

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?
 - This crisis is class 6, psychiatric emergencies
 - Interventions
 - o Ensuring her safety because she is on the highway and monitoring her for the possibility of self-harm
 - o Using therapeutic communication and providing emotional support
 - o Use breathing exercises
 - o Medically assess her
 - o Locate other family members
 - Coping strategies
 - o Such as grief counseling
 - o Breathing exercises for anxiety
 - o Support group information for people who have lost loved ones suddenly
 - Suggestions
 - o A psychological evaluation is needed immediately
 - o Crisis interventions services are indicated as well for counseling services
 - o Grief/ bereavement services should be explored for her recovery
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?

- This is class 2, crisis of anticipated life transition
 - Interventions
 - o Assess mental and emotional status: s/s of depression, anxiety, and social isolation
 - o Provide supportive counseling by listening to him and the new challenges he is facing
 - o Encourage coping strategies
 - o Suggest following a routine to help explore new social outlets and integration into the new community
 - Coping strategies
 - o Following a family contact routine, regular but limited
 - o Join local social groups
 - o Practice journaling and self reflection
 - Suggestions
 - o Encourage social connections such as neighbors, coworkers, etc
 - o Counseling services, couples counseling possibly
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?
- Class 5, Crises reflecting psychopathology
 - Interventions
 - o Ensure patient safety (skin damage, self-harm, dehydration)
 - o Use therapeutic communication to encourage her to carefully exit the shower
 - o Validate her fears without reinforcing or dismissing her
 - o Seek immediate mental health support for short- and long-term treatment
 - Coping Strategies
 - o Breathing techniques need to be used to reduce anxiety
 - o OCD medication and therapies are needed for long term management of her OCD
 - Suggestions
 - o Get tested for HIV/ AIDS for factual reassurance
 - o Educate on the risks of AIDS exposure and safe sex
 - o Refer her to counseling for her OCD and possibly inpatient services
 - o Develop a safety plan and support plan with those around her. To ensure she is attending therapy appointments and for her support people to identify signs of stress, so that she gets help in appropriate time.

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?

- Class 1, dispositional crises

- Interventions

- o Ensure immediate safety of Elijah from current physical injuries and potential additional harm
- o Screen him for domestic violence (intimate partner violence): use nonjudgmental safe communication to screen about the history of abuse and current support system
- o Provide emotional support and crisis counseling, Reassure him that he is not at fault and offer services for his removal of the situation

- Coping strategies

- o Create a personal safety plan and encourage him to express his feelings.
- o Support groups for survivors of domestic violence

- Suggestions

- o Connect Elijah with services such as shelters, advocacy, legal aide (divorce and protection orders), housing and counseling
- o Encourage legal reporting of domestic abuse
- o Ensure follow up of mental health support

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?

- Class 4, maturational and developmental crises

- Interventions

- o Establish psychological safety and build trust with trauma- informed care communication
- o Assess for PTSD and other mental health needs
- o Facilitate access to mental health services

- Coping strategies

- o Use controlled breathing techniques
- o Encourage journaling, art therapy
- o Use trauma-focused therapy
- o Encourage therapy in groups for survivors of child sexual abuse

- Suggestions

- o Delay or modify wedding plans as needed
- o Involve her partner in the healing process
- o Create a long term recovery plan with structured boundaries and trust building in the relationship

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?

- Class 3 Crisis resulting from traumatic stress

- Interventions

- Assess for physical and emotional well-being: depression, dehydration, malnutrition, trauma related symptoms, and suicidal ideations.
 - Provide a safe supportive environment to allow emotional expression
 - Connect with crisis and disaster recovery resources: coordinate support for housing, basic needs, and legal/ insurance assistance.
- Coping strategies
 - Encourage manageable routines and grounding exercise
 - Use grief counseling and trauma informed therapy to process the loss and rebuild hope
 - Join support groups for disaster survivors to reduce her feelings of isolation and to validate her grief.
- Suggestions
 - Initiate psychosocial support for therapeutic interventions
 - Promote basic needs and a daily structure to help reestablish basic routines: meals, hygiene, and rest
 - Involve community and spiritual resources to help rebuild and cope