

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?

In this patient scenario, Alisha is experiencing a crisis resulting from traumatic stress (Class 3). The traumatic event of her spouse being killed in an industrial accident was an unexpected external stressor, which she does not have any control over causing extreme emotions. As a nurse, I can perform interventions that offer support in this difficult time. That can include introducing support groups for Alisha to attend, opportunities to speak about the experience and feelings regarding the trauma (when she is ready) and redirecting her to participate in activities that will distract her from her traumatic experience. She can try deep breathing and relaxation techniques to cope, such as listening to music or watching her favorite show. The situation should be handled initially by removing Alisha from the danger of being on a busy highway, reassure her that she is safe while validating her feeling, and evaluate the need for further care depending on her physical and mental state at the time.

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?

The type of crisis that Carson is experiencing is a crisis of anticipated life events (Class 2). Moving away from his family to a distant city is a normal life-cycle transition, but Carson may feel a lack of control over the situation. A few nursing interventions that would help Carson is to allow him to express his feelings about the transition, encourage him to participate in activities in the area to meet new people, and place pictures of his family in frames around their new home. To cope with this situation, Carson can maintain contact with his family members by talking to them on the phone often, planning a trip to go visit, and trying a new hobby to keep him busy. This situation can be handled by listening to Carson's thoughts and feelings regarding the move to another city, explain to him that it is normal to feel home sick, and suggest that he begins participating in local activities to meet new people.

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?

The crisis that Faith is experiencing is a crisis reflecting psychopathology (Class 5). This is a crisis triggered by pre-existing psychopathology, which is her history of obsessive-compulsive disorder. This caused her to have extreme anxiety. Nursing interventions that can be conducted are encouraging her to take breaks from taking a shower by celebrating small goals, conduct HIV testing, and use distraction methods such as changing the subject of conversation. Faith can perform coping strategies like talking to friends and family whom she trusts about her feelings and encourage deep breathing exercises to calm her anxiety. A few suggestions/recommendations that can handle the situation is by calming speaking with Faith and trying to get her to take a break from showering, provide her with fluids, and allow her to speak about her feelings.

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?

The crisis that Elijah is experiencing is a dispositional crisis (Class 1). He is experiencing an acute response to an external situational stressor due to Matt's violent behavior while being intoxicated. A few nursing interventions that can be conducted to assist with Elijah's emotional state is providing support throughout this stressful time and making sure he is safe. This is an exhausting situation to experience, so you should also encourage expression of how Elijah is feeling. He can choose to stay or spend time with a trusted friend or family member who makes him feel safe as a coping mechanism or possibly participate in support groups for the trauma the situation has caused. A few recommendations/suggestions that I would do to handle the situation is provide resources for Matt (substance abuse support), keep an eye on Elijah's mental health, and encourage Elijah to talk about the incident for healing.

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?

The type of crisis that Sue is experiencing is a crisis resulting from traumatic stress (Class 3). Sue is undergoing trauma related to being continuously raped by a family member in the past, which is now bringing up unexpected external stressors over something she cannot control. Her upcoming wedding is causing stress from the past trauma. A few nursing interventions for this type of crisis include contacting a mental health professional for help regarding her trauma, offering support groups, and providing therapeutic communication to ease her anxiety. She can try coping strategies which include breathing exercises and hobbies to distract and keep herself busy. A suggestion that I would recommend is having a deep conversation with her future husband regarding her concerns, surrounding herself with people who bring her peace and comfort, and encourage that Sue seeks out medical care for her mental health.

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?

The type of crisis that Nevaeh is experiencing is a crisis resulting from traumatic stress (Class 3). When the tornado destroyed her home, this caused an unexpected external stressor that she is not in control of. Nevaeh is now feeling depressed and withdrawal from the tragedy. Nursing interventions for this crisis includes getting connections to people who can provide housing resources, monitoring and treating her depression and withdrawal, and utilizing therapeutic communication and empathy for what she is going through. Coping strategies that Nevaeh can include in her daily routine are finding ways of distraction from the situation (reading books, exercising, starting a new hobby) or looking to friends and family for support. Recommendations for this situation can be connecting Nevaeh to resources that can assist her with housing or financial aid, leaning on loved ones for support and guidance, and contacting a medical professional to work through her depression.