Psychiatric - Mental Health Nursing 1st edition Puchkors Test Bank

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Psych-iatric Mental Health Nursing

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OpenStax *Psychiatric-Mental Health Nursing* Test Bank

Chapter 01: Foundations of Psychiatric-Mental Health Nursing

Review Questions

Multiple Choice

1. Nurses often complete qualitative research to determine _____.

A. the statistical values on data gathered
B. how an individual feels about a particular topic*
C. what information to include in a professional database
D. the history behind theoretical approaches to nursing care

LO: [1.5.1]
Difficulty: [easy]
Blooms: [understand]
AACN: [4.1d]

2. A nurse is performing a general internet search to learn more about mental health treatments available within a specific community. Which type of website extension would *most* likely indicate that a source is nonprofit?

A. .com
B. .edu
C. .mil
D. .org*

LO: [1.5.1]
Difficulty: [easy]
Blooms: [remember]
AACN: [4.1d]

3. A young child has begun having behavioral issues, and the parent has brought the child to the pediatrician's office. Which question might the nurse ask as part of a physiological risk assessment?

A. "What family members is your child close to?"
B. "Has your child had a recent fall and hit their head?"*
C. "Does your child have friends at school or day care?"
D. "Is there any violence happening in your neighborhood?"

LO: [1.2.1]

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Difficulty: [easy]
Blooms: [understand]
AACN: [2.3c]

4. A client who has just given birth has denied the use of alcohol during pregnancy. Which symptom observed in the newborn would *most* likely lead the health-care team to disbelieve the client's denial?

A. cardiac anomalies
B. high blood glucose
C. preterm birth and lower weight
D. problems with limb and facial development*

LO: [1.2.1]
Difficulty: [easy]
Blooms: [understand]
AACN: [2.3c]

5. A nurse wants to advocate for clients to reduce the stigma of mental illness. To achieve this, the nurse should focus on what fundamental mental health nursing practice?

A. serving on client care committees
B. regularly assessing self-care activities
D. educating health-care teams about mental illness
C. developing a therapeutic nurse-client relationship*

LO: [1.3.3]
Difficulty: [easy]
Blooms: [fill in]
AACN: [2.1c]

6. The recovery dimension that applies to the support received from others is called _____.

A. community*
B. health
C. home
D. purpose

LO: [1.4.1]
Difficulty: [easy]
Blooms: [understand]
AACN: [2.8e]

7. The nurse knows that the *most* important step of recovery is _____.

A. making a change
B. starting treatment*

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C. finding new meaning
D. sticking with recovery

LO: [1.4.1]
Difficulty: [moderate]
Blooms: [apply]
AACN: [2.8a]

8. The *most* holistic reason for nurses to educate family members about illness and recovery is so the family members will _____.

A. also be able to heal*
B. know how to find resources
C. become skilled at identifying signs of relapse
D. understand what their loved one is experiencing

LO: [1.4.3]
Difficulty: [moderate]
Blooms: [apply]
AACN: [2.1c]

9. A client working on recovery is having a difficult time cutting ties with old drinking buddies. What is the *best* response from the mental health nurse to try to clarify why this task is important?

A. "I understand how difficult this may be for you."
B. "You can always make new friends with people who don't drink."
C. "It is okay if you hang out with your old friends; just don't drink together."
D. "Making changes after treatment can make all the difference in your recovery."*

LO: [1.4.1]
Difficulty: [moderate]
Blooms: [apply]
AACN: [2.2d]

10. A therapeutic group is meeting to learn about gratitude journaling. The purpose of this type of journaling is to _____.

A. learn about depending on a higher power
B. make amends to people who have been hurt
C. focus on all the ways that a person can change
D. focus on positive events that occurred during that day*

LO: [1.4.3]
Difficulty: [moderate]
Blooms: [apply]
AACN: [2.5d]

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11. What technique does a nurse employ to evaluate how well evidence-based practice (EBP) is working?
A. assess the source of the EBP
B. assess the desire of the client to have EBP
C. assess the number of times the EBP has been used
D. assess the connection between EBP and client preferences*

LO: [1.5.2]
Difficulty: [moderate]
Blooms: [apply]
AACN: [4.2b]

12. A new nurse is beginning research on the use of the recovery model to care for clients who use alcohol. What type of research might this nurse *initially* focus on as she gathers data?
A. a cohort study
B. an expert opinion*
C. a quality improvement project
D. a meta-analysis of a randomized control trial (RCT)

LO: [1.5.1]
Difficulty: [moderate]
Blooms: [apply]
AACN: [4.1d]

13. A local school system has decided to create an educational program to improve the mental health of adolescents. This program *most* likely aims to decrease what in the health-care system?
A. suicidality of youths
B. gaps in access to care*
C. lack of coordination of care
D. use of older standards of care

LO: [1.5.3]
Difficulty: [moderate]
Blooms: [analyze]
AACN: [3.1f]

14. What type of services often offered by employers is a way to reduce the barrier to receiving mental health care?
A. employee assistance programs*
B. community action plans
C. public education about community resources
D. occupational health nurses

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LO: [1.5.3]
Difficulty: [difficult]
Blooms: [analyze]
AACN: [3.3a]

15. An adolescent whose sibling struggles with mental illness is frequently bullied and told, "You are crazy just like your brother." This is an example of what kind of stigma?
A. self
B. affiliated*
C. public
D. institutional

LO: [1.3.1]
Difficulty: [difficult]
Blooms: [analyze]
AACN: [1.1a]

True/False

16. True or false? Poor mental health can lead to poor physical health.
Answer: True

LO: [1.1.1]
Difficulty: [easy]
Blooms: [remember]
AACN: [1.1a]

17. True or false? Risk factors and protective factors are the same thing.
Answer: False. Risk factors increase the chance of developing a mental illness, whereas protective factors decrease that chance.

LO: [1.2.3]
Difficulty: [easy]
Blooms: [understand]
AACN: [1.1a]

18. True or false? Implicit bias can lead to the policies that limit opportunities for those with mental illness.
Answer: False. Implicit bias is the stigma related to attitudes that are beyond consciousness or control. It is connected to each person's social conditioning.

LO: [1.3.1]
Difficulty: [moderate]
Blooms: [apply]

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AACN: [5.1g]

19. True or false? The recovery-oriented mental health model focuses on holistic healing.
Answer: True

LO: [1.4.1]
Difficulty: [moderate]
Blooms: [Apply]
AACN: [1.1a]

20. True or false? The results of QI and EBP are used specifically at the client-care level of practice.
Answer: True

LO: [1.5.2]
Difficulty: [difficult]
Blooms: [analyze]
AACN: [4.2e]

Identification

A. recovery
B. acceptance
C. illness self-management (ISM)
D. empirical research
E. PICOT

21. This is a process of change in which an individual strives to improve their health and well-being.
Answer: A

LO: [1.4.1]
Difficulty: [easy]
Blooms: [understand]
AACN: [1.1a]

22. This is the part of recovery in which the individual understands there will be ups and downs.
Answer: B

LO: [1.4.1]
Difficulty: [easy]
Blooms: [understand]
AACN: [1.1a]

23. This action helps involve the client in the planning of their own recovery.

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Answer: C

LO: [1.4.1]
Difficulty: [easy]
Blooms: [understand]
AACN: [2.5a]

24. This type of project is translated into the evidence-based practice of a nurse.
Answer: E

LO: [1.5.2]
Difficulty: [easy]
Blooms: [understand]
AACN: [4.1d]

25. This scholarly work comes from observation and measurement of experience.
Answer: D

LO: [1.5.2]
Difficulty: [easy]
Blooms: [understand]
AACN: [4.1d]

Fill in the Blank

26. Family support, religious practices, and physical activity are examples of _____.
Answer: protective factors

LO: [1.2.2]
Difficulty: [easy]
Blooms: [understand]
AACN: [1.1a]

27. Someone who expresses generalized, prejudiced opinions about people from a certain group is engaged in _____.
Answer: stereotyping

LO: [1.2.1]
Difficulty: [easy]
Blooms: [understand]
AACN: [1.1a]

28. _____ is the incentive to do something for internal satisfaction.
Answer: intrinsic motivation

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LO: [1.2.2]
Difficulty: [easy]
Blooms: [understand]
AACN: [1.1a]

29. The process in which the nurse builds a therapeutic relationship with the client through respect and empathy is called _____.
Answer: professional intimacy

LO: [1.2.3]
Difficulty: [easy]
Blooms: [understand]
AACN: [2.1a]

30. A nurse who perceives stigma in their role as a mental health nurse is considered a(n) _____ person.
Answer: stigmatized

LO: [1.3.3]
Difficulty: [difficult]
Blooms: [analyze]
AACN: [10.3g]

Short Answer Questions

31. Name four ways that culture affects mental health.
Sample Answer: Culture affects mental health through stigma, understanding of symptoms, lack of support from others of the same culture, and not having the resources to meet cultural needs. Not all cultures have the same beliefs about mental health. Minorities are less likely to seek care for their mental health issues.

LO: [1.2.1]
Difficulty: [easy]
Blooms: [understand]
AACN: [3.2c]

32. Explain the difference between prejudice and discrimination.
Sample Answer: Prejudice refers to the feelings, thoughts, and beliefs that one has about a certain group of people. It is a prejudgment that is not based on experience. Discrimination is an act made against an individual or a group. It could be based on a number of characteristics, including religion, race, ethnicity, or gender.

LO: [1.3.1]

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Difficulty: [easy]
Blooms: [understand]
AACN: [3.1i]

33. Demonstrate an understanding of the four ways that culture can affect mental health.
Sample Answer:
Cultural stigma: Each culture has its own views on mental health. Some cultures may have their own stigmas surrounding mental illness and these decrease the chances of an individual seeking care.
Describing symptoms: The way a person describes their symptoms is dependent on their cultural influence. Some cultures may be stoic and taught not to display symptoms.
Support: The support that one receives can differ from culture to culture. Some cultures may shun those with mental illness, while others embrace their sick.
Community resources: Resources that are available may not be felt to be appropriate to certain underrepresented cultures. Individuals in these cultures may not feel comfortable being seen by someone who does not understand their beliefs.

LO: [1.3.1]
Difficulty: [difficult]
Blooms: [apply]
AACN: [3.2c]

34. Explain why it is important for mental health nurses to promote self-care.
Sample Answer: Nurses who work with acute mental health clients can work in areas with low staffing, in environments that must constantly be monitored for safety. The need to be vigilant can be taxing on the nurse. Self-care can be as simple as taking a lunch break, or stepping into a quiet office for a few minutes of deep breathing. Just as nurses encourage their clients to take care of their needs, it is important that nurses follow that same advice to perform self-care to prevent burnout.

LO: [1.3.3]
Difficulty: [moderate]
Blooms: [apply]
AACN: [10.1a]

35. Examine the four dimensions that support a life in recovery. Use one sentence to describe each of these.
Sample Answer: The four dimensions that support a life in recovery are: health, home, purpose, community. Health encompasses managing one's physical and emotional well-being. Home is having a stable place to live. Purpose is finding meaningful daily activities such as volunteering, work, school, and creative endeavors that provide income and resources to participate in society. Community is finding relationships and social support that provide love, friendship, and hope.

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LO: [1.4.1]
Difficulty: [moderate]
Blooms: [analyze]
AACN: [1.1a]

Long Answer Questions

36. List and describe the five steps in the recovery model.
Sample Answer:

- Starting treatment: Deciding to begin treatment is the most important step in the recovery model.
- Mental illness education: In this stage, the person learns about their illness and coping strategies.
- Making a change: During the stage, the person prioritizes making changes that will keep them strong in their recovery.
- Find new meaning: Finding new ways to interact with the world around them, such as through new hobbies and activities, brings joy back to life.
- Sticking with recovery: This step requires the commitment of working on recovery every day.

LO: [1.4.1]
Difficulty: [easy]
Blooms: [understand]
AACN: [1.1a]

37. Explain the three parts of self-esteem and how low self-esteem affects mental health.
Sample Answer:

1. the positive and negative thoughts a person has about themself
2. how people rate their self-worth
3. evaluating their own abilities and personal characteristics

Having low self-esteem has been connected with higher rates of depressive symptoms. Higher levels of self-esteem lead to being able to better manage stressful events.

LO: [1.4.1]
Difficulty: [moderate]
Blooms: [understand]
AACN: [1.1a]

38. Using a specific example, explain how a nurse might advocate for their client through developing interventions.

Sample Answer: Interventions are designed specifically for the individual. For example, if a client has particular dietary restrictions that are determined during the assessment process, the nurse would advocate to make sure that the client receives foods that fall within those

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restrictions. This could include contacting the dietician to assess the client, updating any food allergies in the client record, or helping the client to complete their menu for the next day.

LO: [1.4.3]
Difficulty: [moderate]
Blooms: [apply]
AACN: [5.1c]

39. Apply the ten principles of recovery to education you might provide to a client.
Sample Answer:

1. The journey itself is determined by the individual who is going through recovery.
2. This path must be individualized and tailored to the needs of that person.
3. The nurse caring for the client must use empowerment to include the client in all decision-making.
4. This process is holistic, encompassing mind, body, and spirit.
5. The client needs to understand that there will be setbacks.
6. The nurse will assist the client in identifying their strengths and the support they get from others.
7. The nurse will assist the client in identifying the support they get from others.
8. The nurse will respect the client as they go through the recovery process.
9. The client will take responsibility for their actions and their recovery.
10. The nurse will instill hope through educating the client on these principles of recovery.

LO: [1.4.1]
Difficulty: [moderate]
Blooms: [apply]
AACN: [5.1c]

40. Describe a connection between peer support, insight, and acceptance.
Sample Answer: Peer support provides an individual with a sense of belonging and acceptance from someone else who has gone through similar circumstances. Through the connection an individual makes to another person who has had similar experiences and gone through recovery, they begin to gain insight about their mental illness or substance abuse. Learning to accept themselves is a big step in the recovery process. Families can also gain understanding through education they receive from peer support services.

LO: [1.4.3]
Difficulty: [difficult]
Blooms: [analyze]
AACN: [1.1a]

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