

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?

Crisis: Psychiatric Emergency

Interventions: Direct Alisha back to a safe location and stay with her until she is calmed down. Talk to Alisha about the loss that she has experienced. Assess Alisha for any harm that may have been caused to her.

Coping Strat.: Therapeutic breathes, talk about loss, ask Alisha what her lucky rabbits foot means to her, and allow Alisha to go through all the stages of grief.

Suggestions: Discuss with Alisha what the stages of grief are. Have someone stay with Alisha to make sure she does not put herself in harm's way again. Monitor for signs of depression or self harm.

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: Crisis of Anticipated Life Transitions

Interventions: Assess for any signs of depression. Encourage talking about his feelings and thoughts. Ensure Carson that he has full control over this situation.

Coping Strat.: Discuss finding activities that Carson enjoys so he is less likely to feel the need to call family.

Suggestions: Schedule phone call times for Carson to have a weekly update call with family. Schedule days for Carson's family to come visit in his new town. Have Savannah talk to Carson about ways she can help him to feel more comfortable being far away.

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: Crisis Reflecting Psychopathology

Interventions: Deep breathing so Faith can calmly express her feelings. Assure her that you will help her in any way that she needs.

Coping Strat.: Have Faith talk about her experience and why she feels that way about the interaction.

Suggestions: Take Faith to the hospital so that way she can get tested for AIDS. Find a therapy group to help Faith overcome her fear of germs. Attempt exposure therapy to help Faith become more comfortable in the world.

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?

Crisis: Dispositional Crisis

Interventions: Assess Elijah for any physical wounds and tend to his health needs. Elijah should remove himself from the home for his own safety.

Coping Strat.: Stay with supportive family or friends who will make him feel safe.

Suggestions: Have Matt attend an AA meeting for drinking in order for him to get help. Marriage therapy if both parties are willing to save the marriage. If Matt will not learn to control his drinking then divorce may be necessary as well as a restraining order if needed.

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: Maturational and Developmental Crisis

Interventions: Reduce the level of stress for Sue. After becoming less anxious, have Sue talk about how she feels and what some of her triggers may be. Be positive to her about the things that she has overcome.

Coping Strat.: Deep breathing in order to reduce anxiety. Take Sue to an area with less stimulating things going on. As Sue to talk about what is making her feel this way and also have her significant other there to discuss with her if she is comfortable with doing so.

Suggestions: I would recommend for Sue to speak with a professional about what happened to her and how she can overcome this. I do not believe that Sue should be admitted to a unit because this would only add to her discomfort due to the amount of strangers she would be around.

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: Crisis Resulting From Traumatic Stress

Interventions: Have Neveah talk about how she feels towards the situation when she is ready. Let her talk about the importance of her home and how she worked hard. Help to let Neveah get back into activities and her daily routine.

Coping Strat.: Neveah should talk to someone openly about how she feels without feeling judged. She should have a group of people she can rely on to help her get back to where she was mentally before the storm.

Suggestions: I suggest that Neveah to be admitted if her mental status does not improve with the help of her family. Her treatment should be decided based on how she is upon admission.