

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 is a psychiatric emergency crisis. Some interventions for this situation include removing her from the highway to maintain safety. Acknowledge her feelings and encourage her to talk about her feelings. Discuss alternate forms of coping instead of the rabbit's foot. To handle her situation, she should be removed from the highway and re-orientated to the situation. She should have time to express how she is feeling, and the nurse should give her coping strategies that are more realistic than the rabbits foot. Some examples of coping strategies are meditating or listening to music.

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 a crisis of anticipated life transition. Some interventions could include setting certain days of the week to call family members, finding a new hobby that makes him happy and distracts him from missing home, or have items around the house that make him feel more at home. To handle this situation Carson could call his family on Mondays and Fridays to help set a schedule. He could hang up family pictures or make foods that remind him of being home. Some coping strategies could include baking, finding a new hobby, or going out and making new friends.

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 a crisis reflecting psychopathology. Some interventions for this situation include calming her anxiety, have her roommate stay with her to make sure she is safe, try to encourage her to get out of the shower and reassure her that everything will be okay. Have her talk about her feelings and try to keep a positive outlook. To handle this situation, I would stay with her and reassure her that she is going to be fine. I would try to calm her anxiety by telling her that she is in the shower, and she is clean to try to convince her to come out so that she stays safe. Some coping strategies for her could include deep breathing to help calm her anxiety, encourage her to journal or talk about her feelings, or possibly get on medication to help control her anxiety.

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?

This is a dispositional crisis. Some interventions for this situation include domestic violence screening, providing care to Elijah's wounds, offer a safe place for Elijah to stay to get him out of that situation. To handle this situation, I would recommend that Elijah do the domestic violence screening and offer recommendations for safe shelters of people who have gone through abuse. I would also ask about his support system to see if he has family or friends that he could stay with during this time. Some coping struggles include removing Elijah from that environment, going to therapy may help with the emotions, talking with his support system can help too.

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?

This a maturational or developmental crisis. Some interventions for the scenario include offering sue an opportunity to talk about the experience and express how she feels when she is ready, the nurse should offer reassurance and explain to her how rape can feel like a loss and explain to her the stages of grief. The nurse should also assess her support system at home and make sure that sue feel heard and believed. To handle a situation like this I would allow sue to explain what happened and re-assure her that I believe her. I would ask about her support system and offer her ways to cope with the stress. Some coping mechanisms for this situation may include talking, or journaling about the experience, therapy groups, and simply giving herself time to go through the grieving 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 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?

This is a traumatic stress crisis. Some interventions for this type of crisis include offering opportunities to talk about the incident, Help Neveah through the steps of grief to help cope with the loss of her home, and evaluating her support system and housing situation. To handle this situation, I would ask her to explain how she feel, help her go through the steps of grief, evaluate her nutritional status and recommend a safe place to stay during this time. Some coping mechanisms she could use are being around positive family or friends, go to the house and try to find anything that could be saved, and talking about her situation and how it makes her feel.