

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
 - Priority - Monitor vital signs, maintain patent airway, initiate gastric lavage and/or activated charcoal.
 - Essential – Notify Alisha's parents because she is a minor, inpatient hospitalization for patient safety, discuss feelings about self-esteem, rejection, and loss to help Alisha adopt positive methods for dealing with stressful situations.
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

- A head-to-toe assessment should be performed, encourage the ventilation of feelings, provide reassurance and support as needed, refer the patient to services that can provide financial and other forms of assistance, and discuss approaches to change
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 Reflecting Psychopathology
 - Priority – help reduce the patient’s anxiety
 - Have someone stay with the patient, reassure the patient of their safety and security, encourage the patient to verbalize their feelings of abandonment, discourage regressive behaviors, provide positive reinforcement, hospitalization may be necessary to keep the patient safe
 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 Crises
 - Care for wounds and screen for domestic violence issues, provide support and guidance by giving alternatives for managing the health and safety of the patient, encourage the patient to clarify their needs and issues
 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?
 - Maturational and Developmental Crises
 - Priority – help reduce the patient’s anxiety
 - Assess the safety of the patient, provide referrals and guidance
 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
- Offer the patient the opportunity to talk about the experience and to express the patient's feeling about the trauma when they are ready, offer reassurance and support, discuss stages of grief, identify resources and explore new coping mechanisms and supports systems