

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?
Type: Crisis resulting from traumatic stress
Interventions: offer alisha to talk about the experience and express her feelings about the trauma when she is ready
Coping: talk about it when she is ready to her friends and family and think about her higher self
Recommendations: Redirect back home and help talk her through her situation. Make sure she is in a safe place with someone who is responsible.
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: Crisis of anticipated life transition
Interventions: a physical examination should be performed and encourage ventilation of feelings
Coping: Try to use a distraction mechanism such as cleaning, cooking, etc. He can also go out and try to make some friends so he can spend time with them while she is at work

Recommendations: Refer him to services that provide group therapy so he can make some friends and talk about his emotions

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: Crisis reflecting psychopathology

Interventions: Encourage someone to stay with Faith at all times to ensure safety and security.

Coping: Encourage Faith to talk about feelings of abandonment and provide her with positive feedback.

Recommendations: Refer her to a primary therapist and possibly a hospital stay to ensure patient safety.

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: Provide emergency medical care, monitoring vital signs and maintaining airway

Coping: discuss feelings about self-esteem, rejection, and loss to help explore more adaptive methods of dealing with stress

Recommendations: inpatient hospitalization to ensure patient safety and refer him to a therapist to talk about his situation

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: Crisis reflecting psychopathology

Interventions: encourage a family member or close friend to stay with her to ensure safety and security

Coping: encourage her to talk about feelings of abandonment and provide positive reinforcement.

Recommendations: refer to a primary therapist and possible inpatient hospitalization to ensure patient safety

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: Crisis of anticipated life transitions

Interventions: perform a physical exam to rule out physical symptoms caused by depression

Coping: encourage ventilation of feelings and give reassurance and support.

Recommendations: refer to services that can provide financial and other types of needed assistance and recommend a therapist or to talk about her feelings with a friend