Essentials of Psychiatric Nursing 3rd edition Boyd Test Bank

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Test Generator Questions, Chapter 2, Cultural Communities and Spiritual Considerations Related to Mental Health Care

1. When reviewing several studies about Hispanic Americans and their use of mental health care facilities, the nurse notes that this cultural group tends to use all other resources before seeking help from mental health professionals. Which would the nurse identify as a reason for this belief about many mental health facilities?
A) Require periods of hospitalization
B) Do not provide 24-hour emergency services
C) Are not reimbursed by third-party payers
D) Do not accommodate their cultural needs

Ans: D

Format: Multiple Choice
Chapter: 2
Client Needs: Psychosocial Integrity
Cognitive Level: Understand
Integrated Process: Culture and Spirituality
Objective: 2
Page and Header: 11, Latinx Americans

Feedback: Studies reveal that Hispanic Americans are reluctant to seek mental health services because they believe that those services do not accommodate their cultural needs (e.g., language, beliefs, values), cost of care, and concerns regarding immigration status. Many instead seek help through supportive family services and the church. Required hospitalization, lack of 24-hour emergency services, and lack of reimbursement do not play a role.

2. A nurse is preparing a presentation about mental health problems associated with specific cultural groups. When describing mental health problems associated with American Indian adolescents, the nurse would address high rates of which condition?
A) Schizophrenia
B) Manic disorders
C) Dementia
D) Suicide

Ans: D

Format: Multiple Choice
Chapter: 2
Client Needs: Psychosocial Integrity
Cognitive Level: Understand
Integrated Process: Teaching/Learning
Objective: 2
Page and Header: 12, Asian Americans, Polynesians, and Pacific Islanders

Feedback: Research regarding specific mental health problems in Asian cultures is sparse, but various data suggest rates of suicide for American Indian/Alaska Native adolescents are higher than those of other adolescents in the United States.

3. A psychiatric–mental health nurse is providing care to a client who has recently immigrated to the United States from Eastern Europe. Which action would be appropriate to provide effective culturally competent care? Select all that apply.
A) Demonstrating a genuine interest in the client
B) Avoiding assumptions about the client's culture
C) Learning a few key words in the native language
D) Acquiring information about the client's country
E) Structuring the interaction based on facility's protocol

Ans: A, B, D

Format: Multiple Select
Chapter: 2
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Culture and Spirituality
Objective: 1
Page and Header: 9, Linguistic Competence

Feedback: Demonstrating a genuine interest, avoiding assumptions, and acquiring information about the client's country are appropriate and effective actions for providing culturally competent care. Although communicating with the client in the client's native language may be appropriate, speaking the same language does not guarantee shared meaning and understanding of the client and their culture, a necessary component of cultural competence. Although facility protocols are important, a nurse who is culturally competent understands and appreciates cultural differences in health care practices and similarities within, among, and between groups and adapts accordingly.

4. A psychiatric–mental health nurse is meeting with a military spouse who is Asian American. When the client describes their spouse's mental health problems, which response would the nurse most likely expect?
A) "Oh, it's not depression, but it's a vitamin deficiency that runs in the family."
B) "I know the war messed their mind up. They'll never be the same."
C) "Sometimes they hallucinate that they are back in Vietnam."
D) "They never talk to me about what is bothering them."

Ans: A

Format: Multiple Choice

Chapter: 2
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Culture and Spirituality
Objective: 2
Page and Header: 12, Asian Americans, Polynesians, and Pacific Islanders

Feedback: Generally, Asian cultures have a tradition of denying or disguising the existence of mental illness. In many of these cultures, it is an embarrassment to have a family member treated for mental illness, which may explain the extremely low utilization of mental health services. The response about the war messing up the spouse's mind, or the statement about hallucinations, reflects some acknowledgment of a mental health problem. The response about never talking about what is bothering them also indicates some understanding of an underlying problem.

5. A psychiatric–mental health nurse is working with a client who is being treated for depression. Which client statement would the nurse interpret as indicating that their spirituality is intact?
A) "My church friends came to visit me this past Sunday afternoon."
B) "Nothing will ever be the same again; my life is not worth living."
C) "I know I am as well off as I can be under the circumstances."
D) "I know God must be punishing me for all my sins."

Ans: C

Format: Multiple Choice
Chapter: 2
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Culture and Spirituality
Objective: 4

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Page and Header: 13, Spirituality, Religion, and Mental Illness

Feedback: Perception of well-being and health in persons with severe mental illness has been positively associated with spirituality; the statement about being as well off as possible implies that the client has a sense of well-being despite their depression. The statement about church friends visiting reflects the client's religiousness or participation in a community of people who gather around common ways of worshiping. The statements about life not being worth living and that God is punishing them for their sins reflect hopelessness.

6. A client is being treated for prostate cancer; the prognosis is very poor. The client has a strong faith, and has been active in their church for many years. The client is concerned about their health and the challenges they faces as their cancer progresses. Which comment by the nurse reflects the **most** appropriate spiritual nursing intervention for the client?
A) "I'll take you to visit my church if you can get a pass."
B) "You have to belong to the same church I do if you're going to go to heaven."
C) "Would you like me to bring you a guided imagery audiotape?"
D) "We can pray together if you'd like."

Ans: D

Format: Multiple Choice
Chapter: 2
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Caring
Objective: 4
Page and Header: 13, Spirituality, Religion, and Mental Illness
Feedback: To carry out spiritual interventions, the nurse enters a therapeutic relationship with the client and uses the self as a therapeutic tool. Offering to pray

with the client is the only intervention that allows the nurse to use self as a therapeutic tool. Prayer is an appropriate spiritual intervention in this situation because of the client's religious background and their need for solace and hope. The statements about taking the client to the nurse's church and belonging to the same church to get to heaven focus on meeting the nurse's need rather than the client's need. The statement about bringing a guided imagery audiotape, although an appropriate spiritual intervention, would not be helpful for this client at this time because of their poor prognosis and concerns about the challenges they will face.

7. A psychiatric–mental health nurse is educating a class at a community health center on social factors associated with mental illness. When describing the influence of poverty and effects of the downward economic spiral on mental health, which population would the nurse identify as being the **most** at risk?
A) Older adults
B) Individuals with physical disabilities
C) Single-parent families
D) Homeless individuals

Ans: D

Format: Multiple Choice
Chapter: 2
Client Needs: Psychosocial Integrity
Cognitive Level: Remember
Integrated Process: Nursing Process
Objective: 1
Page and Header: 10, Social Factors Related to Mental Illness
Feedback: Poverty affects all cultural groups and other groups such as older adults, people with physical disabilities, individuals with psychiatric impairments, and single-parent families. Often, those in poverty become trapped in a downward economic spiral as tensions and stress mount. The homeless population is the group

most at risk for becoming unable to escape the spiral of poverty.

8. During an assessment, the client states, "We rely on our large extensive family for moral support and help, and we treat our older family members with a great deal of respect. If someone gets sick, the family takes care of them." The nurse interprets these statements as reflecting which concept?
A) Acculturation
B) Cultural identity
C) Cultural competence
D) Linguistic competence

Ans: B

Format: Multiple Choice
Chapter: 2
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Culture and Spirituality
Objective: 1
Page and Header: 9, Cultural Identity

Feedback: Everyone has a cultural identity or a set of cultural beliefs with which one looks for standards of behavior. The client's statements reflect their cultural identity. Acculturation refers to the socialization process by which minority groups learn and adopt selective aspects of the dominant culture, eventually leading to the evolvement of a new minority culture (one that is different from the native culture and different from the dominant culture). Cultural competence involves an adjustment or recognition of one's own culture in order to understand the client's culture. Linguistic competence is the capacity to communicate effectively and convey information that is easily understood by diverse audiences.

9. Within the context of the culture of poverty, which most clearly describes why individuals who are part of this culture become trapped in a downward economic spiral?
A) Unemployment causes poverty; a lack of will power and motivation can, in turn, cause unemployment in people who do not have a strong work ethic.
B) Individuals lack the finances to pay rent, so they eventually do not have an address to use in filling out job applications.
C) Characteristics of poverty (joblessness and lack of financial independence) can, in turn, contribute to attributes (feelings of powerlessness and low self-esteem) that sustain poverty.
D) Poverty is passed on from generation to generation; individuals learn at an early age that there is no way to escape living in poverty.

Ans: C

Format: Multiple Choice
Chapter: 2
Client Needs: Psychosocial Integrity
Cognitive Level: Remember
Integrated Process: Nursing Process
Objective: 2
Page and Header: 10, Social Factors Related to Mental Illness
Feedback: Families experiencing poverty are under tremendous financial and emotional stress, which may trigger or exacerbate mental health problems. Along with the daily stressors of trying to provide food and shelter for themselves and their families, the lack of time, energy, and money prevents them from attending to their psychological needs. Often, these families become trapped in a downward economic spiral as tensions and stress mount. The inability to gain employment and the lack of financial independence add to feelings of powerlessness and low self-esteem. Feeling powerless and having low self-esteem have the potential to keep these individuals from trying to find employment.

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10. The nurse is caring for a client who is very religious. The nurse understands that the client's religiousness reflects which aspect?
A) Feeling of connectedness
B) Way of interpreting life events
C) Relationship with a unifying force
D) Community participation in common worship

Ans: D

Format: Multiple Choice
Chapter: 2
Client Needs: Psychosocial Integrity
Cognitive Level: Understand
Integrated Process: Nursing Process
Objective: 3
Page and Header: 13, Spirituality, Religion, and Mental Illness

Feedback: Religiousness refers to the participation in a community of people who gather around common ways of worshiping. Spirituality refers to feelings of connectedness with God, spirit, nature, or a unifying force, and is a way of interpreting life events.

11. A psychiatric–mental health nurse works in a rural mental health clinic. Which factor would the nurse need to keep in mind about the use of mental health services for this population? Select all that apply.
A) Limited access to care
B) Lack of available resources
C) Geographical similarities
D) Diverse cultural groups
E) Consistency in treatment approaches

Ans: A, B, D

Format: Multiple Select
Chapter: 2
Client Needs: Psychosocial Integrity
Cognitive Level: Remember
Integrated Process: Nursing Process
Objective: 2
Page and Header: 13, Rural Cultures
Feedback: All age groups in rural areas have limited access to health care. The lack of resources is particularly problematic since most mental health services are located in urban areas because more people live near cities. Rural areas are also diverse in both geography and culture. For example, access to mental health for those in the Deep South is different from access for those with the same problems in the Northwest. Treatment approaches may be accepted in one part of the country but not in another.

12. A psychiatric–mental health nurse is working on developing cultural competence. Which would be **most** appropriate for the nurse to do?
A) Research information about the cultures of the population being served after assessing the clients.
B) Recognize that one's own culture is the predominant way of addressing a client's health care needs.
C) Assume that any individual of a racial or ethnic group is the same as another individual in that group.
D) Demonstrate an appreciation of, and a genuine interest in, the individual and their cultural beliefs.

Ans: D

Format: Multiple Choice
Chapter: 2

Client Needs: Psychosocial Integrity
Cognitive Level: Understand
Integrated Process: Nursing Process
Objective: 1
Page and Header: 9, Cultural Competence and Humility

Feedback: Cultural competence requires that the nurse demonstrates a willingness and ability to draw on community-based values, traditions, and customs, and that the nurse values clients' cultural beliefs. The nurse needs to demonstrate a genuine interest in, and respect for, the individual and their beliefs. The nurse should learn about the client's country of origin and culture before assessing the client. Cultural competence requires the nurse to adjust or recognize their own culture in order to understand the client's culture. It also requires the nurse to understand and appreciate the cultural differences and similarities within, among, and between groups. Nurses need to avoid assuming that all individuals of a racial or ethnic group are the same.

13. During assessment, a client tells the nurse, "I go to church every Sunday for services." The nurse interprets this statement as reflecting which concept?
A) Religiousness
B) Spirituality
C) Cultural identity
D) Cultural humility

Ans: A

Format: Multiple Choice
Chapter: 2
Client Needs: Psychosocial Integrity
Cognitive Level: Understand
Integrated Process: Culture and Spirituality
Objective: 3

Page and Header: 13, Spirituality, Religion, and Mental Illness
Feedback: The client's statement reflects religiousness, the participation in a community of people who gather around common ways of worshiping. Spirituality is a dynamic, conscious process consisting of five attributes: meaning, belief, connecting, self-transcendence, and value. Spirituality can be expressed through adhering to a set of religious beliefs. Cultural identity is an enduring, fundamental aspect of self that includes membership to a cultural group with a set of attitudes, beliefs, feelings, and behaviors associated with that group. Cultural humility is being open and willing to reflect on oneself as a cultural being and open to hearing about and striving to understand the cultural background and identity of others.

14. In working with a client from another culture, a nurse remains open to what the client expresses, believes, and values even though the nurse has taken care of clients in the past who are of the same culture. The nurse is demonstrating which behavior?
A) Linguistic competence
B) Acculturation
C) Cultural humility
D) Health literacy

Ans: C

Format: Multiple Choice
Chapter: 2
Client Needs: Psychosocial Integrity
Cognitive Level: Understand
Integrated Process: Culture and Spirituality
Objective: 1
Page and Header: 9, Cultural Competence and Humility
Feedback: Cultural competence, the ability to interact effectively with people of different cultures, involves a set of academic and interpersonal skills that are respectful of and responsive to the health beliefs, health care practices, and cultural

and linguistic needs of diverse clients to bring about positive health care outcomes. An approach that expands cultural competency and focuses on and fosters an appreciation of human diversity is cultural humility. The culturally humble nurse expresses openness, is egoless, and has interactions that are supportive, respecting the client's culture. The nurse does not assume competence simply based on prior experience with or knowledge of people from a similar background. Acculturation is the term used to describe the socialization process by which one (usually smaller) group learns and adopts selective aspects of another (usually dominant) culture while still retaining cultural markers such as food and language. Linguistic competence, the capacity to providing readily available, culturally appropriate oral and written language, is an important part of cultural competence. The ability to obtain, process, and understand basic health information and services in order to make health decisions is dependent on a person's health literacy, that is, the ability to use reading, writing, verbal, and numerical skills in the context of health.

15. An experienced nurse is mentoring a new graduate nurse at a community mental health center. The new graduate nurse asks the experienced nurse, "I know I learned that cultural competence is important but why is it so important in psychiatric–mental health? Which response by the experienced nurse would be the **most** appropriate?
A) "It is important because it can affect the medications prescribed."
B) "Culture is everywhere nowadays, so you need to know it."
C) "Culture influences therapeutic communication, which is critical in mental health."
D) "The world is constantly changing so it's best to be on your toes.'

Ans: C

Format: Multiple Choice
Chapter: 2
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Culture and Spirituality

Objective: 1
Page and Header: 9, Cultural Competence and Humility

Feedback: Cultural and linguistic competence are especially important for psychiatric–mental health nurses because of the significance of therapeutic communication. Uncertainty about cultural beliefs and practices can result in feelings of anxiety and vulnerability when interacting with clients from other cultures. Clients may interpret the nurse's anxiety as a lack of caring or competence. It is important to learn and understand each client's cultural background and identity to provide culturally competent care and avoid miscommunication and knowledge barriers. Although there may be some effect on medications, prescribing medications is not within the nurse's scope of practice. Telling the nurse that culture is everywhere and that the world is constantly changing do not address the nurse's concerns.

16. A nurse is interviewing a client. Which information would the nurse interpret as reflecting the client's spirituality? Select all that apply.
A) Client reports belief in a higher power.
B) Client states, "My beliefs provide strength for coping."
C) Client states, "My friend takes me to worship every week."
D) Client reports using prayer as a coping mechanism.
E) Client states, "My beliefs give my life purpose."

Ans: A, B, D, E

Format: Multiple Select
Chapter: 2
Client Needs: Psychosocial Integrity
Cognitive Level: Analyze
Integrated Process: Culture and Spirituality
Objective: 4
Page and Header: 13, Spirituality, Religion, and Mental Illness

Feedback: The statements about a belief in a higher power, beliefs as a means for coping, use of prayer as a coping mechanism, and beliefs giving purpose to life reflect spirituality. The statement about going to worship every week reflects the client's religiousness.

17. During an interview, a client tells the nurse that they have a feeling of a connection to a higher power. The nurse interprets this as which?
A) Spirituality
B) Self-transcendence
C) Cultural identity
D) Religiousness

Ans: B

Format: Multiple Choice
Chapter: 2
Client Needs: Psychosocial Integrity
Cognitive Level: Understand
Integrated Process: Nursing Process
Objective: 3
Page and Header: 13, Spirituality, Religion, and Mental Illness
Feedback: Self-transcendence is characterized by a feeling of connection and mutuality to a higher power. Spirituality develops over time and is a dynamic, conscious process, characterized by two movements of transcendence (going beyond the limits of ordinary experiences): either deep within the self or beyond the self. Religiousness refers to the participation in a community of people who gather around common ways of worshiping. Cultural identity is a set of cultural beliefs with which one looks for standards of behavior.

18. A group of nurses is preparing an in-service presentation about culture and mental

illness. When describing cultural explanations, which of the following would the group include?
A) Suffering within a cultural group
B) Perceived causes for symptoms
C) Social factors contributing to the disorder
D) Ability to communicate effectively

Ans: B

Format: Multiple Choice
Chapter: 2
Client Needs: Psychosocial Integrity
Cognitive Level: Understand
Integrated Process: Culture and Spirituality
Objective: 2
Page and Header: 9, Linguistic Competence

Feedback: A cultural explanation refers to the perceived causes of the symptoms. Cultural idiom of distress describes the suffering within a cultural group. Cultural explanations do not describe the social factors contributing to a disorder. Linguistic competence is the capacity to communicate effectively and convey information that is easily understood by diverse audiences.

19. A nurse is teaching a client about a newly prescribed antianxiety medication. The client is a member of a different culture and speaks limited English. Which action by the nurse would demonstrate linguistic competence?
A) Teach an English-speaking family member instead of the client.
B) Use metaphors to explain complicated concepts of the prescribed drug.
C) Tailor written instructions to the client's health literacy level.
D) Have a family member translate verbal instructions to the client.

Ans: C

Format: Multiple Choice
Chapter: 2
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Culture and Spirituality
Objective: 1
Page and Header: 9, Linguistic Competence

Feedback: Linguistic competence, the capacity to providing readily available, culturally appropriate oral and written language, is an important part of cultural competence. Linguistic competence not only refers to the appropriate use of words, grammar, and syntax, but also to the practical aspects such as choice of discussion topics, taking turns, use of metaphors, and the "hidden rules" of interactions. Although having a family member with the client during teaching may be helpful, the client is the recipient of the teaching. A certified translator, not a family member should be used to ensure the information is conveyed accurately.

20. A nurse is preparing to carry out spiritual interventions for a client with depression. Which action would be most important for the nurse to do first?
A) Encourage the client to pray
B) Make a referral to the facility chaplain
C) Develop a therapeutic relationship
D) Have the client visit the chapel

Ans: C

Format: Multiple Choice
Chapter: 2
Client Needs: Psychosocial Integrity

Cognitive Level: Apply
Integrated Process: Culture and Spirituality
Objective: 4
Page and Header: 13, Spirituality, Religion, and Mental Illness

Feedback: To carry out spiritual interventions, the nurse must first enter into a therapeutic relationship with the client and use the self as a therapeutic tool. Once a therapeutic relationship is established, the nurse can follow through with spiritual interventions. Examples of spiritual interventions include meditation; guided imagery; and, when appropriate, prayer to connect with inner sources of solace and hope. Making a referral to the facility chaplain or having the client visit the chapel would be appropriate if the client identified either of these as being a source of solace and hope.

21. A new graduate nurse is being evaluated by the nurse manager. The nurse manager determines that the graduate nurse demonstrates cultural humility while providing care to a client based on which observation?
A) Allows the client to explain what a typical routine is
B) Limits the number of client questions about beliefs to narrow focus
C) Makes decisions for client about care based on personal beliefs
D) Assumes client's likes and dislikes based on previous similar experiences

Ans: A

Format: Multiple Choice
Chapter: 2
Client Needs: Psychosocial Integrity
Cognitive Level: Analyze
Integrated Process: Culture and Spirituality
Objective: 1
Page and Header: 9, Cultural Competence and Humility

Feedback: Cultural humility is a way of being and an evolution in perspective. This approach implies that the clients are the experts of their experiences, and nurses engage in ongoing self-reflection and education to gain an awareness of their own assumptions and biases that contribute to health. The culturally humble nurse expresses openness, is egoless, and has interactions that are supportive, respecting the client's culture. Thus, allowing the client to explain a typical routine demonstrates this concept. The nurse does not assume competence simply based on prior experience with or knowledge of people from a similar background. Limiting the number of questions, making decisions for the client and assuming likes and dislikes do not reflect an openness on the part of the nurse.

22. A nurse manager is conducting a class for the staff on promoting health literacy with clients. The nurse manager determines that the teaching was successful when the class identifies which action as appropriate?
A) Assuming children and older adults have trouble understanding information.
B) Keeping communication simple so that anyone could understand it.
C) Focus efforts primarily on communication appearing in written form.
D) Providing detailed instructions for how to get to the facility's services.

Ans: B

Format: Multiple Choice
Chapter: 2
Client Needs: Psychosocial Integrity
Cognitive Level: Analyze
Integrated Process: Teaching/Learning
Objective: 1
Page and Header: 10, Linguistic Competence, Box 2.1

Feedback: The ability to obtain, process, and understand basic health information and services in order to make health decisions is dependent on a person's health literacy,

that is, the ability to use reading, writing, verbal, and numerical skills in the context of health. Health professionals should: assume that all clients (not just children or older adults) and caregivers may have difficulty comprehending health information; communicate in ways that anyone can understand, such that communication should be simplified and then comprehension confirmed for all clients, so that the risk of miscommunication is minimized; and make the office environment and health care system easier to navigate. Health literacy addresses spoken and written communication as well as self-management and empowerment and supportive systems.

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