

## 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?

Psychiatric emergencies.

Interventions for this type of crisis would include:

- Inpatient hospitalization to ensure patient safety
- Talking to the patient about how she feels about the loss of her husband
- Reassuring her
- Offering support
- Having conversations about grief and its stages
- Offer a list of resources and coping mechanisms to explore

Some appropriate coping strategies could include considering professional help, practicing mindfulness, or reaching out for support of friends and/or family.

I think the situation could be handled in a calm and caring manner. Instead of making the patient feel like she is a danger to herself whether she may be or not. Making the patient feel as comfortable as possible will help avoid making the way that she is already feeling even more

intense, which could in turn compromise the patients' safety further. Another way the situation could be handled is by offering support whether it is listening to her while she is crying or offering information on support groups for people in her situation.

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?

Maturational and developmental Crisis.

Nursing interventions for this type of crisis would include:

- Assess contributing factors
- Assist in reducing patients' anxiety
- Offering the opportunity to talk about the experience and how it made him feel

Some appropriate coping strategies could include talking to a counselor, weighing out the pros and cons of the situation, and planning occasional trips to visit.

I think the situation could be handled by having the patient express why he feels so anxious being away from his family. Talking about it and getting the emotions out of his head could help significantly. Making suggestions on different ways he can redirect the anxiety he feels such as exercising, breathing, or journaling to express it nonverbally,

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 reflecting psychopathology.

Nursing interventions for this type of crisis would include:

- Help reduce patients' anxiety
- Provide reassurance
- Assist in getting tests
- Encourage patient to talk about her feelings

Some appropriate coping strategies could include relaxation techniques to help reduce anxiety, practicing mindfulness and physical activity.

I think the situation can be handled by assisting the patient in calming down first and then taking the additional steps needed to ease the patient's anxiety like administering STD/STI testing. It can also be handled by trying to refocus her attention onto something else so that she is not obsessing over the fact that she had sex with someone she did not know and doesn't know if they had any STD/STIs.

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?

Dispositional Crisis.

Nursing interventions for this type of crisis would include:

- Physical assessment and care of injuries
- Provide emotional support
- Provide empowerment
- Provide referrals for assistance

Some appropriate coping strategies could include journaling to be able to express feelings that cannot be expressed verbally, support groups so that they know they are not alone, and finding ways to creatively express what they have been through.

I think the situation can be handled by comforting the patient, making sure they feel safe in a situation like this is important. I think that assuring patient safety is also a big part of handling the situation as well. Making sure that the abuser cannot harm the patient anymore.

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 resulting from traumatic stress.

Nursing interventions for this type of crisis would include:

- Offering the opportunity to talk about the experience and how it made her feel
- Reassuring her
- Offering support

- Having conversations about grief and its stages
- Offer a list of resources and coping mechanisms to explore

Some appropriate coping strategies could include therapy, building a support system, relaxation techniques, journaling, and taking time to oneself.

I think this situation could be handled by expressing her thoughts and feelings to her soon to be husband. Talking about her past trauma and how it affects her in her life now could help to relieve a lot of the anxiety she is experiencing. Also taking a pause could also be a way to handle the situation. Stopping and giving oneself time to process all the emotions they may be having can also be a good way to help relieve some anxiety.

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 of anticipated life transition.

Nursing interventions for this type of crisis would include:

- Physical examination
- Encouraging patient to vent
- Providing reassurance
- Providing support

Some appropriate coping strategies could include seeking social support, going to support groups with others that were affected, practicing mindfulness, breathing exercises and journaling.

I think the situation by further assessment of the damages so that it can be determined whether it would be a total loss or not. Encouraging her to try to seek help. When things like this happen there are oftentimes organizations that will assist in rebuilding or finding a new home.