

Chapter 26

Crisis and Disaster



Objectives

- Differentiate between the two types of crisis and provide an example of each.
- Identify six aspects of crisis that have relevance for nurses involved in crisis intervention.
- Develop a handout describing areas to assess during crisis. Include at least two sample questions for each area.
- Compare and contrast the differences among primary, secondary, and tertiary intervention, including appropriate intervention strategies.



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Crisis

- Disturbance caused by a stressful event or...
- Normal coping mechanisms...
- Results in inability to function as usual
- Perception of threat is based on individual...
- Crisis threatens personality organization, but...
- Acute and time-limited



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Case Study

Mr. and Mrs. Alessandro are devastated when a faulty ceiling fan causes an electrical fire in their home. Last Wednesday they came home from dinner with friends to find that not only was their home destroyed, but their cat, Alfie, is missing. He hasn't been seen since.

Insurance is paying for their temporary stay in a tiny apartment for now, but Mr. Alessandro tells you that "the place just adds to my wife's depression. I can't get her to do anything with me. Not even take a walk, which she usually makes *me* do."

"We do go to the old neighborhood every day, looking for Alfie, but we're starting to lose hope for him."

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Outcomes of



- Depend on

- 1
- 2
 - A.
- 3



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Crisis Theory

- Erich Lindemann
 - ...
- Gerald Caplan
 - ...
- Aguilera and Mesnick
 - ...
- Albert R. Roberts
 - ...



Types of Crisis

Maturation

- 1
- 2
- 3



Types of Crisis (Cont.)

● Situational

- Arise from events that are

- 1
- 2
- 3



Types of Crisis (Cont.)

● Adventitious

- Unplanned and accidental

- 1
- 2
- 3



Phases of Crisis



Phase 1

- 1
- 2
- 3
- 4
- 5
- 6



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Phase 2

- 1
- 2
- 3
- 4
- 5
- 6



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Phase 3

- 1
- 2
- 3
- 4



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Phase 4

Problem is unsolved...

Overwhelming...

Possible serious personality disorganization...



Case Study

Mr. Alessandro returns to the clinic 10 days later, bringing his wife with him, though she is resentful.

"I don't want this," she says. "Why can't people just leave me alone."

Mr. Alessandro does most of the talking as his wife is clearly withdrawn. He talks about things he has done to try to cheer both of them up, but "everything's failed. Ellie's withdrawing from everyone, she's so depressed, and me, I'm a basket case because I'm afraid we're never going to recover from this. Last week I was driving to the grocery when I had to pull over because I couldn't breathe. I think it was my first-ever panic attack."

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Case Study (Cont.)

During therapy, the nurse and Mr. Alessandro propose a move to a nicer, larger apartment while they wait for insurance to begin the process of helping them build a new home.

"There's that new complex near the park where we used to walk," Mr. Alessandro says. "We could take walks there like we used to without having to drive so far. And when you're ready, we can think about adopting a cat."

"I'm not ready to replace Alfie!" his wife says. But after a moment, she softens and says, "I'm sorry, Robert. Those new apartments by the park, though. I'd like to see those."

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Audience Response Question

Which phase best describes how the Alessandros are doing right now?

- A. Phase 1
- B. Phase 2
- C. Phase 3
- D. Phase 4



Audience Response Question

Which term is most applicable to crisis?

- A. Self-limiting
- B. Boundaries
- C. Amnesia
- D. Chronic





Application of the Nursing Process

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Objectives

- Explain to a classmate four potential crisis situations that patients may experience in hospital settings.
- Provide concrete examples of interventions to minimize the crisis situations.
- List at least five resources in the community that could be used as referrals for a patient in crisis.

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Application of the Nursing Process

● Assessment

- 1
- 2
- 3
- 4



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Crisis intervention Levels of Care

- 1
- 2
- 3



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Critical Incident Response

- Critical incident stress debriefing
- Phases:
 - 1
 - 2
 - 3
 - 4
 - 5
 - 6
 - 7



Modalities of Crisis Intervention

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8



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Disaster Response

- Objectives
 - Recognize disaster occurrences and management as global concerns.
 - Differentiate among disaster types.



Disasters

- Large-scale crisis; global
 - Examples: tsunamis, hurricanes, wildfires, large-scale depletion of natural resources; international stock exchange collapses
- Disaster response
 - Develop resilient communities
 - Assess disaster risks on a local level
 - Extend to networking communities
 - Extend to larger societal and national programs

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Disasters (Cont.)

- 5-Phase disaster management continuum
 - 1
 - 2
 - 3
 - 4
 - 5



Disaster Management Context

- Department of Homeland Security (DHS)
 - Coordinate United States responses to US disasters
 - Ultimate responsibility for US safety
 - Assure immediate availability of preparedness, response, and recovery protocols
 - Uses civilian first response professionals
 - Created National Incident Management System (NIMS) to coordinate efforts between responder agencies

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