

## 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?

The type of crisis is psychiatric emergency. Interventions for this type of crisis often include emergency medical care if needed, monitoring, and inpatient hospitalization or admit to psychiatric ward. Appropriate coping strategies for this type of crisis may include discussing what the patient is feeling or changes that occur from a possible precipitating event, whether it be loss, self-worth, other feelings, and other common strategies such as maintaining anxiety levels. Some ways that this situation may be handled includes admitting Alisha to the hospital or psychiatric ward, discussing the death of her spouse or simply assessing the stages of grief she is struggling with, and discussing introducing her to a therapist who may help her with coping.

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?

The type of crisis is a crisis of anticipated life transitions. Some interventions for this type of crisis include discussing the patients feeling on their outlook on life, their current circumstance and how changes may have affected their baseline. Support including financial and emotional can be provided in an attempt to solve part of the issue. Some ways that the situation could be handled is for Savannah

to communicate with Carson and attempt to quell his despondence, she could contact a therapist for Carson, or if nothing else she could even decide on moving back to near Carson's family.

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?

The type of crisis is a crisis reflecting psychopathy. Interventions for this type of crisis include discussing having the patient see a mental health professional, deescalating the situation in individuals with acute mental health episodes via communication and reassurance, and managing anxiety in the patient. Some ways that this situation could be handled is for Faith's roommate to call the Suicide and Crisis hotline to ask for advice. This may include deescalating Faith's concerns by discussing how HIV works, and scheduling her to be screened/tested for HIV.

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?

The type of crisis is a dispositional crisis. Interventions for this type of crisis include physical care and domestic violence investigation in possible abuse scenarios, emotional outreach from the nurse in the form of empowerment and encouragement, and referral to a counselor. Some ways this situations could be handled includes Elijah receiving his proper physical care, then attempting to investigate using screening tools in a passive manner. The nurse could also decide to maintain space around the subject and build rapport and trust with the patient, where the patient may be willing to discuss the event and the nurse could consult a counselor who can advise the patient on paths forward.

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?

The type of crisis is a maturational/developmental crisis. Interventions for this type of crisis typically involve anxiety management and therapist consultation, but also assessing the factors that go into the crisis such as trauma, experiences or family influence via communication with the patient. Some ways this situation could be handled could be discussing the wedding with Sue or introducing this idea to her fiancé, looking into managing anxiety pharmacologically and with activities or techniques, or by reassessing her relationship with the guidance of a counselor.

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?

The type of crisis is a crisis resulting from traumatic stress. Interventions for this type of crisis include building trust with the patient enough that they are able to freely express their feelings, offering support and discuss feelings of loss or other feelings related to the traumatic stressor, and exploring coping mechanisms and paths forward for the patient. Some ways this situation could be handled is for the nurse to discuss the loss of Nevaeh's home to grieve, supporting parts of her life that she still has to work for, and helping her with recouping the loss of her home. The nurse could also attempt to enrich Nevaeh with developing other goals to work towards.