

## 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 class three crisis resulting from traumatic stress. Some nursing interventions for this type of crisis include communication sessions, support, listening, educational resources including emotional processes, and exploring coping skills. Coping strategies that can be implemented regarding this type of crisis include breathing exercises, counseling, joining related support groups, engaging with support system and reaching out to medical professionals, when necessary, avoid triggers related to the trauma, and establish self-care routines. Recommendations on how to handle the situation include calmly approaching her using therapeutic communication. Getting all the necessary individuals there to assist with the situation. Reassuring her that everything is ok and offer support. Reorient her to the location and ask her questions like if she can feel where her feet are to bring her back to reality.

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 class two crisis of anticipated life transition. Some nursing interventions for this type of crisis include examining patient for possible risk factors of additional disorders, listening, support, resources available for feelings of loneliness and distance from loved ones, positive communication, and addressing problem areas of thinking and language. Coping strategies that can be implemented in this crisis include identifying stressors, normalizing the new lifestyle, eliminate controllable stressors and triggers, create goals, engage with support system, and prioritize self-care activities for balance. Recommendations on how to handle the situation include attending couples and individual therapy for both individuals to work on understanding emotions and how to adjust together, while living away from their support systems. Another recommendation would be to attend community events and activities together. This would help establish a connection together and the area they live in. Providing a routine and purpose while building their relationship together.

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 class five crisis reflecting psychopathy. Some nursing interventions for this type of crisis include conversation sessions to aid in reducing anxiety, education on coping skills, promoting communication of feelings, listening, providing therapy resources, and education on preventing escalation of anxiety episodes. Coping strategies that can be implemented for this crisis include support from caregivers, medication therapy, group therapy sessions, eliminating triggering environments, and therapy session to help manage the disorder. Recommendations on how to handle the situation include ensuring to establish a therapeutic relationship with the patient. This is especially important when having a conversation regarding sensitive topics. Ways to establish this relationship include being an active listener, providing support, and establishing that there is no judgment and we that we are here to help. Additionally, once communicating with the patient and establishing that relationship, ask her what she needs and recommend that she seeks a medical professional regarding her physical and mental health.

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 class one dispositional crisis. Some nursing interventions for this type of crisis include focused assessment on patient specific to their situation, establishing therapeutic relationships, listening, and providing them with their needs and resources. Ensure to provide a safe environment and provide the patient with the appropriate resources and individuals to help in the situation. Coping strategies that can be implemented for this crisis include communicating feelings regarding the situation, implementing problems solving skills, medication therapy, management skills regarding emotions, deep breathing, implementing self-care activities, creating goals, and working with a therapist to aid in managing disorders and substance use.

Recommendations on how to handle the situation include ensuring that Matt receives help regarding his drinking problems. Providing the appropriate resources for him to be able to go through withdrawal and attend the appropriate meetings and steps. He will also need a therapy session resource to establish any additional problems that he may be dealing with. Along with managing substance use and his emotions. This will not only benefit his own safety but also the ones around him. Ensuring that the significant other gets the resources that they need to aid in their own physical and mental health is also a priority.

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 class four maturational and developmental crisis. Some nursing interventions for this type of crisis include communication, listening, providing support and resources, providing a safe environment, establishing therapeutic relationship, addressing their safety needs, reducing any potential anxiety regarding situation, educating on coping skills and identifying emotional stressors. Provide the appropriate resources to aid the patient in receiving the appropriate assistance. Coping strategies that can be implemented for this crisis include journaling, setting goals, implementing therapy sessions to express feelings, engage with support system, find hobbies and self-care activities to participate in, and use reflection sheets. Recommendations on how to handle the situation include proper communication with the patient. Stabilizing the situation by staying calm and deescalating their symptoms. Let them know that we will help you through this and you are safe, etc. Post crisis, it is important to provide the proper resources and promote therapy, medication therapy, and support.

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 class three crisis resulting from traumatic stress. Nursing interventions for this type of crisis include communication sessions, listening, providing positive feedback, providing appropriate resources, education on management of emotions, promoting therapy groups, education on the process of emotional distress, and providing therapy resources. Coping strategies that can be implemented for this crisis include setting goals and priorities, communicating with local resources, engaging with support system, therapy groups and communication, expressing emotions, journaling, participating in self-care activities, awareness of new symptoms, emotion and nutrition handouts, and avoiding triggering situations. Recommendations on how handle the situation include offering therapeutic communication to the patient but

do not push to many questions on them. Promote therapy and group session resources along with other support groups and emotion management.