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>

For each patient scenario provide the type of crisis, interventions, <u>appropriate coping strategies, and provide two-three recommendations</u> 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?

   Class 6: psychiatric emergency

   nurse interventions should be to try to bring the patient back to reality, ensure patient safety by getting her off the highway. Assess for any injury, stay with the patient, discuss feelings of loss when patient is ready. An Appropriate coping strategy may be to see a grief counselor. The situation may be handled by being admitted to the hospital and getting a mental health consult for further evaluation.

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?

   Class 2: crisis of anticipated life transitions.

   Nursing interventions are to encourage Carson to clarify his needs, validate his feelings, provide reassurance and support. Monitor for signs of depression. Coping strategy may be to try new hobbies. The situation may be handled by suggesting a designated date per week for calls so it's not daily. Another suggestion is family counseling.

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?

    Class 5: crises reflecting psychopathology

    Nursing interventions may be to help reduce her anxiety, stay with her, encourage verbalization of feelings when ready. Positive reinforcement should be given for independent activities and accomplishments. Assess risk for suicide. Coping strategies are to take prescribed meds if she had any for the OCD. Another coping strategy is breathing exercises. Suggestions to handle the situation are to admit pt to hospital and get screened for aids, also have a psychiatric evaluation.

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?

    Class 1: dispositional crisis
    Nursing Interventions are to treat physical injuries at the ER, report/screen for domestic violence and document. Encourage pt. to clarify needs and express feelings. Coping strategies are using support system to talk to them about what's going on. Suggestions to handle the situation are providing information on filing a restraining/protective order and pressing charges if Elijah desires. Another way to handle the situation is finding temporary housing/shelter if he doesn't want to go back home.

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?

    Class 3: crisis resulting from traumatic stress
    Nursing interventions are to offer reassurance and support. Offer opportunity to talk about the experience and express feelings about the trauma when ready. Offer recourses like support group. Coping strategies could be journaling or talking to fiancé about feelings. Suggestions to handle the situation are to identify triggers, and couples or even solo therapy.

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?

    Class 3: crisis resulting from traumatic stress.

    Intervention: ensure physical needs are met like access to shelter, food, water. Assess for worsening depression or suicidal ideation. Educate about grief stages. Encourage expression of emotions when ready. Coping strategies are reaching out to support systems. Handle the situation by suggesting therapy and getting a mental health evaluation.