the patient is with touch because after what they went through one may inflict more trauma onto Matt. One should assess what the patient would like to do in regards to the situation so one is able to get them the right kind of help. Some coping strategies would be speaking on what happened to you, having positive thoughts on the situation knowing once Elijah is found they will get the help they need, Crying is okay to cope with the trauma one had just occurred. The situation may be handled by the cops getting involved and transferring Elijah to a psychiatric unit and get psychiatric help. Another way this can turn out is with Matt and Elijah talking over what had happened and Matt sticking with Elijah while he gets treatment. Matt may also not want to see Elijah again and get psychiatric help themselves for what had happened.

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?

The crisis that Sue is experiencing would be Maturational and Developmental Crisis. Some nursing interventions would be to help Sue with their anxiety, assess carefully what the patient is feeling and seeing their safety if the family member is still in contact with them now, see if a referral could be given to help relieve the patients anxiety, establishing a safe environment to reduce the patients anxiety. Some coping strategies could be like journaling and writing how the patient feels in regards to the situation and how life is different for them now, be with their spouse which could help being with someone you love and feeling safe with them, seeking support and not being alone. Recommendations on how the situation may be handled is getting authorities involved and having that person arrested and not being able to be free from what they did, explaining to their spouse in regards to why they haven't been intimate and what they have been feeling. Finally I feel that they should tell their family so they could be with them in this difficult time.

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?

The Crisis that Naveah is going through would be Crisis resulting from traumatic stress. Nursing interventions in this case would be assessing the patients nutritional status and seeing if they need a referral to a dietician. The nurse should allow the patient time to speak and when they are ready will assess what they feel, possibly see if they can find healthier coping mechanisms rather than unhealthy ones like barely eating, rarely speaking and staring off into space. The nurse should show being sensitive to the situation. Some coping mechanisms the patient should use would be to look back at all the good they have done and can get to where they were before, the patient can begin house shopping and explore new options, Naveah could find a support group where they can talk about how they feel and express the loss of their home. Recommendations on how the situation can be handled could be exploring going to therapy to talk about the great loss that they witness and talk about possible grief from their valued item. Patient should be referred to help If they don't have anywhere to go they may be homeless so case management should be involved.