Advanced Practice Psychiatric Nursing - Integrating Psychotherapy Psychopharmacology and Complementary and Alternative Approaches Across the Life Span 3rd edition Tusaie Test Bank

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Chapter 2

Shared Decision-Making: Concordance Between Psychiatric-Mental Health Advanced Practice Registered Nurse and Client

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1. Which is the MOST utilized intervention in the specialty of mental health?

***A.** Psychopharmacology

B. Cognitive behavioral therapy

C. Psychotherapy

D. Physical therapy

Rationale: A. *Psychotropic prescribing has continued to rise year after year (Patel et al., 2018). This makes psychopharmacology the most widely utilized intervention in mental health by some considerable margin. (Page 15)*

2. Which assessment question by the clinician BEST reflects the process of concordance?

A. "At what age did you begin to have visual hallucinations?"

***B.** "Would you like to learn about a new medication that is used to treat hallucinations?"

C. "Are you aware that you're seeing things that aren't real?"

D. "Ziprasidone is the best medicine for you. Which pharmacy do you use?"

Rationale: B. *The principles for concordance provide a set of values to translate into practice where reciprocity and person-centered care drive all therapeutic relationships and partnership is valued as central. Medical and scientific information is combined with personal values to form preferences, which in turn shape decisions, behavior, and outcomes. Concordance is working together. (Page 13)*

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3. The psychiatric-mental health advanced practice registered nurse (PMH-APRN) is teaching a new RN how to obtain scientific data to utilize and improve patient outcomes. Which action by the RN indicates that the new teaching has been successful?

A. The RN reflects on clinical experience to form assumptions.

***B.** The RN integrates research findings into clinical practice.

C. The RN uses internet searches to explore different topics and studies.

D. The RN conducts their own observations to create valid results.

Rationale: B. *The concordance model shows that quality evidence clamors for our attention through reviews, guidelines, and single studies of varying rigor. Getting the value of the best quality evidence into practice is essential. (Page 18)*

4. The PMH-APRN is preparing a plan of care for an adult client with a mental illness. Which approach uses the strategies most preferred in today's healthcare?

A. The healthcare team determines the patient's treatment plan and creates long- and short-term goals.

***B.** The client and the family work with the healthcare team to identify and prioritize interventions and goals.

C. The client directs the medical treatment and pharmacological therapies in their treatment plan.

D. The PMH-APRN orders cognitive behavioral therapy as an adjunct to psychopharmacology.

Rationale: B. *Reciprocity and person-centered care drive all therapeutic relationships, and partnership is valued as central. Medical and scientific information is combined with personal*

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values to form preferences, which in turn shape decisions, behavior, and outcomes used to prioritize care. (Page 14)

5. The education of PMH-APRNs in the United States has begun to focus more on the medical model approach. Which is NOT one of the four Ps of the medical model?

A. Pathophysiology

B. Pharmacology

C. Psychotherapy

***D.** Predisposition

Rationale: D. *The four Ps of the medical model approach are identified as pathophysiology, pharmacology, physical assessment, and psychotherapy. (Page 15)*

6. The provider and client are discussing treatment options. Which would be the best complementary and alternative medicine (CAM) option for a patient with severe anxiety?

A. Selective serotonin reuptake inhibitors

B. Benzodiazepine

C. Tricyclic Antidepressants

***D.** St. John's Wort

Rationale: D. *Complementary and alternative medicine (CAM) refers to medical treatments, products and practices that are not part of standard medical practice. SSRIs, benzodiazepine, and antidepressants are medical pharmacological agents. St. John's Wort is an herbal CAM therapy.*

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7. The provider instructs the research participant to take one of the prescribed pills every morning. The client is compliant and tells the provider that their anxiety is gone after taking the pill for one month. The provider later reveals that the pill was not a medicine but made of sugar. What best describes this happening?

***A.** Placebo effect

B. Hawthorne studies

C. Pygmalion effect

D. Experimental conditioning

***Rationale:* A.** *The placebo effect describes the effect by which an inert substance exerts a therapeutic effect. The Hawthorne study, Pygmalion, and Experimental Conditional do not reflect this phenomenon.*

8. To become a registered nurse in the United States, a student must graduate from an accredited nursing school and pass the national standardized test. Select the name of this standardized test used to determine nurse licensure.

***A.** NCLEX

B. ACEN

C. NLN

D. RNTST

Rationale: A. *NCLEX, which stands for National Council Licensure Examination, refers to the standardized test nurses need to pass in order to become a registered nurse (RN). ACEN represents the Accreditation Commission for Education in Nursing, and NLN is the National League for Nursing. RNTST is not a professional acronym.*

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9. According to. Rosenstock (1966), which of the following is NOT a structured question based on the original belief models?

***A.** Perceived antidotes

B. Perceived severity

C. Perceived barriers

D. Perceived benefits

Rationale: A. *One's perceived susceptibility, not antidote, is an individual's assessment of their risk of getting the condition. One's perceived severity is an individual's assessment of the seriousness of the condition and its potential consequences. A perceived barrier is an individual's assessment of the influences that facilitate or discourage adoption of the promoted behavior. Perceived benefits are an individual's assessment of the positive consequences of adopting the behavior.*

10. Select the example which best reflects the principles of person-centered care at the forefront of modern mental health treatment (Scottish Government, 2010).

A. The client asks her pastor to assist with funeral arrangements for her husband who committed suicide.

B. The registered nurse requests a dietary consult for a client who is in a manic state.

***C.** The client requests to be DNR and the physician documents the request in the medical record.

D. The registered nurse believes the client is not delusional but is exhibiting malingering

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Rationale: C. *Person-centered care is described as providing care that reflects the patient's individual preferences, needs, and values. Person-centered care ensures that the patient's beliefs and values guide all clinical decisions made. The act of making the DNR a medical order is an example of person-centered care. Requesting help with a funeral and nutrition does not reflect the client's wishes. Malingering is a mental health issue and not a person-centered issue.*

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