

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 emergencies

Interventions: Emergency medical care, inpatient hospitalization to ensure Alisha safety, discussing feelings about self-esteem, rejection, and loss will help Alisha explore more adaptive methods of dealing with stressful situations

Coping strategies: talk to someone friend, family member, or health care worker; distraction such as pictures; plan for your future; journal writing; watch funny videos or movies

Suggestions: speak with a therapist, call suicide hot line, breathing exercises, journal writing, emotional support animal

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

Interventions: physical examination, ventilations of feelings encouraged, reassurance and support, financial and other types of needed assistance

Coping strategies: exercise, talk about feelings, hang up family pictures, take

Suggestions: make friends, see a HCP to be evaluated for depression

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?

Crisis of Reflecting Psychopathology

Interventions: ways to reduce anxiety, reassure faith of her safety and security, after feelings have went away encourage her to talk about her feelings, positive reinforcement, therapist, hospitalization may be necessary to maintain patient safety

Coping strategies: self care, refocusing attention, calming techniques, journaling

Suggestions: see a HCP to be tested for STD/AIDS, see a therapist to talk about feelings, see a OB/GYN

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

Interventions: Physical care of wounds and screening for domestic violence, a mental health counselor, encourage and empower Elijah to clarify his needs and issues so that referrals for agency assistance can be made, assess level of consciousness, stay with Elijah, build therapeutic trust, and let Elijah know you are there for him

Coping strategies: talk about feelings, support systems, breathing exercises, distraction techniques

Recommendations/suggestions: be around friends and family, emotional focused strategies, see a therapist, see if there's assistance with housing with DV survivors

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?

Crisis of Traumatic

Interventions: distraction, deep breathing, social support, yoga, cognitive processing therapy, build therapeutic trust, provide emotional support for Sue, encourage sue to talk about feelings, encourage rape hotline, report the rape to authorities

Coping strategies: tell sue it wasn't her fault for the traumatic experience, live day by day, talk with a psychologist, call crisis hotline

Suggestions: tell mom that harm was threatened upon her, tell your partner your troubles and want to take things slow, identify PTSD triggers

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?

Crisis resulting from Traumatic Stress

Interventions: talk about feelings, exercise, journaling, encourage favorite meals and drinks, encourage protein shakes, remember the memories that were spent In the home, monitor mood and behavior, encourage ADLs

Coping strategies: find motivation that works for you, set daily or weekly motivation tasks, open up window for sun light and fresh air, look at pictures of the house, remanence

Suggestions: stay with a family member until new housing is rearranged, talk to your insurance company of home destruction/weather damage, see a psychologist if needed