

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 class 3 crisis: crises resulting from traumatic stress. The interventions I would do for Alisha would get her to a safe place and off the busy highway. I would then offer services of grief counseling and education when she was ready. Appropriate coping strategies for Alisha would be expressing the feelings she is feeling, recognizing the need for help, and accepting it. In addition, she would exhibit continued self-care even through the grief. Recommendations I would have on how to handle the situation would be to get her to a safe space, inquire about self-harm and then take her to get help if willing.

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 class 2 crisis: crises of anticipated life transitions. The interventions I would do for Carson would be to get reassurance and support for him and encouragement to discuss issues with Savannah should be explored. Appropriate coping strategies would be attempting to become comfortable in his new city while also keeping in contact with his family at home, going on with daily living and talking about his issues with Savannah. Recommendations or suggestions would be visiting his hometown and family when able, finding things he liked to do in his hometown in the new city and find support in his partner.

- 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 class 5 crisis: crises reflecting psychopathology. Interventions for Faith would be to assure safety, talk about the feelings she is having and try and rationalize her fears. Appropriate coping strategies would be to continue daily life, seek testing if deemed necessary and moving in a direction after the test results are available. Suggests would be to talk through the fears she is having, ask about self-harm possibilities, and get help to manage her obsessive-compulsive disorder.

- 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 class 1 crisis, dispositional crises. Some interventions for Elijah would be caring for his physical injuries and talking to a counselor. Appropriate coping strategies would be seeking help, protecting himself and becoming encouraged and empowered. Some recommendations to handling this situation would be there to support him in whatever he decides to do, assure that he is safe, and give him the information for support that can be offered.

- 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 class 3 crisis, crises resulting from traumatic stress. Some interventions would be to listen to her experience and feelings, offer support and a safe environment to be in. Some appropriate copings strategies would be knowing that she should not manage this crisis alone, seeking professional help, and talking about it with her partner if comfortable. Some suggests to handling this situation are to recommend continue counseling, listening to the feelings and fears she has and encouraging her to talk with her fiancé about this if comfortable.

- 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 class 3 crisis: crises resulting from traumatic stress. Some interventions for Nevaeh providing emotional support, seeking what necessities are needed and attempting to get donations of items for her. In addition, encourage her to talk about her feelings and get her to eat. Appropriate coping strategies would be attempting to make the correct connections to being to rebuild what was lost, seeking support, and beginning to move forward. Suggestions I would give to handling this situation would be to gather items that necessary for living to begin with, try and find her somewhere to stay and prevent self-harm including not eating.