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 <u>Unit 2: Crisis Intervention drop box by June 2, 2025 at 0800.</u>

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 is an example of crises resulting from traumatic stress. Interventions for this would be to create a quiet area, identify physical symptoms and psychological responses, teaching coping behaviors, and administer medications as needed. Appropriate coping strategies would be progressive muscle relaxation and/or thought stopping. This situation should be handled by taking Alisha to a quiet and safe environment; those with her should be sensitive to the trauma she experienced, and all interventions should promote her to feel that she has choices in her care plan.

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 an example of crises of anticipated life transitions. Interventions for this would be determining any physical and psychological symptoms, if Carson has experienced stress before and his coping behaviors, and talking to Carson about why is experiencing this crisis and how to cope. This situation

should be handled by allowing Carson to become independent and choosing effective coping mechanism to handle the transition away from his hometown.

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?

    This is an example of crises reflecting psychopathology. Interventions for this would be to reduce anxiety, Faith might have to take a test to prove she does not have AIDS or another STD in order to reduce her anxiety, seeing a therapist would also be beneficial for her. Handling this situation require a conscious attitude to not escalate Faith's anxiety and encouraging her to take steps in reducing her anxiety such has taking an STD test.

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 dispositional crisis. Interventions for him would be physical care of all his wounds and screening for domestic violence, support and guidance for removing him safely from the situation should be provided. This situation should be handled by showing Elijah that he has ways to remove himself from the situation safely and to make him aware that he can receive 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 maturational and developmental crises. Interventions for her would be to reduce her anxiety, seeing a therapist or a counselor to help Sue, and identifying positive coping behaviors. This situation should be handled in a way that makes Sue feel validated in her anxiety while also helping reduce her anxiety so that she can be intimate with her future husband without worry.

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?

Neveah is experiencing a crisis known as psychiatric emergency. Interventions for her would be medical care to assess for signs of under nutrition, assessing and discussing her feelings towards the event that happened, discussing coping behaviors to help her handle the situation. This situation should be handled by letting Neveah know that her distraught over the loss is validated while also helping her understand that her negative coping behaviors can lead to more potential issues within herself and her outside life, including a life with her spouse.