

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 2, 2025 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 dispositional crisis. Interventions include to refer her to a mental health counselor for guidance and support. Appropriate coping strategies include seeking support from such mental health counselor, and to journal her feelings about the accident so that she is getting them out, which will over time allow her to stop being in denial of what happened. The situation may be handled by emergency personnel picking her up to bring her to safety and explaining to her why they did it (to keep her safe) as well as actively listening to her. Another way the situation may be handled is by after bringing her to safety, assigning her a bereavement specialist to help her with grief.
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 maturational and developmental crisis. The main intervention for this type of crisis is to help Carson with anxiety reduction. Appropriate coping strategies include to facetime his relatives so he can get a visual of what it is like to be back at home, and to listen to music, exercise, meditate or something similar that he enjoys doing to help him manage his anxiety. One way the situation could be handled is that Savannah or his family could notice this crisis within him and refer him to a counselor that can help him talk through his anxiety. Another way would be for Savannah to dedicate a spot in the house to being "his area" and decorating it to be like his home, to over time help him not be so home sick.

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 a crisis reflecting psychopathology. Interventions for Faith include that her roommate should stay with her reassuring her that she is healthy, and when she begins to calm down then encourage her to speak about her feelings of anxiety. An appropriate coping strategy includes adhering to medication therapy for obsessive compulsive disorder as directed. The situation may be handled by the roommate encouraging her to come out of the shower with good reasons as to why she should come out of the shower, once she has begun speaking of how she feels. Another way would be for the roommate to actively listen to her once she has calmed down and began sharing how she feels, and give her things she may need like food, a journal to continue getting her feelings out, and then give her space to come out on her own.**
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 psychiatric emergency. Interventions for this include monitoring his vital signs and doing a full physical assessment on him, assessing for any injury, as well as asking him what happened. Appropriate coping strategies include talking to the hospital social worker and/or ethics committee about what to do about the situation with his husband, and to eat healthily to nourish both his mind and body and allowing better healing of any injuries that may have occurred. One suggestion of how the situation could have been handled is that at the beginning when he knew Matt had a drinking problem, Elijah could have encouraged Matt to get help with this issue. Another way to handle the situation could have been that when Elijah regained consciousness, he could have, himself referred Matt to a rehabilitation service along with his medical treatment.**
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 crisis resulting from traumatic stress. Some interventions for this type of crisis include to offer Sue the opportunity to talk about her experience and express her feelings with trauma once she is ready, offering support and reassurance. It is also important to explain to Sue that rape may cause feelings of loss of self-worth or feelings of loss of power/control. An appropriate coping mechanism would be to spend more time with her fiancé going on dates and engaging in hobbies that they both enjoy, in order to get her more exposure to interpersonal relationships, of course at a speed she is comfortable with so she will over time become comfortable with opening up about the trauma. One way the situation could be handled is that Sue would tell her mom in secret about the issue to get help, secretly because she is afraid her**

mother will get killed. Another way would be for Sue to seek mental health support independently.

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 crisis of anticipated life transition. Interventions for this type of crisis include to reassure and support her. Nevaeh should also be referred to services that can provide her with assistance such as financial assistance. Appropriate coping strategies include to begin talking about how she feels and inquire about insurance support on the house, assuming that they had it. The situation may be handled by her spouse reaching out to support agencies to help with expenses and supplies that they need, to show Nevaeh that they have help. Another way to handle the situation would be for the husband to give Nevaeh gifts of reassurance that things are going to be okay, such as things that she is into, which may motivate her to begin eating and speaking.