

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?

The type of crisis Alisha is experiencing is a psychosis crisis. An appropriate intervention for this type of crisis would be to prioritize Alisha's safety, by getting her off of the highway. An appropriate coping strategy would be to introduce journaling to Alisha to help her differentiate reality from imagination. The situation may be handled by the nurse by identifying the stressing factor, allowing Alisha to vent, as well as taking Alisha to a calm place to organize her thoughts.

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 type of crisis is referred to as a crisis of anticipated life transitions. An appropriate intervention would be to give reassurance and support when needed by the client. An appropriate coping strategy would be for Connor to get into a support group that includes people dealing with the same situations. Some nursing interventions/recommendations would be to assess if the patient has a current support system they can rely on in their new location and given resources that can provide support for Carson.

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 type of crisis is considered a crisis reflecting psychopathology. A nursing intervention that would be appropriate would be to help Faith ease her anxiety about this situation. An appropriate coping strategy would include having Faith practice breathing techniques to help ease her anxiety. A few ideas on how to handle this situation would include encouraging Faith to voice her feelings about the situation without allowing regressive behaviors to surface. Another tactic is to give Faith positive reinforcement when voicing concern about the situation.

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 type of crisis is considered a dispositional crisis. A nursing intervention would be to assist Elijah to gain proper resources he needs to file reports, and for emotional care. An appropriate coping strategy would be to write about the trauma to help get things off their chest. Ways to handle this situation include having Elijah get a physical examination for his wounds, as well as involving a counselor to provide emotional support and relief after this traumatic event.

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 type of crisis would be considered a traumatic stress crisis. An appropriate nursing intervention would be to offer reassurance and support to Sue. An appropriate coping strategy would include having Sue learning to identify triggers to avoid breakdowns or panic attacks in the future. Ways to handle this situation for Sue would be to suggest she displays her feelings to her fiancé in a safe place to make her feel comfortable. It would also be appropriate to suggest therapy for Sue to help provide emotional support for her future.

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 type of crisis would be a traumatic stress crisis. An appropriate nursing intervention would be to provide Naveah with community resources to help her family get their home back on track. An appropriate coping strategy would include having Naveah focus on distracting tasks, such as drawing, painting, or listening to her favorite music to get her mind off of things. Ways to handle the situation would be to refer Naveah to resources for her mental health and physical needs, and to introduce Naveah to the stages of grief and how they are all normal.