

## 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?

The type of crisis is class 6, psychiatric emergencies. Interventions include counseling, inpatient hospitalization to ensure patient safety and discussing feelings about self-esteem, rejection, and loss to help Alisha explore more adaptive methods of dealing with stressful situations. Some coping strategies include writing in a journal, talking to someone, and let your emotions out by crying, not keeping them in. This situation could have been handled by talking to a professional. Or surround yourself with family and friends.

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?

The type of crisis is class 2, crisis of anticipated life transition. Interventions include Physical examination to look for physical symptoms caused by depression, reassurance and support should be provided, and talking about feelings should be ventilated. Some coping strategies include physical activity/exercise, listening to music, getting involved in the community to make new friends. This situation could have been handled by going out and exploring the new city to keep him busy and to find enjoyment in their new city. Also, instead of daily phone calls maybe doing twice a week facetime calls would be better.

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?

The type of crisis class is class 5, crisis reflecting psychopathology. Interventions include, taking her to get tested to reensure that she does not have AIDS and taking her to a professional to talk about her disorder and what happened to trigger her to be extremely anxious. Some coping strategies could be coloring/listening to music to keep her from being anxious, ask for help, voice your concerns, write down your feelings. This situation could have been handled by going to the doctor to get tested to make sure she does not have AIDS, so then she wouldn't be stuck in the shower. And she could also shower then come out and talk to her roommate instead of isolating herself and becoming more anxious.

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?

The type of crisis is class 1, Dispositional crisis. Interventions include screenings for domestic violence issues should be conducted in the ED, physical assessment of the body, possibly moving to a different place so Matt does not know where Elijah is to keep Elijah safe. Some coping strategies could be talking to a professional, keep yourself close to the ones that love you and are there for you, writing in a journal to get your thoughts off your chest. The situation could have been handled by not marrying him, knowing he had a drinking problem but sometimes we know that may be hard for some individuals. Elijah could have called the cops to look for Matt and take him to jail.

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?

The type of crisis is class 4, Maturational and Developmental crisis. Interventions include assessment of Sue's panic attacks, investigation of the rape by police, physical assessment of Sue, and psychologic assessment as well. Some coping strategies is talking to her fiancé about her past, avoiding what triggers her emotions, working out/going on runs to keep her mind distracted when having a panic attack. The situation could have been handled by getting the cops involved and arresting the family member. Also, Sue could have gone to the hospital and been in a safe space to tell someone what was happening.

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?

The type of crisis is class 3, crisis resulting from traumatic stress. Interventions include, the nurse should offer the opportunity to talk about the experience and express her feelings when she wants to open up. Also, doing a

physical assessment on Nevaeh make sure she isn't losing too much weight, and that she is mentally stable. Coping strategies include, going for a walk when feeling sad, talking to someone, listening to music, hanging out with people who make you happy. The situation can be handled by talking to her loved one to reassure that we can build the exact same house again. Also, Nevaeh needs to talk to a counselor that would help her express her feelings.