

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?

Alisha is experiencing a dispositional crisis because of the external stressor of her spouse's passing. The therapeutic communication technique of presenting reality should be used to help refocus Alisha on the present. Once this has been done, a nurse or therapist should help Alisha work through the stages of grief. Lastly, help her find support systems that are able provide her with

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?

Carson is experiencing a crisis of anticipated life transitions as he is struggling to cope with living away from his family. Through therapeutic communication techniques such as exploring, Savannah can begin to discover why Carson is feeling this level of homesickness. Carson should be encouraged to seek out new relationships and activities to establish a sense of community in his new environment. If his problem is spiritual in nature, Carson should self-reflect to identify any spiritual needs he is lacking.

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?

Faith is experiencing a crisis reflecting psychopathology due to her history of obsessive-compulsive disorder. Initial interventions include reduces her anxiety and ensuring her safety. Roommate may be able to calm Faith with the use of breathing techniques and use therapeutic communication to help her express her feelings and concerns. Lastly, Faith should communicate with her therapist, if she has one, about her recent obsessive thoughts.

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?

Elijah is experiencing a dispositional crisis due to the physical violence he endured. When he arrives in the emergency department, the health care team will initially place a priority on his physical wounds to ensure he is stable. Next, the nurse should offer Elijah the services of a counselor to help him talk through what has just happened to him.

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?

Sue is experiencing a crisis resulting from traumatic stress to due abuse she experienced in the past. The nurse can offer Sue a safe environment to discuss her trauma and provide her coping mechanisms. Patient should be offered a calm, quiet area where she feels comfortable speaking on topic. The nurse can assist the patient in finding alternative ways to release tension.

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?

Nevaeh is experiencing a crisis resulting from traumatic stress. She is experiencing and grieving the loss of her home. In addition to treating her mental health, it will be important to monitor her physical health due to her lack of food intake. Encourage patient to utilize healthy coping techniques like meditation and deep breathing. Refer patient to community programs that can aid her family in their time of need, such as the Red Cross.