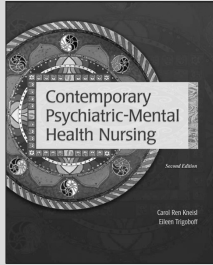


Contemporary Psychiatric-Mental Health Nursing



Chapter 34

Crisis Intervention

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Situational Crises

- Material or environmental
- Personal or physical
- Interpersonal or social

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Maturational Crises

- Life cycle transitions: infancy, childhood, puberty, adolescence, adulthood, middle age, older adulthood, old age
- Other life changes: marriage, retirement, transition from student to worker

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Crisis as Turning Point

- Crisis = turning point that results in new equilibrium, which may be similar to pre-crisis state, or more positive or negative

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Crisis Intervention

- Crisis is self-limiting because disequilibrium is so uncomfortable.
- Crisis resolves itself, favorably or unfavorably, even without intervention.
- Working with another person increases likelihood of favorable resolution.

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Sequence of Crisis

- Tyhurst's three stages of disaster:
 - Impact
 - Recoil
 - Post-trauma

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Sequence of Crisis - continued

- Caplan's four stages of crisis reaction:
 - Initial increase in tension
 - Further increase in tension and disruption of daily living when crisis is not quickly resolved
 - Increase in tension to depression levels if usual problem-solving techniques fail
 - Partial resolution of crisis with use of new coping skills, or mental disruption/disorder if new skills are not developed

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Health Professional's Role

- Help person in crisis understand what led to the crisis and guide him/her toward positive resolution
- Acute phase: restore the person to pre-crisis level of functioning as quickly as possible

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Assessment

- Individual: precipitating event, perception, support, resilience, coping style, ability to handle problem, suicide potential
- Family: stressors, resilience, resources, coping skills, interpersonal styles
- Sociocultural: influence of culture on sources of distress a client experiences, symptomatology, interpretation of symptoms, coping methods

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Nursing Care

Common diagnoses:

- Ineffective Coping
- Interrupted Family Processes
- Risk for Self-Directed Violence
- Anxiety
- Acute Confusion
- Spiritual Distress
- Sleep Deprivation
- Risk for Post-Trauma Syndrome
- Complicated Grieving
- Impaired Social Interaction

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Nursing Care - continued

- Outcome criteria: determined in collaboration with client
- Planning/implementation: developed with client and family; focused on immediate problems; consistent with lifestyle/culture; time limited; realistic; mutually negotiated; provides for follow-up
- Evaluation: in long-term setting, review of implementation and outcomes

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Origins and Risk Factors for Crisis

- Origins of crisis: situational, maturational
- Risk factors: intensity of exposure, preexisting psychiatric symptoms or diagnosis, previous trauma, family history of mental illness, early separation from parents, childhood abuse, poverty, cultural expectations, degree of threat to life

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Balancing Factors

According to Aguilera, three balancing factors for resolution of disequilibrium are:

- perception of the event
- situational supports
- coping mechanisms

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Crisis Intervention

Types of crisis intervention:

- Crisis counseling (brief, solution-focused therapy)
- Telephone counseling
- Assisting with environmental changes
- Anticipatory guidance (assistance in anticipation of the potential for crisis, thus averting it)
- Helping to develop social supports
- Critical incident stress management
- Disaster assistance

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Critical Incident Stress Management

- CISM = integrative, comprehensive, multifaceted approach spanning time sequence of crisis
- 10 components:
 - Pre-event planning
 - Assessment
 - Strategic planning
 - Individual crisis intervention

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Critical Incident Stress Management - continued

- 10 components: (con't)
 - Large group crisis intervention
 - Small group crisis intervention
 - Family crisis intervention
 - Organizational/community intervention
 - Pastoral crisis intervention
 - Follow-up/referral

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ABCs of Crisis Counseling

- A = Achieve contact (safety and security)
- B = Boil down the problem (ventilate and validate)
- C = Cope with the problem (predict and prepare)

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ABCs of Crisis Counseling in Plan of Care

- A = Assessment
- B = Diagnosis
- C = Planning and implementation, including plan for follow-up (evaluation)

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Psychoeducation

Take into consideration the client's understanding of the event using:

- Tyhurst's stages of disaster
- Roberts' model of crisis intervention
- Critical incident stress management

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Small Group Debriefing

Small group debriefing process incorporates psychoeducation in each phase:

- Introduction phase
- Fact phase
- Thought phase
- Reaction phase
- Symptom phase
- Teaching phase
- Reentry phase

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Nursing Self-Care

Behaviors crucial to effective crisis work:

- Belief in a person's capacity to grow and change
- Awareness of impact of repeatedly hearing horrible stories
- Developing outlets for stress, frustration, anger
- Dealing with fears and vulnerability
- Realistic expectations
- Respect for others' timetable for crisis resolution
- Collaboration with others

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Vicarious Traumatization

- Vicarious traumatization = condition in which psychological aftereffects are experienced by those who are not direct victims of the traumatic event
- Commonly affects next of kin, injured and uninjured survivors, onlookers, rescuers, body handlers, health personnel, people responsible for disaster, coworkers, evacuees

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Resources

- <http://www.aaets.org>
The American Academy of Experts in Traumatic Stress is a multidisciplinary network of professionals committed to the advancement of intervention for survivors of trauma. The Academy provides meaningful standards for those who work with survivors.
- <http://preparedness.asph.org/About.cfm>
The Centers for Public Health Preparedness Resource Center is a free online repository of terrorism and emergency response training and educational resources developed by the CDC-funded Centers for Public Health Preparedness.

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