

Unit 2: Psychiatric Nursing

ONLINE CONTENT (2H)

Read the attached article titled “The COVID-19 Pandemic and Mental Health Impacts,” and follow the link below to listen to the podcast titled “Mental Health in the COVID-19 Pandemic: How to Cope in a Crisis.”

<https://www.youtube.com/watch?v=gGVmo6lprx0>

Answer the following questions and place in the Unit 2: Crisis Intervention Online Activity drop box by June 7, 2021 at 0800.

In order to receive full credit (2H 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.

1. What type of crisis might an individual who has been affected by COVID-19 experience? Explain why.
2. What kinds of thoughts and feelings might an individual who is in crisis express to you? Explain your answer.
3. Individuals in crisis need to develop more adaptive coping strategies. How can the nurse provide assistance with this process?

Journal Reference:

Usher, K., Durkin, J., & Bhullar, N. (2020). The COVID-19 pandemic and mental health impacts. *International Journal of Mental Health Nursing*, 29(3), 315–318. Retrieved from <https://doi.org/10.1111/inm.12726>