



## Case Report

### Crisis as psychiatric emergency and Role of psychiatric nurse

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#### Crisis:

Crisis is the acute emergency condition which arises disrupts the normal life, and individual is not capable to resolve the problem.

It is the sudden event which can alter the homeostasis of the individual. It is the condition which causes stress to the individual.

It is the condition in which the individual is not able to cope with the stress full situation.

Crisis can occur at any stage of the life, it can be different for different individuals. It may not necessary have any pre-determined psychopathology. It has many associated factors which may aggregate it.

#### Psychiatric nurse has a major role to play in crisis intervention :

The major focus of interventions given by a psychiatric nurse is to restore the psychological well-being of an individual. The therapeutic approach is applied so that the individual can at least reach to the pre-crisis level. Psychiatric nurse works on the mental restoration of the individual.

#### Psychiatric nurse has role to play in different phases:

Before starting the psychiatric nurse develops the good interpersonal relationship with the client and maintaining good rapport.

#### Assessment: In this all the information is gathered by psychiatric nurse regarding various things like:

Present stressors, precipitating factors, family history, past health history etc.. The record is completely maintained and the main factors are determined for which the individual seeks the professional help.

**Planning:** In this phase psychiatric nurse plans for therapeutic interventions needed by the client. From already collected data, the needs of the client are prioritized and appropriate the nursing diagnosis are prepared which is needed to resolve the immediate crisis situation, the expected outcomes are also established. After that psychiatric nurse scans all the individual personal capacities and strengths and also checks for the available support system and external resources and then takes the appropriate nursing action.

**Intervention :** The already identified actions are then implemented. A problem solving approach is applied and mostly the clients are actively involved in their own problem solving. This phase fetches better if the client has well accepted the psychiatric nurse.

**Evaluation:** Psychiatric nurse evaluates for the achieved objectives. Reassessment is conducted both for achieved objectives as well as for the objectives which are not achieved and further course of action is planned if necessary.