

## Unit 2: Psychiatric Nursing

**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?

Type of crisis: class 3, crises resulting from traumatic stress

Interventions: The nurse should let Alisha talk about how she feels and offer any needed comfort when she is ready.

Coping strategies: Self-care, journaling, or venting

Recommendations:

1. Therapy
2. Spending time with family
3. Muscle relaxing

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?

Type of crisis: Class 2, crisis of anticipated life transitions

Interventions: The nurse should ask why Carson feels the need to talk to his family every day. The nurse should offer coping suggestions.

Coping strategies: Exercise, distraction, social support from wife

Recommendations:

1. Carson should figure out why he feels this way
2. He should find coping mechanisms that will help him
3. He should ask his wife for when having a rough a rough time

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?

Type of crisis: class 5, Crises reflecting psychopathology

Interventions: Nurse should offer a test for aids. Nurse should ask why she feels like this.

Coping strategies: Relaxation techniques, spend time in nature, distraction

Recommendations:

1. Test for aids
2. Educate importance of unprotected sex
3. Recommend finding a way to calm herself down
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?

Type of crisis: class 6, psychiatric emergency

Interventions: Care for Elijah's injuries. Ask Elijah about how he feels about his relationship when ready to talk.

Coping strategies: seeking support from family, writing down thoughts

Recommendations:

1. Set boundaries with Matt
2. Get Matt to get sober
3. Figure out what is best for Elijah
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?

Type of crisis: class 1, dispositional crisis

Interventions: Offer Sue a safe place to talk. Recommend talking to counselor with or without partner.

Coping strategies: express feelings to partner, self-reflection, relax before and after thinking about intimacy

Recommendations:

1. Talk to Sue and the importance of telling her partner.
2. Ask Sue if it would help to try by herself first.

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?

Type of crisis: class 3, crises resulting from traumatic stress

Interventions: Make sure that Neveah has a safe place to stay. Let Neveah that she can talk about the situation when she is ready.

Coping strategies: Self-care, talking about her feelings with spouse or loved one

Recommendations:

1. Talk about how she feels
2. Have spouse encourage small meals often
3. See if she has any house insurance to help her situation