# *Psychiatric & Mental Health Nursing 4th edition Evans*

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# Evans et al. Psychiatric and Mental Health Nursing, 4th edition

**Chapter 02: Recovery as the context for practice**

**Test Bank**

**MULTIPLE CHOICE**

1. Who is best placed to identify factors that are important to an individual's recovery?
A The psychiatrist
B The social worker
C The mental health nurse
D The consumer

ANS: D

2. Often people will be frightened of the inpatient environment. How can you promote a sense of safety and security for the client?
A Provide your client with help-seeking strategies to use if they feel threatened.
B Encourage your client to stand up against others.
C Counsel the client to self-isolate in their own room.
D Allow the client to spend time in the nurses' station for protection.

ANS: A

3. Which of the following options is the most consistent with the recovery-oriented approach?
A Asking questions about the person's lived experience of their illness.
B Asking questions about cognitive deficits of the illness.
C Informing the client of areas in their life that they will need to work on.
D Asking the family what they feel is the most important for the client's recovery.

ANS: A

4. 'Empowerment' is important to:
A evidence-based mental healthcare.
B making clients feel understood and heard.
C allowing clients to assume total responsibility for their care.
D diminishing distress and promoting self-awareness

ANS: B

5. Mental health policy underpins the implementation of services that, ideally, are based on the recovery paradigm. Recovery is defined as:
A providing patient-centred care in the community.
B being able to create and live a meaningful life in the community.
C providing culturally and linguistically diverse (CALD) services.

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D being able to promote mental health and wellbeing in the community.

ANS: B

**TRUE/FALSE**

1. Contemporary practice has moved away from the medical model towards a strengths-based model. The strengths model provides a new perception of possibilities rather than problems, options rather than constraints and wellness rather than sickness.

ANS: T

2. Social inclusion supports the notion that the community of which the person is a member provides a wealth of resources that are essential to all people, not just those experiencing mental distress.

ANS: T

3. Nurses do not need to find the answers to clients' problems but they do need to encourage processes of self-help, personal discovery and personal control.

ANS: T

4. The concepts of partnerships, participation and empowerment are inextricably linked.

ANS: T

5. Non-government organisations (NGOs) provide complementary services to mainstream mental health services.

ANS: T

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