Morrison Valfres Foundations of Mental Health Care in Canada (Canadian) 1st edition Williamson Test Bank

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MULTIPLE CHOICE

1. Because mental health care is not covered under the basic health plan in Australia, which citizens are more likely to receive mental health care?
   a. Wealthy people
   b. Homeless people
   c. Disabled people
   d. Low-income people

   ANS: A
   Wealthy citizens, as well as those with private insurance, are more likely to receive mental health care in Australia because they are better able to afford the care than are homeless, disabled, or low-income citizens on the basic health plan with no mental health care coverage.

   PTS: 1 DIF: Cognitive Level: Comprehension REF: Australia
   OBJ: 1 KEY: Nursing Process Step: Assessment MSC: Foundations of Practice

2. 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.

   PTS: 1 DIF: Cognitive Level: Knowledge REF: The United Kingdom
   OBJ: 1 KEY: Nursing Process Step: Assessment MSC: Foundations of Practice

3. The _____ model views patients holistically with the goal of creating a support system designed to encourage independence in patients with a mental health disorder.
   a. Community support systems
   b. Case management
   c. Multidisciplinary health care team
   d. Patient population

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

Morrison Valfres Foundations of Mental Health Care in Canada (Canadian) 1st edition Williamson Test Bank

PTS: 1 DIF: Cognitive Level: Knowledge
REF: Community Support Systems Model OBJ: 3
KEY: Nursing Process Step: Assessment MSC: Foundations of Practice

4. The home mental health nurse visits a female patient 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
   Psychosocial rehabilitation assists patients in gaining independence in the 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.

   PTS: 1 DIF: Cognitive Level: Comprehension REF: Psychosocial Rehabilitation
   OBJ: 5 KEY: Nursing Process Step: Intervention MSC: Foundations of Practice

5. A patient with a severe, treatment-resistant mental illness has been assigned to an assertive community treatment (ACT) team. According to the ACT treatment strategy that helps to prevent recurrent hospitalizations for mental health reasons, the ACT team will meet with the patient 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
   When the continuous care team meets with patients two to four times per week, it has been found to be effective in directing patients' treatment on a more continuous basis, resulting in greater stability for patients who live in the community and have appropriate support.

   PTS: 1 DIF: Cognitive Level: Knowledge REF: Crisis Intervention
   OBJ: 5 KEY: Nursing Process Step: Intervention MSC: Foundations of Practice

6. Which member of the multidisciplinary mental health care team is primarily responsible for evaluating the family of the patient, as well as the environmental and social surroundings of the patient, and plays a major role in the admission of new patients?
   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 patient'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.

Morrison Valfres Foundations of Mental Health Care in Canada (Canadian) 1st edition Williamson Test Bank

PTS: 1 DIF: Cognitive Level: Comprehension REF: Care Team
OBJ: 6 KEY: Nursing Process Step: Intervention MSC: Professional Practice

7. According to the Canadian Mental Health Association, 1 in _____ people in Canada will experience a mental health challenge.
   a. 3
   b. 5
   c. 7
   d. 10

   ANS: B
   According to the Canadian Mental Health Association, 1 in 5 people in Canada will experience a mental health challenge. In addition, 8% of the population will experience major depression at some point in their lives, and by age 40 about half of the population will have experienced a mental illness. Suicide accounts for 24% of deaths for young adults aged 15 to 24, and 16% of deaths among individuals 25 to 44 years of age.

   PTS: 1 DIF: Cognitive Level: Knowledge
   REF: Incidence of Mental Illness in Canada OBJ: 7
   KEY: Nursing Process Step: Assessment MSC: Foundations of Practice

8. The provision of medically necessary services for the purpose of maintaining health, preventing disease, or diagnosing or treating an injury, illness, or disability is known as:
   a. Universality
   b. Accessibility
   c. Comprehensiveness
   d. Public administration

   ANS: C
   The Canada Health Act defines comprehensiveness broadly to include medically necessary services “for the purpose of maintaining health, preventing disease, or diagnosing or treating an injury, illness or disability.”

   PTS: 1 DIF: Cognitive Level: Knowledge
   REF: Mental Health Care in Canada OBJ: 1
   KEY: Nursing Process Step: Assessment MSC: Foundations of Practice

9. A female patient who has been given a diagnosis of schizophrenia recently lost her job. She tells the nurse that she has enough money for only two more mortgage payments, and if she does not find a job, she fears that she will become homeless. The nurse knows that this patient falls into the group of nearly _____ of Canadian citizens who live below the poverty line.
   a. 1%
   b. 6%
   c. 9.5%
   d. 25%

   ANS: C
   Approximately 9.5% of Canadians (or 3.4 million people) live below the poverty line. Living in poverty often precipitates mental disorders, and mental disorders may occur while an individual is living in poverty.

Morrison Valfres Foundations of Mental Health Care in Canada (Canadian) 1st edition Williamson Test Bank

PTS: 1 DIF: Cognitive Level: Knowledge REF: Social Issues
OBJ: 7 KEY: Nursing Process Step: Assessment MSC: Foundations of Practice

10. Addiction to recreational drugs, such as crack, cocaine, and heroin, combined with the use of psychotherapeutic drugs is associated with:
    a. Permanent psychotic states
    b. Bipolar disorder
    c. Generalized anxiety disorder
    d. Obsessive-compulsive disorder

    ANS: A
    Addiction to recreational drugs in combination with the use of prescribed psychotherapeutic drugs can result in overdoses, permanent mental impairment, and death. The combination of these two types of drugs is not commonly associated with bipolar disorder, generalized anxiety disorder, or obsessive-compulsive disorder.

    PTS: 1 DIF: Cognitive Level: Knowledge REF: Social Issues
    OBJ: 7 KEY: Nursing Process Step: Assessment MSC: Foundations of Practice

11. A female patient who is undergoing therapy for depression is divorced and has two children aged 2 and 4. She has just enrolled in a local community college and is worried about providing food and clothes for her family while also holding down a minimum-wage job and devoting the time needed to be successful in school. The nurse determines that the best community resource for assisting this patient to meet these needs is:
    a. A shelter for victims of domestic violence
    b. Women, Infants, and Children program
    c. A family-planning agency
    d. A family recreation centre

    ANS: B
    The Women, Infants, and Children program gives assistance to low-income women and children up to the age of 5 who are at nutritional risk by providing them with foods to supplement their diet and information on healthy eating habits. The other options do not address this mother's situation because she has not voiced needs related to domestic violence or family planning, and a family recreation centre will not meet her financial needs.

    PTS: 1 DIF: Cognitive Level: Application
    REF: Delivery of Community Mental Health Services OBJ: 4
    KEY: Nursing Process Step: Intervention MSC: Foundations of Practice

12. A home care nurse is providing care to an older patient diagnosed with depression and who is also caring for his wife, who has Alzheimer's disease. He states that he hardly has enough energy to cook and clean the house. The couple has no children, and no relatives live nearby. Which community agency would be of greatest benefit to this patient?
    a. A recreational club
    b. An adult education program
    c. A day care centre for the elderly
    d. Meals on Wheels

    ANS: D

Morrison Valfres Foundations of Mental Health Care in Canada (Canadian) 1st edition Williamson Test Bank

By providing food, Meals on Wheels would remove one responsibility for this patient. A recreational club or an adult education program is appropriate, but the priority need for this couple is food. A day care centre for the elderly may be necessary in the future, but it is not a priority at this time.

PTS: 1 DIF: Cognitive Level: Application
REF: Delivery of Community Mental Health Services OBJ: 4
KEY: Nursing Process Step: Intervention MSC: Foundations of Practice

13. A 9-year-old girl is diagnosed with depression. She has low self-esteem, does not enjoy group therapy, and hides her emotions. The nurse has had difficulty establishing rapport with this patient and decides to ask for assistance from another treatment team member. Which team member would best assist in this situation?
    a. Patient care attendant
    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 patient at this time. The patient care attendant assists the nurse with daily activities and in monitoring patients during leisure activities. The occupational therapist works primarily with rehabilitation therapy, such as socialization and vocational retraining.

    PTS: 1 DIF: Cognitive Level: Application
    REF: Multidisciplinary Mental Health Care Team OBJ: 6
    KEY: Nursing Process Step: Intervention MSC: Professional Practice

14. 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 having no policy on mental health issues, approximately one-third have no program for coping with the increasing numbers of people facing mental health challenges.

    PTS: 1 DIF: Cognitive Level: Knowledge REF: Introduction
    OBJ: 1 KEY: Nursing Process Step: Assessment MSC: Foundations of Practice

15. 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 providers
    b. Maintain responsibility for her own behaviour
    c. Receive treatment in the least restrictive manner
    d. Provide her with a safe and secure environment

Morrison Valfres Foundations of Mental Health Care in Canada (Canadian) 1st edition Williamson Test Bank

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

PTS: 1 DIF: Cognitive Level: Knowledge REF: Inpatient Care
OBJ: 2 KEY: Nursing Process Step: Planning MSC: Foundations of Practice

16. A patient who is suffering from chronic mental illness often forgets to take her medication and needs to be reminded to take care of daily hygiene. She does not have family or other support persons living in the area. The care delivery most beneficial for this patient is:
    a. Emergency departments
    b. Residential program
    c. Community mental health centre
    d. Psychiatric home care

    ANS: B
    Residential programs offer the protected, supervised environment that this patient needs in order to adhere to her medication regimen and hygiene needs. Emergency care has stabilization and crisis as its focus; psychiatric home care works with patients and families in transition; and community mental health centres deal with crisis, counselling, and education.

    PTS: 1 DIF: Cognitive Level: Application REF: Community Care Settings
    OBJ: 4 KEY: Nursing Process Step: Planning MSC: Foundations of Practice

17. A 35-year-old patient who has a long history of schizophrenia and 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 rehospitalization is an example of:
    a. Recidivism
    b. Symptom exacerbation
    c. Nonadherence
    d. Rejection

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

    PTS: 1 DIF: Cognitive Level: Knowledge REF: Outpatient Care
    OBJ: 4 KEY: Nursing Process Step: Planning MSC: Foundations of Practice

18. You are arranging community resource linkages for a patient and her children who are victims of domestic violence. Which resource is the most immediately appropriate?
    a. Adult education program
    b. Family recreation centre
    c. Mediation group
    d. Women’s shelter

    ANS: D

Morrison Valfres Foundations of Mental Health Care in Canada (Canadian) 1st edition Williamson Test Bank

A women's domestic abuse shelter is the most appropriate resource for the immediate safety needs of the family. While education programs, family recreation centres, and mediation groups can also benefit the family, they do not address the initial safety of the woman and her children.

PTS: 1 DIF: Cognitive Level: Application
REF: Delivery of Community Mental Health Services OBJ: 4
KEY: Nursing Process Step: Planning MSC: Foundations of Practice

19. The _____ therapist on the mental health team uses methods such as pet therapy and music therapy when working with patients, facilitates leisure-time activities, and teaches inpatients useful ways to pass the time.
    a. Expressive
    b. Recreational
    c. Occupational
    d. Mental health

    ANS: B
    These are the primary responsibilities of a recreational therapist, who has an advanced degree and specialized training in recreational therapy.

    PTS: 1 DIF: Cognitive Level: Comprehension REF: Care Team
    OBJ: 6 KEY: Nursing Process Step: Intervention MSC: Professional Practice

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 a move; universality means that everyone in Canada is covered; accessibility indicates that everyone has access to health care; comprehensiveness means that all necessary treatment is covered; and public administration indicates that the health care system is publicly run and accountable. Private insurance models are the types of health care provided in the United States.

    PTS: 1 DIF: Cognitive Level: Knowledge
    REF: Mental Health Care in Canada OBJ: 1
    KEY: Nursing Process Step: Evaluation MSC: Foundations of Practice

2. In Canada, which factors determine whether a patient 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 challenge
    d. Anticipated diagnosis

Morrison Valfres Foundations of Mental Health Care in Canada (Canadian) 1st edition Williamson Test Bank

e. Level of patient cooperation
f. Ability to pay

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

PTS:	1	DIF:	Cognitive Level: Comprehension	REF:	Inpatient Care
OBJ:	2	KEY:	Nursing Process Step: Planning	MSC:	Foundations of Practice

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

ANS: A, B, C, E, F, H
Homeless people, patients infected with HIV/AIDS, those in crisis, patients living in rural areas, older persons, and children are all considered to be at high risk for various reasons. Nurses and psychiatrists are not considered to be at high risk for developing mental health disorders.

PTS:	1	DIF:	Cognitive Level: Knowledge	REF:	Patient Populations
OBJ:	7	KEY:	Nursing Process Step: Assessment	MSC:	Foundations of Practice

4. The case management for a patient 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. Development of a plan of care

ANS: A, B, C
Case management is a system of interventions designed to support mentally ill patients 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 patients are involved in planning their care.

PTS:	1	DIF:	Cognitive Level: Knowledge	REF:	Case Management
OBJ:	5	KEY:	Nursing Process Step: Assessment	MSC:	Foundations of Practice

Morrison Valfres Foundations of Mental Health Care in Canada (Canadian) 1st edition Williamson Test Bank