

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 crisis due to the sudden and traumatic loss of her spouse. Alisha searching for her lucky rabbit's foot suggests that she is experiencing a crisis of disorganization, where she is unable to cope with the situation in a constructive way. Nursing interventions for this type of crisis include providing emotional support, develop a plan for Alisha to cope with her loss, Help Alisha express her feelings, and provide Alisha information for resources to help her deal with the crisis.

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 relocation crisis by despondency and emotional distress. Nursing interventions for this type of crisis include active listening, teaching coping strategies, promoting social connections, establishing a therapeutic relationship, encouraging self-care, and referring Carson to a mental health professional if need be. These should help Carson to adapt to his new environment and improve his emotional well-being.

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 an acute stress disorder (ASD) due to the traumatic event of having a sexual encounter with a stranger. Nursing interventions for this type of crisis include active listening, encouraging healthy coping mechanisms, establishing a rapport, providing accurate information, and referring Faith to a mental health professional if she needs it.

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 situational crisis due to the traumatic event of being beaten by his intoxicated partner. Nursing interventions for this type of crisis include providing information and resources, active listening and communication, developing a safety plan, assessing physical and emotional needs, establishing a safe environment, and follow-up and referrals 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?

Sue is experiencing a complex crisis related to her past sexual abuse and her current panic attacks. Nursing interventions for this type of crisis include, active listening and validation, establishing rapport and trust, educate Sue about panic attacks, cognitive restructuring, referral to mental health professionals, collaboration with other healthcare providers, and relaxation techniques.

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 situational crisis, which is a sudden, unexpected event that disrupts an individual's life. Nursing interventions for this type of crisis include assessment, crisis intervention, emotional support, referral, follow-up, and education. Hopefully these will help Nevaeh cope with this crisis and its aftermath, address underlying mental health conditions if any or risk factors, and provide her with resources and support she may need to recover.