Foundations of Mental Health Care 8th edition Morrison-Valfre Test Bank

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Chapter 02: Current Mental Health Care Systems
Morrison-Valfre: Foundations of Mental Health Care, 8th Edition

MULTIPLE CHOICE

1. Mental health care is available under the universal health care system in Britain, which is funded primarily by:
   a. employers.
   b. private donations.
   c. small businesses.
   d. tax revenues.

   ANS: D
   Tax revenues are the primary funding source for Britain's universal health care system. All aspects of health care, except for eye care and limited dental care, are covered under the standard benefit package for citizens of Britain.

   DIF: Cognitive Level: Knowledge OBJ: 1
   TOP: Mental Health Care in Britain KEY: Nursing Process Step: Assessment
   MSC: Client Needs: Psychosocial Integrity

2. The _____ model views clients holistically with the goal of creating a support system designed to encourage independence in the client with a mental health disorder.
   a. community support systems
   b. case management
   c. multidisciplinary health care team
   d. client population

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   ANS: A
   The community support systems (CSS) model works by coordinating social, medical, and psychiatric services. Case management refers to individual management of clients and takes into consideration psychosocial rehabilitation, consults, referrals, therapy, and crisis intervention. A multidisciplinary health care team is made up of all of the professionals who work within a mental health care system, and client population simply refers to individuals who may potentially seek mental health care.

   DIF: Cognitive Level: Knowledge OBJ: 3 TOP: Outpatient Care
   KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

3. The home mental health nurse visits a female client to assess her ability to care for herself at home after discharge from an inpatient setting. Which component of the case management system does this demonstrate?
   a. Consultation
   b. Crisis intervention
   c. Resource linkage
   d. Psychosocial rehabilitation

   ANS: D

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Psychosocial rehabilitation assists clients in gaining independence in activities of daily living to the best of their individual capabilities. Consultation refers to assistance obtained from specialists, such as a psychiatrist; crisis intervention refers to care provided during a crisis event; and resource linkage indicates referral to community resources.

DIF: Cognitive Level: Comprehension OBJ: 5 TOP: Case Management Systems
KEY: Nursing Process Step: Intervention MSC: Client Needs: Health Promotion and Maintenance

4. A client with a severe, treatment-resistant mental illness has been assigned to an assertive community treatment (ACT) team. An ACT treatment strategy that helps to prevent recurrent hospitalizations for mental health reasons is to meet with the client in the community setting:
   a. once per week.
   b. two to four times per week.
   c. five to six times per week.
   d. seven to eight times per week.

   ANS: B
   The continuous care team that meets with a client two to four times per week has been found to be effective in directing the client's treatment on a more continuous basis, resulting in greater stability for the client who is living in the community with the help of appropriate systems.

   DIF: Cognitive Level: Knowledge OBJ: 5 TOP: Case Management Systems
   KEY: Nursing Process Step: Intervention
   MSC: Client Needs: Safe and Effective Care Environment

5. Which member of the multidisciplinary mental health care team is primarily responsible for evaluating the family of the client, as well as the environmental and social surroundings of the client, and plays a major role in the admission of new clients?
   a. Psychiatric nurse
   b. Clinical psychologist
   c. Psychiatrist
   d. Psychiatric social worker

   ANS: D
   These are the primary responsibilities of the psychiatric social worker. The psychiatric nurse's primary responsibilities include assisting with the client's activities of daily living and managing individual, family, and group psychotherapy. The clinical psychologist is involved in the planning of treatment and diagnostic processes, and the psychiatrist is the leader of the team.

   DIF: Cognitive Level: Comprehension OBJ: 6
   TOP: Multidisciplinary Mental Health Care Team
   KEY: Nursing Process Step: Intervention
   MSC: Client Needs: Safe and Effective Care Environment

6. It is estimated that approximately _____ million adults in the United States experience some form of mental or emotional disorder.
   a. 35.5
   b. 61.5
   c. 28.2

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d. 59

ANS: B
Although exact statistics are unavailable, it is estimated that at any given time at least 61.5 million adults in the United States suffer from mental-emotional disorders. "Approximately 18.1% of American adults—about 42 million people—live with anxiety disorders" (National Alliance on Mental Illness, 2014).

DIF: Cognitive Level: Knowledge OBJ: 7 TOP: Impact of Mental Illness
KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

7. A male client with a diagnosis of bipolar disorder is admitted to an inpatient unit during a severe manic episode. As a result of guidelines implemented by the Health Care Financing Administration in 1983, the client's Medicare will pay for his stay in this unit for:
a. the length of time necessary for his condition to be stabilized.
b. up to 6 months with appropriate documentation.
c. a pre-determined length of time based on the diagnosis.
d. 2 to 4 weeks.

ANS: C
Medicare payment guidelines are based on the diagnosis, which is classified under a diagnosis-related group (DRG), and specify a pre-determined payment for a particular diagnosis. This cost containment strategy has also been adopted by some private insurance companies. After the pre-determined time, the facility is responsible for additional costs incurred by the client's stay.

DIF: Cognitive Level: Comprehension OBJ: 1
TOP: Economic Issues of Mental Illness KEY: Nursing Process Step: Assessment
MSC: Client Needs: Safe and Effective Care Environment

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8. A female client was given the diagnosis of schizophrenia and recently has lost her job. She tells the nurse that she has enough money for only two more house payments, and if she does not find a job, she fears she will become homeless. The nurse knows that this client falls into the group of nearly _____ of U.S. citizens who live below the poverty level.
a. 1%
b. 6%
c. 12%
d. 25%

ANS: C
Approximately 12% of Americans (or 45 million people) live below the poverty level. Living in poverty often precipitates mental disorders, or mental disorders may occur while an individual is living in poverty.

DIF: Cognitive Level: Knowledge OBJ: 7
TOP: Social Issues of Mental Illness KEY: Nursing Process Step: Assessment
MSC: Client Needs: Psychosocial Integrity

9. Addiction to recreational drugs, such as crack, cocaine, and heroin, combined with use of psychotherapeutic drugs is associated with:
a. permanent psychotic states.
b. bipolar disorder.

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c. generalized anxiety disorder.
d. obsessive-compulsive disorder.

ANS: A
Permanent psychotic states are occurring in mental health clients who combine their psychotherapeutic medications with the abuse of recreational drugs. The combination of these two types of drugs is not commonly associated with bipolar disorder, generalized anxiety disorder, or obsessive-compulsive disorder.

DIF: Cognitive Level: Knowledge OBJ: 7
TOP: Social Issues of Mental Illness KEY: Nursing Process Step: Assessment
MSC: Client Needs: Psychosocial Integrity

10. A 9-year-old girl is given the diagnosis of depression. She has low self-esteem, does not enjoy group therapy, and does not show her emotions. The nurse has had difficulty establishing rapport with this client and decides to ask for assistance from another treatment team member. Which team member would best assist in this situation?
a. Psychiatric assistant
b. Dietitian
c. Occupational therapist
d. Expressive therapist

ANS: D
Expressive therapists work well with children who have difficulty expressing their thoughts and feelings. Expressive therapists use creative methods that appeal to children. The dietitian would not be the best team member to meet the needs of the client at this time. The psychiatric assistant, or technician, assists the nurse with daily activities and in monitoring clients during leisure activities. The occupational therapist works primarily with rehabilitation therapy, such as socialization and vocational retraining.

DIF: Cognitive Level: Application OBJ: 6
TOP: Multidisciplinary Mental Health Care Team
KEY: Nursing Process Step: Intervention
MSC: Client Needs: Safe and Effective Care Environment

11. Nearly _____ of all countries in the world have no clear governmental policy that addresses mental health issues.
a. 7%
b. 26%
c. 50%
d. 75%

ANS: C
In addition to nearly half of the countries in the world that have no policy on mental health issues, approximately one-third have no program for coping with the increasing numbers of mental health disabilities.

DIF: Cognitive Level: Knowledge OBJ: 1
TOP: Current Mental Health Care Systems
KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

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12. A woman is admitted to an inpatient psychiatric unit after a suicide attempt by overdose. The primary rationale for her admission is to:
    a. have limited supervision by health care personnel.
    b. maintain responsibility for her own behavior.
    c. receive treatment in the least restrictive manner.
    d. provide her with a safe and secure environment.

    ANS: D
    The most important advantage of inpatient psychiatric care is that it provides clients with a safe and secure environment where they can focus on and work with the problems that brought them there.

    DIF: Cognitive Level: Knowledge OBJ: 2 TOP: Inpatient Care
    KEY: Nursing Process Step: Planning MSC: Client Needs: Psychosocial Integrity

13. A 35-year-old client with a long history of schizophrenia who often forgets to take his medication is admitted to an inpatient unit after police find him threatening passengers on a bus. This is his fourth admission in 3 months. This frequent re-hospitalization is an example of:
    a. recidivism.
    b. symptom exacerbation.
    c. noncompliance.
    d. rejection.

    ANS: A
    Unable to cope in the community setting, people with chronic psychiatric problems often return to institutions or use community services on a revolving-door basis. This behavior pattern is known as recidivism and means a relapse (return) of a symptom, disease, or behavior.

    DIF: Cognitive Level: Knowledge OBJ: 4 TOP: Outpatient Care
    KEY: Nursing Process Step: Planning MSC: Client Needs: Psychosocial Integrity

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MULTIPLE RESPONSE

1. Which principles characterize mental health care in Canada? (*Select all that apply.*)
    a. Portability
    b. Universality
    c. Accessibility
    d. Comprehensiveness
    e. Private insurance models
    f. Public administration

    ANS: A, B, C, D, F
    Portability refers to retaining services in the event of moving; universality means that everyone in the nation of Canada is covered; accessibility indicates that everyone has access to health care; comprehensiveness means that all necessary treatment is covered; and public administration reveals that the health care system is publicly run and accountable. Private insurance models are the types of insurance provided in the United States.

    DIF: Cognitive Level: Knowledge OBJ: 1

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TOP: Mental Health Care in Canada KEY: Nursing Process Step: Evaluation
MSC: Client Needs: Psychosocial Integrity

2. In the United States, which factors determine whether a client requires inpatient rather than outpatient care? (*Select all that apply.*)
   a. Severity of the illness
   b. Level of dysfunction
   c. Suitability of the setting for treating the problem
   d. Anticipated diagnosis
   e. Level of client cooperation
   f. Ability to pay

   ANS: A, B, C, E, F
   These options are the determining factors for inpatient mental health care. If a client meets the criteria, the diagnosis does not matter in the determination of whether the client requires inpatient or outpatient care.

   DIF: Cognitive Level: Comprehension OBJ: 2 TOP: Care Settings
   KEY: Nursing Process Step: Assessment
   MSC: Client Needs: Safe and Effective Care Environment

3. Which client populations are at greater risk for the development of mental health disorders? (*Select all that apply.*)
   a. Homeless
   b. Clients infected with HIV or AIDS
   c. Those in crisis
   d. Nurses
   e. Clients living in rural areas
   f. Older adults
   g. Psychiatrists
   h. Children

   ANS: A, B, C, E, F, H
   These individuals are considered to be at high risk for various reasons. Nurses and psychiatrists are not considered at high risk for developing mental health disorders.

   DIF: Cognitive Level: Knowledge OBJ: 7 TOP: Client Populations
   KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

4. The case management for a client requiring community mental health services would include which of the following? (*Select all that apply.*)
   a. Advocacy
   b. Crisis intervention
   c. Provision of referrals to a shelter
   d. Administration of psychotropic medications
   e. Developing a client's plan of care

   ANS: A, B, C

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Case management is a system of interventions designed to support mentally ill clients living in the community. The major components of case management are psychosocial rehabilitation, consultation, resource linkage (referral), advocacy, therapy, and crisis intervention. Administration of medications is performed by an individual, not a system, and clients are involved in planning their care.

DIF: Cognitive Level: Knowledge OBJ: 5 TOP: Case Management
KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

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