

Name: Savannah Willis

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 going through a psychiatric emergency crisis. She should have a 1:1 initiated for her safety and assurance for when she starts to get out of bed and look for her "rabbit's foot." The nurse should also investigate to see if Alisha has any family that she can see to introduce familiar faces rather than only nurses who are strangers to her. To cope Alisha should attend grief support groups to help her get through the stages of grief. Alisha should remain with the support group and confide in them in this very tragic time of loss. She should be referred to a primary counselor once she is out of the hospital and able to be more independent. The counselor and grief support group will help her adjust to her new life and appropriately go through grief at the same time.

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 crisis of anticipated life transitions. The nurse should have a focus on group involvement with Carson so that he can see that welcoming new people in can help alleviate feelings of loneliness. He should also be asked for his thoughts on the move and all the ways it has affected him. Carson should be screened for any underlying mental illnesses that could have led to possible abandonment issues. Carson should cope by not only calling his family but writing letters throughout

his day so that he still feels connected to his family and does not have to only rely on calls. Going forward he should be referred to a counselor and confide in his partner, Savannah. If he is feeling lonely he could talk with her and they could discuss the changes in their lives together.

- 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 crisis reflecting psychopathology. The nurse should ask Faith if she would like to test for it but she should also be asked if she knows anything about the health of the other student. Faith should be asked if she takes any medication for OCD and how often. She should be asked if she used a condom and educated on their effectiveness. To cope with this I recommend grounding techniques and options to get herself out of the obsessive-compulsive cycles. In the future she should designate clear boundaries with herself on what she will do in an intimate experience, how she will initiate it and what she will do afterwards. She should also be writing a journal of her obsessive compulsions and updating her primary care provider on changes in behavior or thoughts on any potential medications she is taking.

- 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 dispositional crisis. Elijah needs to be assessed for physical wounds and any of them should be cleaned, dressed and cared for. From there Elijah should be heard without criticism on his thoughts about Matt and future steps he would like to take. Elijah should be encouraged to cope through finding things he enjoys such as art, music, literature, or cinema so that he can find value in himself so that he does not only think of himself for his marriage. Going forward, if Elijah would like to stay with Matt they should be referred to couple counseling services and Matt should go to an Alcoholics Anonymous group and Elijah should go to a Victims of Domestic Violence group. If Elijah would like to separate from Matt he should be provided resources for associated that can help protect him and help through the separation. Either way, Elijah should be referred to a counselor that can routinely help and support or guide decisions in Elijahs best interest.

- 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 maturational/developmental crisis. Sue should work with nursing and therapy in expressing how she feels she has loss independence and how her past events are causing doubt and panic in her thoughts. When completing independent tasks Sue should be praised for such to promote confident independence. To cope with panic attacks sue should be taught the signs, symptoms and management techniques such as breathing, and grounding processes. Going forward, Sue should be encouraged to talk to her fiancé about boundaries and her experience, they should agree on what level of intimacy they are both comfortable with and always consent to each intimate act. Sue should also find support groups and if she feels confident this is a criminal act that should be reported to authorities.

- 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 was experiencing a crisis resulting from traumatic stress. The nurse should encourage Nevaeh to talk about her thoughts, views and feelings of the event. Nevaeh should be made a 1:1 feed with possible protein supplements to ensure that adequate nutrition is being met. Nevaeh should practice talking with loved ones about positive memories and journaling about the experience to reduce stress. If Nevaeh has home insurance her husband (assuming he is of competent state) should contact the insurance agency and work on reconstruction. The case manager and nurse should be finding and recommending shelters for when Nevaeh is mentally healed.