Varcarolis' Foundations of Psychiatric - Mental Health Nursing 10th edition Halter Test Bank

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Test Bank - Chapter 01

Q1: The scope of practice for an advanced nurse practitioner would include which intervention?

A. Conducting a mental health assessment.
B. Prescribing psychotropic medication. (Correct)
C. Establishing a therapeutic relationship.
D. Individualizing a nursing care plan.

Rationale: In most states, prescriptive privileges are granted to master's-prepared nurse practitioners and clinical nurse specialists who have taken special courses on prescribing medication. The nurse prepared at the basic level is permitted to perform mental health assessments, establish relationships, and provide individualized care planning.

Q2: A nursing student expresses concerns that mental health nurses "lose all their clinical nursing skills." Select the best response by the mental health nurse.

A. "Psychiatric nurses practice in safer environments than other specialties. Nurse-to-client ratios must be better because of the nature of the clients' problems."
B. "Psychiatric nurses use complex communication skills as well as critical thinking to solve multidimensional problems. I am challenged by those situations." (Correct)
C. "That's a misconception. Psychiatric nurses frequently use high technology monitoring equipment and manage complex intravenous therapies."
D. "Psychiatric nurses do not have to deal with as much pain and suffering as medical–surgical nurses do. That appeals to me."

Rationale: The practice of psychiatric nursing requires a different set of skills than medical–surgical nursing, though there is substantial overlap. Psychiatric nurses must be able to help clients with medical as well as mental health problems, reflecting the holistic perspective these nurses must have. Nurse–client ratios and workloads in psychiatric settings have increased, just like other specialties. Psychiatric nursing involves clinical practice, not just documentation. Psychosocial pain and suffering are as real as physical pain and suffering.

Q3: When a new bill introduced in Congress reduces funding for care of persons diagnosed with mental illness, a group of nurses write letters to their elected representatives in opposition to the legislation. Which role have the nurses fulfilled?

A. Recovery
B. Attending
C. Advocacy (Correct)
D. Evidence-based practice

Rationale: An advocate defends or asserts another's cause, particularly when the other person lacks the ability to do that for self. Examples of individual advocacy include helping clients understand their rights or make decisions. On a community scale, advocacy includes political activity, public speaking, and publication in the interest of improving the human condition. Since funding is necessary to deliver quality programming for persons with mental illness, the

letter-writing campaign advocates for that cause on behalf of clients who are unable to articulate their own needs.

Q4: A family has a long history of conflicted relationships among the members. Which family member's comment best reflects a mentally healthy perspective?

A. "I've made mistakes but everyone else in this family has also."
B. "I remember joy and mutual respect from our early years together."
C. "I will make some changes in my behavior for the good of the family." (Correct)
D. "It's best for me to move away from my family. Things will never change."

Rationale: The correct response demonstrates the best evidence of a healthy recognition of the importance of relationships. Mental health includes rational thinking, communication skills, learning, emotional growth, resilience, and self-esteem. Recalling joy from earlier in life may be healthy, but the correct response shows a higher level of mental health. The other incorrect responses show blame and avoidance.

Q5: Which assessment finding most clearly indicates that a client may be experiencing a mental illness?

A. Reporting occasional sleeplessness and anxiety
B. Reporting a consistently sad, discouraged, and hopeless mood (Correct)
C. Being able to describe the difference between "as if" and "for real."
D. Experiencing difficulty deciding about whether to change jobs

Rationale: The correct response describes a mood alteration, which reflects mental illness. The distracters describe behaviors that are mentally healthy or within the usual scope of human experience.

Q6: Which finding best indicates that the goal "Demonstrate mentally healthy behavior" was achieved for an adult client?

A. Being willing to work towards achieving ideals and meeting demands (Correct)
B. Behaving without considering the consequences of personal actions
C. Aggressively meeting personal needs without considering the rights of others
D. Seeking help from others to avoid assuming responsibility for major areas of own life

Rationale: Mental health is a state of well-being in which individuals reach their own potential, cope with the normal stresses of life, work productively, and contribute to the community. Mental health provides people with the capacity for rational thinking, communication skills, learning, emotional growth, resilience, and self-esteem. The correct response describes adaptive, healthy behavior. The distractors describe maladaptive behaviors.

Q7: A nurse encounters an unfamiliar psychiatric disorder on a new client's admission form. Which resource should the nurse consult to determine criteria used to establish this diagnosis?

A. International Statistical Classification of Diseases and Related Health Problems (ICD-10)
B. The ANA's Psychiatric-Mental Health Nursing Scope and Standards of Practice

C. Diagnostic and Statistical Manual of Mental Disorders (DSM-V) (Correct)

D. A behavioral health reference manual

Rationale: The DSM-V gives the criteria used to diagnose each mental disorder. It is the official guideline for diagnosing psychiatric disorders. The distracters may not contain diagnostic criteria for a psychiatric illness.

Q8: A nurse wants to find a description of diagnostic criteria for anxiety disorders. Which resource would have the most complete information?

A. Nursing Outcomes Classification (NOC)

B. DSM-V (Correct)

C. The ANA's Psychiatric-Mental Health Nursing Scope and Standards of Practice

D. ICD-10

Rationale: The DSM-V details the diagnostic criteria for psychiatric clinical conditions. It is the official guideline for diagnosing psychiatric disorders. The other references are good resources but do not define the diagnostic criteria.

Q9: Which individual behavior demonstrates resilience?

A. Repress stressors associated with a divorce.

B. Continuing to grieve the death of a spouse for 5 years.

C. Continuing to live in a shelter for 2 years after the home is destroyed by fire.

D. Taking a temporary job to maintain financial stability after the loss of a permanent job. (Correct)

Rationale: Resilience is closely associated with the process of adapting and helps people facing tragedies, loss, trauma, and severe stress. It is the ability and capacity for people to secure the resources they need to support their well-being. Repression and protracted grief are unhealthy. Living in a shelter for 2 years shows a failure to move forward after a tragedy. See related audience response question.

Q10: Which organization developed standardized nursing diagnoses?

A. National Alliance on Mental Illness (NAMI)

B. International Council of Nurses (ICN) (Correct)

C. Substance Abuse and Mental Health Services Administration (SAMHSA)

D. American Psychiatric Association (APA)

Rationale: The International Classification for Nursing Practice (ICNP), developed by the International Council of Nurses (ICN, n.d.), provides standardized nursing diagnoses. In 1979, people with mental illnesses and their families formed a nationwide advocacy group, the National Alliance on Mental Illness (NAMI). SAMHSA's mission is to lead public health and service delivery efforts that promote mental health, prevent substance misuse, and provide treatments and support. The APA Foundation promotes mental health literacy, connects underserved communities to needed care, and shifts attitudes about mental health.

Q11: An adult says, “Most of the time I’m happy and feel good about myself. I have learned that what I get out of something is proportional to the effort I put into it.” Which number on this mental health continuum should the nurse select? Mental Illness Mental Health 1 2 3 4 5

A. 1
B. 2
C. 3
D. 4
E. 5 (Correct)

Rationale: The adult is generally happy and has an adequate self-concept. The statement indicates the adult is reality-oriented, works effectively, and has control over own behavior. Mental health does not mean that a person is always happy.

Q12: Which disorder is an example of a culture-bound syndrome?

A. Epilepsy
B. Schizophrenia
C. Running amok (Correct)
D. Major depressive disorder

Rationale: Culture-bound syndromes occur in specific sociocultural contexts and are easily recognized by people in those cultures. A syndrome recognized in parts of Southeast Asia is running amok, in which a person (usually a male) runs around engaging in furious, almost indiscriminate violent behavior. None of the other options are culturally bound.

Q13: What does the DSM-V classify?

A. Deviant behaviors
B. Present disability or distress
C. People with mental disorders
D. Mental disorders (Correct)

Rationale: The DSM-V classifies disorders people have rather than people themselves. The terminology of the tool reflects this distinction by referring to individuals with a disorder rather than as a “schizophrenic” or “alcoholic,” for example. Deviant behavior is not generally considered a mental disorder. Present disability or distress is only one aspect of the diagnosis.

Q14: Which is the nurse’s response when a citizen at a community health fair asks, “What is the most prevalent mental disorder in the United States?”

A. Schizophrenia
B. Bipolar disorder
C. Dissociative fugue
D. Alzheimer’s disease (Correct)

Rationale: The 12-month prevalence for Alzheimer’s disease is 10% for people older than 65% and 50% for people older than 85. The prevalence of schizophrenia is 1.1% per year. The prevalence of

bipolar disorder is 2.6%. Dissociative fugue is a rare disorder.

Q15: In the majority culture of the United States, which individual has the greatest risk to be labeled mentally ill?

A. One who describes hearing God's voice speaking. (Correct)
B. One who is usually pessimistic but strives to meet personal goals.
C. One who is wealthy and gives away $20 bills to needy individuals.
D. One who always has an optimistic viewpoint about life

Rationale: The question asks about risk. Hearing voices is generally associated with mental illness, but in charismatic religious groups, hearing the voice of God or a prophet is a desirable event. Cultural norms vary, which makes it more difficult to make an accurate diagnosis. The individuals described in the other options are less likely to be labeled mentally ill.

Q16: A client's relationships are intense and unstable. The client initially idealizes the significant other and then devalues themself, resulting in frequent feelings of emptiness. This client will benefit from interventions to develop which aspect of mental health?

A. Effectiveness in work
B. Communication skills
C. Productive activities
D. Fulfilling relationships (Correct)

Rationale: The information given centers on relationships with others that are described as intense and unstable. The relationships of mentally healthy individuals are stable, satisfying, and socially integrated. Data is not present to describe work effectiveness, communication skills, or activities.

Q17: Which belief will best support a nurse's efforts to provide client advocacy during a multidisciplinary client care planning session?

A. All mental illnesses are culturally determined.
B. Schizophrenia and bipolar disorder are cross-cultural disorders.
C. Symptoms of mental disorders are unchanged from culture to culture.
D. Assessment findings in mental illness reflect a person's cultural patterns. (Correct)

Rationale: Predominant cultural beliefs, attitudes, and practices influence mental health. There is no standard measure for mental health, partly because it is culturally defined. Symptoms must be understood in terms of a person's cultural background. A nurse who understands that a client's symptoms are influenced by culture will be able to advocate for the client to a greater degree than a nurse who believes that culture is of little relevance. The distracters are untrue statements.

Q18: A nurse is part of a multidisciplinary team working with groups of depressed clients. One group of clients receives supportive interventions and antidepressant medication. The other group receives only medication. The team measures outcomes for each group. Which type of study is evident?

A. Incidence

B. Prevalence

C. Comorbidity

D. Clinical epidemiology (Correct)

Rationale: Clinical epidemiology is a broad field that addresses studies of the natural history (or what happens if there is no treatment and the problem is left to run its course) of an illness, studies of diagnostic screening tests, and observational and experimental studies of interventions used to treat people with the illness or symptoms. Prevalence refers to numbers of new cases. Comorbidity refers to having more than one mental disorder at a time. Incidence refers to the number of new cases of mental disorders in a healthy population within a given period. See related audience response question.

Q19: The spouse of a client diagnosed with schizophrenia says, "I don't understand how events from childhood have anything to do with this disabling illness." Which response by the nurse will best help the spouse understand the cause of this disorder?

A. "Psychological stress is the basis of most mental disorders."

B. "This illness results from developmental factors rather than stress."

C. "Research shows that this condition more likely has a biological basis." (Correct)

D. "It must be frustrating for you that your spouse is sick so much of the time."

Rationale: Many of the most prevalent and disabling mental disorders have strong biological influences. Genetics are only one part of biological factors. Empathy does not address increasing the spouse's level of knowledge about the cause of the disorder. The other distracters are not established facts.

Q20: A category 5 tornado occurred in a community of 400 people. Many homes and businesses were destroyed. In the 2 years following the disaster, 140 individuals were diagnosed with posttraumatic stress disorder (PTSD). Which term best applies to these newly diagnosed cases?

A. Prevalence

B. Comorbidity

C. Incidence (Correct)

D. Parity

Rationale: Incidence refers to the number of new cases of mental disorders in a healthy population within a given period. Prevalence describes the total number of cases, new and existing, in each population during a specific period of time, regardless of when they became ill. Parity refers to equivalence, and legislation required insurers that provide mental health coverage to offer annual and lifetime benefits at the same level provided for medical–surgical coverage. Comorbidity refers to having more than one mental disorder at a time.

Q21: Which organization released a report that encouraged mental healthcare workers to focus on safe, effective, patient-centered care?

A. The World Health Organization (WHO)

B. Health and Medicine Division (HMD) of the National Academies of Medicine (Correct)

C. American Nurses Association (ANA)

D. National Institute of Mental Health (NIMH)

Rationale: The Improving the Quality of Health Care for Mental and Substance-Use Conditions: Quality Chasm Series was released in 2005 by the Health and Medicine Division (HMD) of the National Academies of Medicine, formerly the Institute of Medicine (IOM, 2005). It highlighted effective treatments for mental illness and addressed the huge gap between the best care and the worst. It focused on such issues as the problem of coerced (forced) treatment, a system that treats mental health issues separately from physical health problems, and lack of quality control. The report encouraged healthcare workers to focus on safe, effective, patient-centered, timely, efficient, and equitable care. None of the other options issued such a recommendation.

Q22: Which is the best response for the nurse to provide to a question from another health professional regarding the difference between a diagnosis in DSM-V and a nursing diagnosis?

A. "There is no functional difference between the two. Both identify human disorders."
B. "The DSM-V diagnosis disregards culture, whereas the nursing diagnosis takes culture into account."
C. "The DSM-V diagnosis describes causes of disorders whereas a nursing diagnosis does not explore etiology."
D. "The DSM-V diagnosis guides medical treatment, whereas the nursing diagnosis offers a framework for identifying interventions for issues a client is experiencing." (Correct)

Rationale: The medical diagnosis is concerned with the client's state of disease, causes, and cures, whereas the nursing diagnosis focuses on the client's response to stress and possible caring interventions. Both tools consider culture. The DSM-V is multiaxial. Nursing diagnoses also consider potential problems.

Q23: Which nursing intervention below is part of the scope of an advanced practice psychiatric/mental health nurse rather than a basic level registered nurse?

A. Coordination of care
B. Health teaching
C. Milieu therapy
D. Psychotherapy (Correct)

Rationale: Psychotherapy is part of the scope of practice of an advanced practice nurse. The distracters are within a basic level registered nurse's scope of practice.

Q24: An experienced nurse says to a new graduate, "When you've practiced as long as I have, you automatically know how to take care of clients experiencing psychosis." Which factors should the new graduate consider when analyzing this comment? (Select all that apply.) *(Select all that apply.)*

A. The experienced nurse may have lost sight of clients' individuality, which may compromise the integrity of practice. (Correct)
B. New research findings should be integrated continuously into a nurse's practice to provide the most effective care. (Correct)

C. Experience provides mental health nurses with the essential tools and skills needed for effective professional practice.
D. Experienced psychiatric nurses have learned the best ways to care for mentally ill clients through trial and error.
E. An intuitive sense of clients' needs guides effective psychiatric nurses.

Rationale: Evidence-based practice involves using research findings and standards of care to provide the most effective nursing care. Evidence is continuously emerging, so nurses cannot rely solely on experience. The effective nurse also maintains respect for each client as an individual. Overgeneralization compromises that perspective. Intuition and trial and error are unsystematic approaches to care.

Q25: Which finding is a sign of a person who is mentally healthy? (Select all that apply.) *(Select all that apply.)*

A. Says, "I have some weaknesses, but I feel I'm important to my family and friends." (Correct)
B. Adheres strictly to religious beliefs of parents and family of origin.
C. Spends all holidays alone watching old movies on television.
D. Considers past experiences when deciding about the future. (Correct)
E. Experiences feelings of conflict related to changing jobs. (Correct)

Rationale: Mental health is a state of well-being in which each individual is able to realize his or her own potential, cope with the normal stresses of life, work productively, and make a contribution to the community. Mental health provides people with the capacity for rational thinking, communication skills, learning, emotional growth, resilience, and self-esteem.

Q26: A client in the emergency department says, "Voices say someone is stalking me. They want to kill me because I developed a cure for cancer. I have a knife and will stab anyone who is a threat." Which aspects of the client's mental health have the greatest and most immediate concern to the nurse? (Select all that apply.) *(Select all that apply.)*

A. Happiness
B. Appraisal of reality (Correct)
C. Control over behavior (Correct)
D. Effectiveness in work
E. Healthy self-concept (Correct)

Rationale: The aspects of mental health of greatest concern are the client's appraisal of and control over behavior. The appraisal of reality is inaccurate. There are auditory hallucinations, delusions of persecution, and delusions of grandeur. In addition, the client's control over behavior is tenuous, as evidenced by the plan to stab anyone who seems threatening. A healthy self-concept is lacking, as evidenced by the delusion of grandeur. Data are not present to suggest that the other aspects of mental health (happiness and effectiveness in work) are of immediate concern.

Pre-test - Chapter 01

Q1: What term is used to identify the quantitative study of the distribution of mental disorders in human populations?

A. mortality
B. prevalence
C. epidemiology (Correct)
D. clinical epidemiology

Rationale: Epidemiology is the quantitative study of the distribution of mental disorders in human populations. Mortality refers to deaths. Prevalence refers to the proportion of a population with a mental disorder at a given time. Clinical epidemiology deals with what happens to people with illnesses who are seen by providers of care.

Q2: According to current information what factor is associated with the most disabling mental disorders?

A. Biological influences (Correct)
B. Psychological trauma
C. Learned ways of behaving
D. Faulty patterns of early nurturance

Rationale: Biological and genetic factors influence mental health. The biologically influenced illnesses include schizophrenia, bipolar disorder, major depression, obsessive-compulsive and panic disorders, posttraumatic stress disorder, and autism. Therefore many (but not all) of the most prevalent and disabling mental disorders have been found to have strong biological influences. Psychological trauma, learned behaviors, and faulty patterns of nurturance may contribute to some forms of mental illness, but they are not major factors in most disabling mental disorders.

Q3: A nurse's identification badge includes the term, "Psychiatric Mental Health Nurse." A client with a history of paranoia asks, "What does that title mean?" Keeping in mind the diagnosis of the client, how should the nurse respond to this question?

A. "Don't be afraid; it means I'm here to help, not hurt, you."
B. "Psychiatric mental health nurses care for people with mental illnesses."
C. "We have the specialized skills needed to care for those with mental illnesses." (Correct)
D. "The nurses who work in mental health facilities have that title."

Rationale: A psychiatric mental health nurse has specialized nursing skills and implements the nursing process to manage and deliver nursing care to the mentally ill with a dedication to promoting mental health through prevention and education. The remaining options either do not effectively answer the client's question or assume that the question is the result of the client's paranoia.

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Q4: Which branch of epidemiology is the nurse involved in when seeking outcomes for clients whose depression was treated with electroconvulsive therapy (ECT)?

A. Experimental
B. Descriptive
C. Clinical (Correct)
D. Analytic

Rationale: Clinical epidemiology represents a broad field that addresses what happens to people with illnesses who are seen by providers of clinical care. Studies use traditional epidemiological methods and are conducted in groups that are usually defined by illness or symptoms or by diagnostic procedures or treatments given for the illness or symptoms. None of the other options accurately identify the field that is associated with clinical practice.

Q5: A nursing diagnosis for a client with a psychiatric disorder serves what purpose when considering the plan of care?

A. Justifying the use of certain psychotropic medication.
B. Providing data essential for insurance reimbursement.
C. Establishing a framework for selecting appropriate interventions. (Correct)
D. Completing the medical diagnostic statement.

Rationale: Nursing diagnoses provide the framework for identifying appropriate nursing interventions for dealing with the phenomena a client with a mental health disorder is experiencing. While the nursing diagnosis may contribute to the other options, none describe the purpose of the nursing diagnosis.

Q6: The nurse planning care for a mentally ill client bases interventions on which concept?

A. Every client has a certain degree of resilience. (Correct)
B. It is a client's right to be treated respectfully.
C. Every client comes with experiences that contribute to their problem.
D. There are universal fears that are shared by all mentally healthy individuals.

Rationale: Nurses are expected to evaluate clients with mental health issues for their strengths and their areas of high functioning. You will find many attributes of mental health in some of your clients with mental health issues. These strengths should be built upon and encouraged. Resilience is the ability and capacity for people to secure the resources they need to support their well-being. None of the remaining options describe concepts that are the foundation for the actual creation of individualized care plans.

Q7: Which mental illness problem has a prevalence of over 6% among the adolescent (ages 12 to 17) populace of the United States? (Select all that apply.) *(Select all that apply.)*

A. Fentanyl misuse
B. Major depressive disorder (Correct)
C. Binge drinking (Correct)
D. Suicide attempt

E. Suicidal ideations (Correct)

F. Opioid misuse

Rationale: Data suggests that prevalence among the US adolescent populace is: Binge drinking is 44% and suicidal ideations is 13.4 %, Major depressive disorder 20%. The prevalence of suicide attempts is 0.6%. Opioid misuse is 3.2% while fentanyl misuse is 0.4%

NCLEX® Review Questions - Chapter 01

Q1: Which client statement demonstrates the mental health concept of resilience?

A. “My mother made decisions about my husband’s funeral when I just couldn’t do that.”
B. “Losing my job was hard but my skills will help me get another one.” (Correct)
C. “In spite of all the treatment, I know I’ll never be really healthy.”
D. “My kids, happiness is worth any sacrifice I have to make.”

Rationale: Resilience is a characteristic that helps individuals cope with loss and trauma that may occur in life and to secure the resources they need to support their well-being. Dependence is described as relying on others for decision making and care. Pessimism is a life philosophy that things are more likely to go wrong than right. Altruism is described as putting others before yourself.

Q2: Which nursing statement illustrates the concept of client advocacy?

A. “Dr. Raye, during the admission interview, the client stated they will refuse fluoxetine because of adverse effects they experienced previously.” (Correct)
B. “Dr. Raye, during the admissions interview the client stated that there is a family history of three other suicide attempts in the past.”
C. “I’d like you tell me more about your depression and your suicide attempt?”
D. “I will take you on a tour of the unit and orient you to the rules so you can get adjusted here.”

Rationale: By letting the provider know that the client does not want the treatment the provider is prescribing, you have advocated for the client and her right to make decisions regarding her treatment. The other selections do not describe client advocacy since they do not represent actions by the nurse that the client is incapable of on their own.

Q3: A registered nurse has accepted a position as staff nurse on a psychiatric unit. Which statement made by the nurse requires additional instructions regarding the therapies provided on the unit?

A. “You will participate in unit activities and groups daily.”
B. “You will be given a schedule daily of the groups we would like you to attend.”
C. “You will attend a psychotherapy group that I lead that will help you care for yourself.” (Correct)
D. “You will see your provider daily in a one-to-one session.”

Rationale: Basic level RNs cannot perform psychotherapy. Only advance practices nursing roles such as clinical nurse specialists and psychiatric nurse practitioners (NPs) have the nursing related educational training to provide psychotherapy. The other options are all appropriate expectations of a client’s schedule on a psychiatric unit.

Q4: A nurse, active in local consumer mental health groups and in local and state mental health associations, keeps aware of state and national legislation affecting mental illness treatment. How can this nurse positively affect the climate for effective, mental health treatment?

A. By becoming active in politics leading to a potential political career.

B. By educating the public on the effects that stigmatizing has on mental health clients. (Correct)

C. Advocating for laws that would make the involuntary long-term commitment process easier and faster for caregivers of mentally ill persons.

D. Advocating for reduced mental health insurance benefits to discourage abuse of the system by inappropriate psychiatric admissions.

Rationale: Nurses who are aware of legislative concerns and who are active in organizations that promote mental health awareness and appropriate and equal treatment for mental illness help achieve the goal of parity, or equality of treatment for mentally ill individuals. Becoming active in politics may be a personal goal but does not directly or necessarily reduce stigma or encourage equal treatment. The other options are undesirable outcomes.

Q5: The nurse being aware that certain mental illness have a prevalence among a specific gender, will suspect which statement was made by a female client.

A. “I freeze in panic when I see a spider.”

B. “There is no way I could make a presentation to a group of people.”

C. “I’m so anxious, about everything.”

D. “I’ve been arrested 6 times in the last 15 years.”

E. “I’ve been depressed most of my adult life.” (Correct)

Rationale: Antisocial personality disorder, characterized by repeated illegal behavior, is more commonly diagnosed in men while major depressive disorder, characterized by chronic feelings of sadness negatively impacts life, is more common among women. There is no research to support that social or specific phobia, or generalized anxiety is more prevalent among a specific gender.