Psychiatric Nursing 8th edition Boyd Test Bank

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Test Bank Questions, Chapter 1: Psychiatric–Mental Health Nursing and Evidence-Based Practice

1. A psychiatric-mental health nurse is preparing a presentation about key events and people that influenced the development of contemporary mental health and illness care. When describing the effects of World War II, which would the nurse **most** likely include?
A) People began to view mental illness as more commonplace and acceptable.
B) The biologic understanding of mental illness was almost fully developed.
C) Deinstitutionalization occurred in response to the community health movement.
D) Mental illnesses became categorized as psychoses or neuroses.

2. When reviewing the evolution of mental health and illness care, which event is associated with mental disorders beginning to be viewed as illnesses requiring treatment?
A) establishment of Pennsylvania Hospital in Philadelphia
B) Quaker establishment of asylums
C) creation of the state hospital system
D) Freud's views on the causes of mental illnesses

3. A psychiatric–mental health nurse is working on a committee that is developing programs that integrate the objectives for mental health and mental disorders, as identified in *Healthy People 2030.* Which type of program would likely **not** be included?
A) single substance use treatment programs
B) depression-screening programs for health care providers
C) mental health programs for the homeless population
D) employment programs for those with serious mental illness

4. A nurse is preparing a presentation about the current status of mental health services in the United States. Which statement would the nurse include as the **most** reflective of this status?
A) "Mental health care in the United States is equally accessible to individuals."
B) "Mental illness ranks second among conditions causing responsible for chronic disability."
C) "Mental health care primarily focuses on the cure of mental illness."
D) "Mental health care services are inadequate and fragmented."

5. A group of nurses are reviewing the goals identified by the *New Freedom Commission on Mental Health.* The nurses demonstrate understanding of this report when they identify what as a goal?
A) Mental health is viewed as an isolated component of overall health.
B) The consumer and family are the driving forces for mental health care.
C) Screening is of greater importance than assessment and referral for services.

D) Disparities in mental health services are maintained.

6. As part of a career day presentation to a group of nursing students, a psychiatric–mental health nurse plans to describe how this specialty developed. Which individual would the nurse describe as playing a major role in the development of specialty training programs for psychiatric nurses?
A) Mary Adelaide Nutting
B) Hildegard E. Peplau
C) Harriet Bailey
D) Linda Richards

7. A group of students is reviewing information about mental health care after World War II. The students demonstrate an understanding of this information when they identify which action that took place as a result of the National Mental Health Act?
A) discovery of psychopharmacology
B) passage of the Hill-Burton Act
C) establishment of the National Institute of Mental Health
D) development of community mental health centers

8. When providing care to a client, the psychiatric–mental health nurse is implementing the therapeutic use of self. The nurse is applying concepts based on the work of which individual?
A) Hildegard E. Peplau
B) Florence Nightingale
C) Dorothea L. Dix
D) Sigmund Freud

9. Two nurses are preparing a discussion about psychiatric–mental health nursing and the role it has played in nursing's overall history. Which statement would the nurses **most** likely include to support this concept?
A) Nightingale was the pioneer for emphasizing the use of therapeutic communication.
B) The use of self-care to enhance the immune system was taught by Dorothea Dix.
C) The moral treatment of mental illness was a primary focus of deinstitutionalization.
D) Peplau was credited for establishing the first undergraduate psychiatric nursing program.

10. A psychiatric–mental health nurse is asked to be a guest speaker at a community fund-raising event for mental health services. Which would the nurse emphasize as the primary focus of the current consumer movement and mental health services?
A) access to affordable mental health care
B) removal of exclusions because of preexisting conditions
C) recovery from mental illness as a realistic goal
D) effective treatment for mental health care needs

11. A psychiatric-mental health nurse is describing the various programs offered by the local community mental health center. When explaining how these programs work, the nurse would emphasize which concept?

A) autocratic leadership
B) paternalistic decision-making
C) complete autonomy
D) collaboration

12. A psychiatric-mental health nurse wants to use an evidence-based approach to care. Which action would the nurse implement **first**?
A) Analyze the evidence.
B) Define the clinical question.
C) Practically apply research findings.
D) Evaluate outcomes.

13. A nurse is describing the concept of evidence-based practice in psychiatric–mental health nursing to a group of colleagues. Which information would the nurse include as being important? **Select all that apply.**
A) research findings
B) expert opinion
C) clinical experiences
D) client data
E) established routines

14. A psychiatric-mental health nurse is working a booth at a local community college job fair. One of the participants comes to the booth and asks the nurse about the different types of conditions for which psychiatric-mental health nurses provide care. Which condition(s) would the nurse **most** likely include in the response? **Select all that apply.**
A) issues involving self-mutilation
B) self-esteem issues related to loss of a limb
C) problems associated with family or group isolation
D) substance use disorders
E) high health literacy issues for adherence

15. The nurse is screening clients for risk factors associated with limited or no access to health care. Which client should the nurse identify as having the **highest** risk?
A) a 10-year-old child who lives on a farm and requires treatment for depression
B) a 15-year-old child who lives in the city and requires treatment for attention deficit disorder
C) a 20-year-old client who is a college student who requires treatment for an anxiety disorder
D) a 28-year-old client living in a residential facility who requires treatment for schizoaffective disorder

Test Bank Answer Key, Chapter 1: Psychiatric–Mental Health Nursing and Evidence-Based Practice

1. **A.** During World War II, mental illness was beginning to be seen as a problem that could happen to anyone. Many "normal" people who volunteered for service were disqualified on the grounds that they were psychologically unfit to serve. Others who had already served a tour of duty developed psychiatric and emotional problems related to their wartime experiences. The biologic understanding of mental illness continues to evolve. Deinstitutionalization and the community mental health movement occurred during the 1960s. In the early 20th century, Freud categorized mental illness as either a psychosis or neurosis.

Format: Multiple Choice
Chapter 1: Psychiatric–Mental Health Nursing and Evidence-Based Practice
Client Needs: Health Promotion and Maintenance
Cognitive Level: Remember
Integrated Process: Teaching/Learning
Page and Header: 8, National Action

2. **A.** Mental disorders began to be viewed as illnesses with the establishment of Pennsylvania Hospital, the first institution in the United States to receive those with mental disorders for treatment and cure. The Quaker establishment of asylums reflected the impetus toward moral treatment. Dorothea L. Dix advocated for the humane treatment of clients with mental illness with the creation of state hospitals. Freud believed that the primary causes of mental illnesses were psychological and a result of disturbed personality development and faulty parenting.

Format: Multiple Choice
Chapter 1: Psychiatric–Mental Health Nursing and Evidence-Based Practice
Client Needs: Health Promotion and Maintenance
Cognitive Level: Remember
Integrated Process: Nursing Process (Clinical Problem-solving Process)
Page and Header: 5, TABLE 1.1 PREMORAL TREATMENT ERA

3. **A.** The objectives of *Healthy People* 2030 identify the need to increase the proportion of persons with co-occurring substance use and mental disorders receiving treatment for both disorders. Thus, single substance use treatment programs would be least beneficial. The objectives call for an increase in depression screening by health care providers, an increase in the proportion of homeless adults with mental health problems who receive mental health treatment, and an increase in the proportion of persons with serious mental illness who are employed.

Format: Multiple Choice
Chapter 1: Psychiatric–Mental Health Nursing and Evidence-Based Practice
Client Needs: Health Promotion and Maintenance
Cognitive Level: Understand
Integrated Process: Nursing Process (Clinical Problem-solving Process)
Page and Header: 11, National Mental Health Objectives

4. **D.** Today, mental health services in the United States are inadequate and fragmented, with millions of adults and children being disabled by mental illness every year. Mental illness ranks first in terms of causing disability in the United States compared with other illnesses. Recovery from mental illness, not cure, is the current worldwide goal.

Format: Multiple Choice
Chapter 1: Psychiatric–Mental Health Nursing and Evidence-Based Practice
Client Needs: Health Promotion and Maintenance
Cognitive Level: Remember
Integrated Process: Teaching/Learning
Page and Header: 11, National Mental Health Objectives

5. **B.** According to the New Freedom Commission on Mental Health, one goal is to ensure that mental health care is consumer and family driven. In addition, the goals address the need to understand that mental health is essential to overall health, not just that it is one part of overall health. It also emphasizes that early mental health screening, assessment, and referral to services are common practice. Thus, screening is as important as assessment and referral. Moreover, the goals address the need for disparities in mental health services to be eliminated, not just reduced.

Format: Multiple Choice
Chapter 1: Psychiatric–Mental Health Nursing and Evidence-Based Practice
Client Needs: Health Promotion and Maintenance
Cognitive Level: Remember
Integrated Process: Teaching/Learning
Page and Header: 9-10, Mental Health Legislative Actions

6. **B.** Hildegard E. Peplau developed the first graduate program in psychiatric nursing, identifying it as a specialty. Mary Adelaide Nutting emphasized nursing role development. Harriet Bailey wrote the first psychiatric nursing textbook. Linda Richards was the first trained nurse in the United States and opened the Boston City Hospital Training School for Nurses at McLean Hospital, a psychiatric facility.

Format: Multiple Choice
Chapter 1: Psychiatric–Mental Health Nursing and Evidence-Based Practice
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Remember
Integrated Process: Teaching/Learning
Page and Header: 3, Emergence Of Modern Nursing Perspectives

7. **C.** The National Mental Health Act created a six-member National Mental Health Advisory Council that established the National Institute of Mental

Health, which was responsible for overseeing and coordinating research and training. Passage of this act did not lead to the discovery of psychopharmacology. The Hill-Burton Act, which followed the passage of the National Mental Health Act, provided federal support for hospital construction. The development of community mental health centers was the result of the Action for Mental Health, which provided the basis for the Mental Retardation Facilities and Community Mental Health Centers Construction Act of 1963.

Format: Multiple Choice
Chapter 1: Psychiatric–Mental Health Nursing and Evidence-Based Practice
Client Needs: Health Promotion and Maintenance
Cognitive Level: Remember
Integrated Process: Teaching/Learning
Page and Header: 8, National Action

8. **A.** Hildegard E. Peplau conceptualized nursing practice as independent of health care providers and emphasized the use of self as a nursing tool. Florence Nightingale identified the need to view clients holistically, was sensitive to human emotions, and recommended interactions that today would be classified as therapeutic communication. Dorothea L. Dix crusaded for the humane treatment of clients with mental illness. Sigmund Freud developed a personal theory based on unconscious motivations for behavior.

Format: Multiple Choice
Chapter 1: Psychiatric–Mental Health Nursing and Evidence-Based Practice
Client Needs: Psychosocial Integrity
Cognitive Level: Understand
Integrated Process: Nursing Process (Clinical Problem-solving Process)
Page and Header: 3, Emergence of Modern Nursing Perspectives

9. **A.** Nightingale recommended interactions that today would be classified as therapeutic communication. Dix was responsible for reforming the mental health care system in the 19th century with advocating the use of state hospitals. Peplau was responsible for establishing the first graduate program in psychiatric-mental health nursing.

Format: Multiple Choice
Chapter 1: Psychiatric–Mental Health Nursing and Evidence-Based Practice
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Apply
Integrated Process:
Page and Header: 2, Early Founders

10. **C.** Although access to affordable mental health care, removal of exclusions for preexisting conditions, and effective treatment for mental health care needs are important, recovery from mental illness is a realistic and now a worldwide goal. To attain this goal, mental health professionals work in partnership with consumers to help rebuild their lives.

Format: Multiple Choice
Chapter 1: Psychiatric–Mental Health Nursing and Evidence-Based Practice
Client Needs: Health Promotion and Maintenance

Cognitive Level: Understand
Integrated Process: Teaching/Learning
Page and Header: 11, Recovery And The Consumer Movement

11. **D.** In today's environment, the traditional medical model, which is viewed as autocratic and paternalistic, is being replaced by a collaborative model whereby mental health professionals work in partnership with consumers to help rebuild their lives. Consumer advocacy efforts have led to the implementation of recovery philosophy and practices.

Format: Multiple Choice
Chapter 1: Psychiatric–Mental Health Nursing and Evidence-Based Practice
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Teaching/Learning
Page and Header: 11, RECOVERY AND THE CONSUMER MOVEMENT

12. **B.** When using an evidence-based approach, the nurse would first define the clinical questions, then discover and analyze the evidence, apply the research findings in a practical manner and in collaboration with the client, and lastly evaluate the outcomes.

Format: Multiple Choice
Chapter 1: Psychiatric–Mental Health Nursing and Evidence-Based Practice
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Remember
Integrated Process: Nursing Process (Clinical Problem-solving Process)
Page and Header: 3-4, Evidence-Based Practice And Current Psychiatric Nursing

13. **A, B, C, D.** Evidence-based practice is based on the most relevant evidence from research or evidence-based theories, as well as expert opinion, client data, and clinical experiences. Established routines may or may not be grounded in evidence; therefore, they may be subject to change based on supporting evidence.

Format: Multiple Selection
Chapter 1: Psychiatric–Mental Health Nursing and Evidence-Based Practice
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Remember
Integrated Process: Teaching/Learning
Page and Header: 3-4, Evidence-Based Practice And Current Psychiatric Nursing

14. **A, B, C, D.** Psychiatric nurses care for clients with a wide range of emotional problems and mental disorders. These nurses, specializing in mental health nursing, are not only experts in caring for persons with a primary diagnosis of a mental disorder but also for those with self-concept and body image issues, developmental crises, co-occurring disorders, end-of-life changes, and emotional stress related to illness, disability, or loss. It is a psychiatric nurse who is called when violence, suicide, or a disaster erupts. Issues involving non-adherence related to low health literacy would be a situation in which psychiatric-mental health nurses would be involved.

Format: Multiple Selection
Chapter 1: Psychiatric–Mental Health Nursing and Evidence-Based Practice
Client Needs: Psychosocial Integrity
Cognitive Level: Understand
Integrated Process: Teaching/Learning
Page and Header: 1, INTRODUCTION

15. **A.** The nurse should identify the client who lives on a farm and has depression as having the highest risk for limited or no access to health care. People who live in rural areas and especially children with mental health needs have higher risks of limited to no access to care. A client with attention deficit disoder who lives in a city typically has access to outpatient mental health treatment. There are usually mental health services on college campuses that provide or refer a student with an anxiety disorder for treatment. A client in a residential facility will have access to mental health care through their agency's program of care.

Format: Multiple Choice
Chapter 1: Psychiatric–Mental Health Nursing and Evidence-Based Practice
Client Needs: Health Promotion and Maintenance
Cognitive Level: Analyze
Integrated Process: Nursing Process (Clinical Problem-solving Process)
Page and Header: 11, National Mental Health Objectives