

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?
Type: Crises Resulting from Traumatic Stress
Interventions: The nurse should encourage Alisha to talk about feelings associated with experience, and offer support. Identify support systems and help find new ways to cope and actively deal with loss.
Coping strategies: Some strategies include seeking professional therapy, support groups, and grounding techniques.
Recommendations: 1. I suggest going to seek professional therapy who will unpack the unprocessed emotions behind the death of her spouse. 2. I also suggest that Alisha is watched and given support for a while due to the fact that she might put herself in dangerous situations.
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?
Type: Maturational/ Developmental Crises
Interventions: The nurse should help identify what is causing the codependency. Support should also be given to help them work through this conflict and whatever is causing his crisis.
Coping strategies: Some include journaling, reflection, and life coaching.

Recommendations: 1. I suggest that Carson maybe seek therapy to uncover why is so reliant on the presence of family. 2.I also suggest that he maybe take a day or two and not talk with his family in order to try to process the new change in his life.

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?

Type: Crises Reflecting Psychopathology

Interventions: A nurse should help decrease Faith's anxiety and fear, as well as reassure her. She should then verbalize why she feels she has AIDs.

Coping strategies: Some include medication treatment and cognitive behavioral strategies.

Recommendations: 1. I suggest that Faith perhaps seek medication that helps with her OCD symptoms severity. 2. I also suggest that she seek therapy in order to help her process her fears in a healthier way than refusing to leave the shower.

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?

Type: Dispositional Crises

Interventions: A nurse will initially care for Elijah's wounds then he was given support and additionally guidance in supportive groups and places to go. He was also seen by a counselor to discuss how this may have impacted him mentally.

Coping strategies: Some include support groups, short term counseling, and leaning on support of friends and family.

Recommendations: 1. I suggest that Elijah should press charges and avoid any further interaction with Matt or if not possible have someone with him when seeing him again. 2. I also suggest that Elijah, if he does not have one already, develop a strong support system that will help him move away from the toxic environment.

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?

Type: Crises Resulting from Traumatic Stress

Interventions: A nurse should encourage Sue to express her feelings and talk about her experience if comfortable and ready. She should also provide support and identify who Sue's support system is. Resources should also be provided that offer her additional support, such as where to find places that she can feel comfortable expressing her feelings and talking about what she went through.

Coping strategies: Some include professional therapy, grounding techniques, support groups, and expressive therapy.

Recommendations: 1. I suggest that Sue seek therapy in order to express her feelings and tell her story as a way to potentially process her past. 2. I also suggest that she press charges, if not already done so, in order to perhaps feel like she has created a safer environment with her abuser gone and unable to reach her.

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?

Type: Dispositional Crises

Interventions: The nurse should initially look for and treat any injuries caused by the tornado. Then encourage Nevaeh to talk about how she feels after the loss of her house. She should also encourage different coping strategies that can help her work through her grief and sense of loss. Resources should also be provided if loss of home caused Nevaeh to have no place to stay.

Coping strategies: Some include support groups, setting short term goals, and short-term counseling.

Recommendations: 1. I suggest that Nevaeh seek therapy in order to talk about the loss of her house and what that means to her, this can potentially help her process the event. 2. I also suggest that she lean on her support system to reassure her during this difficult time.