

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?
 - I think Alisha is experiencing psychiatric emergencies. She is in a crisis situation where her spouse has been killed in an industrial accident and her general functioning has been severely impaired and she is unable to assume personal responsibility for her behavior. A nursing intervention would be to make sure she is safe, and no harm has been done to her since she was found walking down a busy highway. I would do a mental health assessment on her and monitor her vital signs to make sure she is stable. I would remove any harmful objects away from the patient and establish some sort of therapeutic communication with her "I'm here to help". Some coping mechanisms would be to help her do some deep breathing, some sort of meditation techniques. I would recommend we get her psychiatric help immediately for evaluation and ongoing care.
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 crises of anticipated life transitions. Moving can be a normal part or anticipated part of life and Carson feels he has no control over the move. An appropriate intervention would be to provide reassurance and support by referring him to services that can help him cope with

his feelings. Evaluate the patient for signs of depression and ask about past coping strategies that have worked for him. Some great coping mechanisms for Carson would be finding new hobbies that he loves, connecting with family on social media and encouraging support from them. I would recommend that Carson and his wife find things to do together to keep his mind busy, joining a local church and meeting new friends can help so he is not feeling so alone.

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 Crises reflecting psychopathology. The first intervention for Faith would be to help reduce her anxiety by using a calm, steady voice. I would help her focus on breathing techniques to also reduce her anxiety and maybe remove any stressors that might overwhelm her more (dim lights, keep the place quiet). She also may need to be referred to see a specialist to help her cope with these types of situations and what to do if it happens again. Encouraging journaling and relaxation techniques could be some good coping strategies. I would have her schedule a psychiatric follow up, educate her roommate on how to offer support and encourage her through this 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?

-Elijah is experiencing dispositional crises. He is experiencing an acute response to an external situational stressor. Appropriate interventions will include assessing any wounds if he has any and screening for domestic violence issues. He would need to see a mental health counselor for support and guidance for managing health and safety of himself. Appropriate coping strategies would be to use some active listening when speaking with Elijah and validating his emotions, doing some short-term deep breathing exercises, walking, and listening to music. Some recommendations for Elijah would be to reach out to trusted family members, joining peer support groups, and considering counseling.

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 Maturation and developmental crisis She is unable to master developmental task associated with transitions in the life cycle. The most important intervention for Sue is to help

with anxiety reduction. Teach her some deep breathing exercises and offer some therapeutic communication by explaining to her that it's okay to feel this way, and that she is not alone. Some coping strategies for Sue could include journaling, setting small goals, talking to someone/or family she trusts, and joining support groups. Recommendations for Sue would be to help develop a plan with her, give her information to resources or have her referred to a counselor, and let her know to be patient with herself through this process.

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 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?

-Navaeh is experiencing crises resulting from traumatic stress. By the tornado ripping through her neighborhood this is an unexpected external stressor over which she has little or no control over, resulting in feelings of staring into space, barely eating and rarely speaking. An appropriate intervention for Navaeh would allow her to talk about it and express her feelings about the trauma when she demonstrates readiness. As a nurse, offering reassurance and support for Navaeh would benefit her with this traumatic event. Discussing different stages of grief would also be ideal for the nurse to discuss. Coping mechanisms for Navaeh would be encouraging her to join peer support groups, do some creative therapies that could include art and mediation. I would recommend community resources that relate to her situation and refer her to services that can help provide some type of financial assistance.