

## 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?

The type of crisis she is experiencing is crises resulting from traumatic stress. Some interventions would be to provide a calm, safe environment and encourage and assist the patient in learning stress-management techniques. Some coping strategies would be to find hobbies in the free time to assist in. This situation could be handled by talking about your thoughts with someone and finding medication to help with stress relief.

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?

He is experiencing crisis of anticipated life transition. Some interventions could be identifying the patients' current coping mechanism and developing trusting relationships. Some coping strategies would be reach out and keep contact with his family and find new experiences in his new living area. This situation can be handled by telling your significant other your feelings and finding a way to support both needs.

- 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?

She is experiencing crises reflecting psychopathology. Some intervention could be determining the degree of anxiety/fear present and determine the presence of physical symptoms. Some coping strategies would be to not present yourself into the same situation and to get clarification on your worries by a doctor. This situation could be handled by getting tested and seen by a doctor to ease her anxiety.

- 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?

He is experiencing dispositional crisis. Some interventions could be identified whether this incident has reactive pre-existing or coexisting situations. Some coping strategies could be finding a support group or getting out of the situation before it leads to harm. This situation could be dealt with by getting Matt the help he needs.

- 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?

She is experiencing crises reflecting psychopathology. Some interventions could be to provide a calm, safe environment and note the presence of nightmares, reliving the incident, loss of appetite, irritability, numbness and crying. Some coping strategies could be to go to therapy to express her feelings as well as going to support groups. This situation could be handled by reaching out to higher help.

- 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?

She is experiencing ineffective community coping. Some interventions could be determining availability and use of resources and determining community strengths. Some coping strategies are seeking out help and finding new living opportunities. This situation could be handled by looking for help finically.