

## 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?

-Psychiatric emergency

-Nursing interventions : - Identify current coping mechanisms

-Encourage expression of feelings

-Provide calm safe environment

-Recommendation: This person should be taken to the ER for evaluation. This person also should not have been left alone when receiving such awful news.

-Appropriate coping to such news would be sadness, crying, or a visibly upset person. This would be an extreme response to such awful news.

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?

-Crisis of anticipated life transitions

Nursing interventions: - Physical assessment, mental health assessment  
-providing reassurance and support  
- Offer community resources  
- Determine cultural issues

Recommendation would be for this person to maybe plan a trip back home, or possibly try to get involved with new community to acclimate to new environment. Encourage couple to voice feelings of move.

Appropriate coping would be to have a conversation of the move with spouse.

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?

Crises reflecting psychopathy.

Nursing interventions: Develop a trusting relationship, provide a calm environment, determine if incident has reactivated a preexisting issue, or coexisting issue.

Recommendations: Encourage person to get tested and get treatment for mental health and physical exam for reassurance.

Appropriate coping would just be to go get evaluated and tested.

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?

Dispositional crisis

Nursing interventions: Determine involvement in event, Evaluate factors influencing event, Provide emotional and physical support. Provide physical and emotional support.

Recommendations: Encourage person to stay at a safe place, avoid contact with significant other alone at this time.

Appropriate coping: this person should be upset about this situation and should avoid returning home and should remain in a safe place.

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?

Crises resulting from traumatic stress.

Nursing interventions: Identify coping mechanisms for panic attacks, evaluate patient perception of events, encourage expression of feelings.

Recommendations: Person should talk to significant other about fears. If this person has not discussed past with soon to be husband this should be something to discuss as they may be more patient and understanding of fears.

Appropriate coping: I am not sure what appropriate coping would be in this situation as this would be a difficult situation to get past. More appropriate coping would be to voice feelings to get help with anxiety related to past.

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?

Dispositional crises

Nursing interventions: Determine availability of community resources, determine community strengths, Encourage safe environment, Encourage to voice feelings

Recommendations: Patient should be made to feel safe, encourage counseling, This patient may need evaluated for severe depression.

Appropriate coping would be to rebuild and move on. It would be appropriate to be sad, but this response is not normal behavior.