

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?

Type of crisis: **Crises resulting from traumatic stress**

Intervention: **Offer to talk about the accident and express her feelings about the trauma when she is ready. Offer reassurance and support.**

Appropriate coping strategies: **Lean on loved ones for support. Be patient with yourself and allow time to process the traumatic event. Remember to prioritize self-care by eating nutritious meals, exercising and getting enough sleep. Find a creative outlet to express your emotion.**

2-3 recommendations/suggestions how to handle the situation: **I would recommend the patient to join a support group. Reach out to friends and family for support. Set small realistic goals to help overcome obstacles.**

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: **Crises of anticipated life transitions**

Intervention: **The intervention goal would be to get the patient back to a form of normalcy. You would want to listen to the patient express their feelings of the situation at hand and offer support. Discuss different outlets with the patient. Assess the individuals perception of personal**

strengths and limitations to help prevent a less stressful environment.

Appropriate coping strategies: **Encourage the individual to start a journal, try meditation explore a new hobby, try therapy or a support group. Help the patient set small realistic goals to help overcome this situation.**

2-3 recommendations/suggestions how to handle the situation: **I would suggest that the patient start a journal and express their feelings and emotions. Help this individual join a support group and find a new hobby to help distract the patient.**

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: **Crises reflecting psychopathology**

Intervention: **We would want to help reduce Faith's anxiety and get her with someone that will support and comfort her. You will want to provide positive reinforcement and get her medical treatment.**

Appropriate coping strategies: **Encourage her to express her feelings and concerns in a journal, Join a support group. Try meditation and deep breathing exercises.**

2-3 recommendations/suggestions how to handle the situation: **Support the patient encourage the patient to seek medical attention. Listen to her express her feelings stay by her side and support and comfort her.**

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: **Dispositional crises**

Intervention: **Physical exam, consult a mental health counselor to provide support and guidance to help the patient find a safe place.**

Appropriate coping strategies: **Help the patient find ways to experience joy. Create new routines and practice health behaviors. Seek Therapy**

2-3 recommendations/suggestions how to handle the situation: **Seek medical attention and therapy. Maybe couples counseling**

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: **Maturational and Developmental Crises**

Intervention: **Help Sue with anxiety reduction. Seek counseling/therapy**

Appropriate coping strategies: **Set personal and professional boundaries. Engage in physical exercise. Set realistic expectations.**

2-3 recommendations/suggestions how to handle the situation

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: Crises resulting from traumatic stress

Intervention: Seek professional therapy. Allow Nevaeh to express herself.

Appropriate coping strategies: Try to maintain a routine for meals, exercise, and sleep. Set a realistic goal and focus on what you can manage

2-3 recommendations/suggestions how to handle the situation: Find something to help process your emotions such as a journal, or art. Seek counsel to express your feelings. Listen to Nevaeh let her express her feelings.