TEST BANK

Contemporary
Psychiatric-Mental
Health Nursing

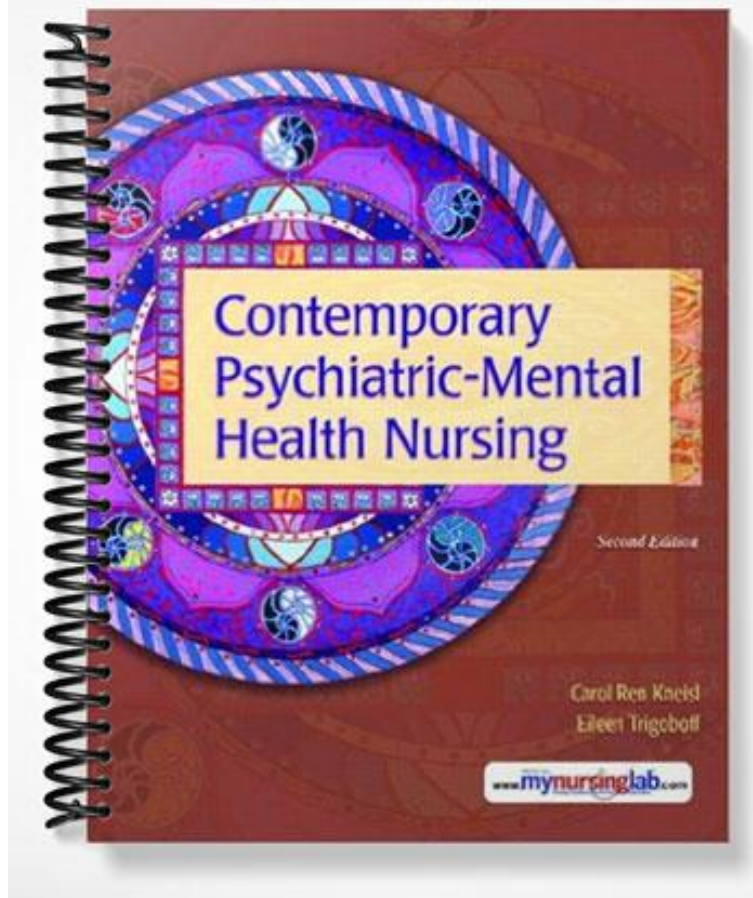Second Edition

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MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

1) The nurse's new job description at the generalist level of practice reflects the definition of psychiatric-mental health nursing and the *Psychiatric-Mental Health Nursing Standards of Practice* (ANA, APNA, ISPN). To fulfill employment expectations, the nurse might plan programs and interventions in which of the following areas?

1) _____

Select all that apply.
A) Parenting classes for new parents
B) Medication teaching for anti-anxiety medications
C) Family and group psychotherapy
D) Early diagnosis of psychiatric disorders
E) Stress management strategies

2) The nurse is serving on a committee that is charged with reviewing the roles and responsibilities of the nurses on the psychiatric unit. Which publication should the nurse bring to the first meeting?

2) _____

A) American Nurses Credentialing Center certification requirements
B) *Diagnostic and Statistical Manual of Mental Disorders*
C) American Nurses Association, *Code of Ethics*
D) *Psychiatric-Mental Health Nursing Standards of Practice*

3) The psychiatric-mental health nurse is reflecting on professional role activities and is referred to the standards of professional performance. To which organization should the nurse look for guidance?

3) _____

A) American Nurses Credentialing Center
B) American Nurses Association
C) National League for Nursing
D) North American Nursing Diagnosis Association

4) The psychiatric-mental health nurse is working with the new graduate nurse who is orienting to the psychiatric unit. Which comment by the new graduate indicates to the nurse that further clarification of the generalist nursing role is needed?

4) _____

A) "I will spend time each day evaluating the effectiveness of the therapeutic milieu."
B) "I am doing some reading on how to incorporate complementary interventions into treatment plans."
C) "I would feel better if you would look at my documentation that addresses progress toward treatment goals."
D) "I am a little nervous about conducting psychotherapy with clients."

5) The client with a mental illness is asking questions about prevention of sexually transmitted diseases. Given the *Psychiatric-Mental Health Nursing Standards of Practice,* which action would be most appropriate for the nurse to take at this time?

5) _____

A) Consult with the mental health care team.
B) Notify the attending psychiatrist.
C) Investigate the questions in individual psychotherapy.

D) Teach safer sexual practices.

6) The client asks the nurse if certain changes can be made in the unit milieu. Which action by the nurse indicates understanding of the nursing role in the therapeutic milieu?   The nurse:

    A) Refers the client's requests to the psychosocial rehabilitation worker.
    B) Discusses the desired changes with the client.
    C) Refers the client's requests to the psychiatric social worker.
    D) Instructs the client that no changes can be made.

6) _____

7) The nurse assesses that the client has problems choosing productive, safe leisure activities. Which member of the mental health team should the nurse consult with?

    A) Recreational therapist   B) Clinical psychologist
    C) Occupational therapist   D) Attending psychiatrist

7) _____

8) Upon arrival on the psychiatric unit this morning, which activity should be the focus of the nurse? The nurse should:

    A) Review psychological testing results for all clients.
    B) Assess each client for whom the nurse will be providing care.
    C) Schedule the individual therapy sessions for all clients.
    D) Identify community resources for clients to be discharged this morning.

8) _____

9) Due to a staff member's absence, the nurse is reviewing staff assignments for the day. Which task can the nurse delegate to the psychosocial rehabilitation worker?

    A) Conflict resolution teaching to a small group of clients
    B) Comparison of physician's orders with the medication records
    C) Routine medication administration to a stable client
    D) Assessment of a long-term client

9) _____

10) The client's treatment plan includes teaching related to possible side effects of psychotropic medications. Which member of the mental health team should plan to implement the teaching?

    A) The nurse
    B) The primary therapist
    C) The psychosocial rehabilitation worker
    D) The psychiatrist

10) _____

11) The nurse is part of a mental health team and is having some role issues regarding how best to facilitate client progress toward therapeutic goals. What is the priority action by the nurse in order to aid the work of the team as they assist the client?

    A) Determine personal values, biases, and goals .
    B) Recognize that conflict is natural and expected.
    C) Acknowledge the diversity of the mental health team.
    D) Attend all mental health team meetings.

11) _____

12) The nurse is reflecting on the nursing role within the mental health team. The nurse understands that the main purpose of delivering care

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12)

___
___

A) Facilitate the case management process by delivering care using a multidisciplinary health care team.
B) Make the best use of the different abilities of mental health team members in order to facilitate client progress.
C) Increase the opportunity for interpersonal interaction between the client, family, and team members.
D) Maximize the efficiency of the health care team with each team member learning from the others.

13) The nurse observes behavior of a member of the mental health team that seems to indicate the team member is primarily interested in clients' progress as a measure of that particular team member's knowledge and expertise. Given the nurse's knowledge of game theories, this team member might be functioning as a:

13) _____

A) Enabler.   B) Leader.
C) Maximizer.   D) Rivalist.

14) The nurse is planning activities to enhance collaboration within the mental health care team. Which activities will be helpful toward this goal?

14) _____

Select all that apply.
A) Review of interpersonal communication skills
B) Discussion of decisions that can be made autonomously
C) Identification of ways to minimize diversity among team members
D) Discussion of decisions that require team unity
E) Identification of ways to ignore individual power bases

15) The nurse is admitting a client to the psychiatric unit. Which nursing action is correct?

15) _____

A) Discuss with the client information that is to be shared with family members and the mental health team.
B) Instruct the client that the mental health team will decide what the client needs to do in treatment.
C) Instruct the client that all information gathered during the assessment will be shared with the mental health team.
D) Alert the client that the psychiatrist will do all the intake assessment so as to maximize the efficiency of the team.

16) The nurse is asked if Florence Nightingale had any impact on the role of the nurse in psychiatric-mental health nursing. What is the nurse's correct response?

16) _____

A) "No, Nightingale focused her ideas on nursing education rather than direct client care."
B) "Yes, Nightingale was among the first to note that the influence of nurses has psychological components."
C) "Yes, Nightingale developed the idea of the therapeutic relationship."
D) "No, Nightingale emphasized the physical environment for

healing."

17) The nurse is planning a brief presentation about the "first American psychiatric nurse." Who will the nurse research?

    A) Harriet Bailey   B) Linda Richards
    C) Gwen Tudor (Will)   D) Hildegard Peplau

17) _____

18) The nurse is reflecting on psychiatric nursing care in the 19th century. Which nursing diagnosis is most consistent with the focus of psychiatric nursing care during the 19th century?

    A) Ineffective individual   B) Altered thought processes
           coping
    C) Self-care deficit   D) Anxiety

18) _____

19) If the nurse was assessing the client from primarily a 19th century perspective, in which dimension would the nurse most likely focus data collection?

    A) Physical   B) Emotional
    C) Spiritual   D) Social

19) _____

20) The nursing student is asked which historical event was most significant in the development of psychiatric nursing as a specialty and psychotherapeutic roles for nurses. Which response by the nursing student indicates understanding of important events related to development of the psychiatric nursing role?

    A) Release of the report *Nursing for the Future*
    B) Passage of the National Mental Health Act
    C) Publication of *Commonsense Psychiatry*
    D) Passage of the Community Mental Health Centers Act

20) _____

21) The nurse is writing a scholarly paper on early nursing leaders who made major contributions to the development of the multifaceted psychiatric nursing role of today. When writing the paper, the nurse should include which of the following nurses?

Select all that apply.
    A) Frances Sleeper
    B) Gwen Tudor (Will)
    C) Linda Richards
    D) Florence Nightingale
    E) Hildegard Peplau

21) _____

22) The psychiatric-mental health nurse is planning a personal program of continuing education in order to better meet the challenges of the future in psychiatric nursing practice. What areas should be included in the nurse's plan for continuing education?

Select all that apply.
    A) Psychopharmacology
    B) Psychobiology
    C) Psychiatric nursing care in nontraditional settings

22) _____

D) Physical health of psychiatric clients
E) Genetic research

23) While caring for the client with a mental illness, which action by the   23) _____
psychiatric-mental health nurse best indicates use of Hildegard Peplau's
nursing theory?
    A) Assessment of client's interactions with their environment
    B) Establishment of a therapeutic nurse-client relationship
    C) Intervention to enhance the client's abilities to perform self-care
    D) Evaluation of the effectiveness of the client's coping and
        adaptation skills

24) If psychiatric nurses used Orem's theory for structuring much of their   24) _____
nursing practice, a major focus area for assessment would be the client's
ability to:
    A) Implement self-care to meet psychosocial needs.
    B) Adapt and function to meet various role expectations.
    C) Care about self and participate in self-healing.
    D) Enter into a therapeutic one-to-one relationship with the nurse.

25) The psychiatric-mental health nurse is asked to develop an intervention   25) _____
for the nursing unit based on Watson's theory of caring. Given this
assignment, which intervention is most appropriate for the nurse to
implement?
    A) One-to-one debriefing sessions each week with individual unit
        nurses and the unit manager
    B) Clarification of values and cultural beliefs that might pose barriers
        to caring for clients
    C) Discussion of the impact of recent changes in hospital policy on the
        nursing staff
    D) Identification of additional coping skills for new nurses on the unit

26) The unit manager is consistently advocating for self-awareness among   26) _____
the psychiatric-mental health nursing staff in order to promote quality
care. From which theoretical base is the unit manager operating?
    A) Sister Callista Roy's adaptation theory
    B) Dorothea Orem's theory of self-care
    C) Jean Watson's theory of human caring
    D) Martha Rogers's principles of homeodynamics

27) Upon the client's arrival on the patient care unit, the nurse begins   27) _____
implementation of the nursing process. By using the nursing process,
the nurse's practice is most reflective on which nursing theorist?
    A) Ida Jean Orlando   B) Jean Watson
    C) Hildegard Peplau   D) Dorothea Orem

28) The nursing student asks the nurse the reason that knowledge of   28) _____
nursing theories is important. The nurse should respond that nurses use
nursing theories to:

Select all that apply.
    A) Generate nursing actions.

B) Organize assessment data.
C) Plan interventions.
D) Evaluate outcomes.
E) Generate goals.

29) If the nurse is using the nursing theory that has shaped   29) _____
   psychiatric-mental health most directly, which nursing action should
   take priority?
   A) Teach effective coping skills.
   B) Assess the client's abilities in areas of self-care.
   C) Encourage the client's sensitivity and caring for self.
   D) Establish a therapeutic nurse-client relationship.

30) When planning nursing care, the nurse understands that the main value   30) _____
   of having knowledge of a variety of nursing theories is to:
   A) Build the skill and effectiveness of the nurse's practice.
   B) Implement individualized nursing interventions depending on
       what is best for the client's situation.
   C) Promote consideration and use of nursing research.
   D) Enhance collaboration and understanding between the nurse and
       the mental health care team.

1) A, B, E
2) D
3) B
4) D
5) D
6) B
7) A
8) B
9) A
10) A
11) A
12) B
13) C
14) A, B, D
15) A
16) B
17) B
18) C
19) A
20) B
21) A, B, E
22) A, B, C, D, E
23) B
24) A
25) B
26) C
27) C
28) A, B, C, D, E
29) D
30) B