View Sample: Chapter 01

MULTIPLE CHOICE

1. Select the best description of nursing practice in the psychiatric setting.

   The nurse primarily serves in a supportive role to other members of the team.

   The multidisciplinary approach eliminates the need to clearly define the responsibilities of nursing.

   Clearly differentiated nursing actions have been identified that distinguish nursing from other professions.

   Although professional role overlap exists, nursing offers unique contributions to psychotherapeutic management.

ANS: D

Professional role overlap cannot be denied; however, nursing is unique in its focus on and application of psychotherapeutic management. Psychiatric social workers do not have expertise in physical care. Ideally, all team members support each other.

DIF: Cognitive level: Applying

REF: p. 3

TOP: Nursing process: Implementation

MSC: NCLEX: Safe, Effective Care Environment
The primary element required to match individual patient needs with appropriate services is proper:

a. planning.

b. evaluation.

c. assessment.

d. implementation.

ANS: C

Proper assessment is critical for being able to determine the appropriate level of services that will provide the patient with optimal care at the lowest cost. The decision tree for the continuum of care establishes this fact.

DIF:  Cognitive level: Understanding   REF:  p. 7

TOP:  Nursing process: Assessment  MSC:  NCLEX: Safe, Effective Care Environment

An adult with paranoid schizophrenia is hospitalized. This patient has frequent auditory hallucinations and walks about the unit, muttering. To use psychotherapeutic management effectively, it is most important for the nurse to:

a. understand the disease process of schizophrenia.

b. minimize contact between this patient and other patients.
c. administer PRN medication before interacting with the patient.

d. use behavior modification to decrease the frequency of hallucinations.

ANS: A

An understanding of psychopathology is the foundation on which the three components of psychotherapeutic management rest; it facilitates therapeutic communication and provides a basis for understanding psychopharmacology and milieu management. Minimizing contact between the patient and others and administering PRN medication indiscriminately are nontherapeutic interventions. Using behavior modification to decrease the frequency of hallucinations would need to be incorporated into the plan of care.

DIF: Cognitive level: Applying
REF: pp. 1-2

TOP: Nursing process: Implementation
MSC: NCLEX: Safe, Effective Care Environment

A depressed adult is hospitalized after a suicide attempt. The patient receives an antidepressant medication, is closely supervised, attends a variety of group therapies and activities, watches television during free time, and talks to visitors in the evening. Which additional intervention is needed in the patient’s care?

a. Milieu therapy

b. Adequate drug therapy

c. Increased contact with significant others
d. Meaningful communication with nursing staff

ANS: D

Two of the three elements of psychotherapeutic management are present: psychopharmacology and milieu management. There is no evidence that the psychotherapeutic nurse–patient relationship exists. Maintaining contact with significant others is not considered an element of the psychotherapeutic management model.

DIF: Cognitive level: Applying
REF: pp. 1-2
TOP: Nursing process: Planning
MSC: NCLEX: Psychosocial Integrity

A patient attends outpatient programs at a community mental health center and meets with the primary nurse regularly. Last week, the patient’s haloperidol (Haldol) dose was reduced from 5 mg to 2 mg daily to decrease side effects. The nurse will need to monitor changes in:

a. the activity schedule at the center.

b. the nature of the patient’s symptoms.

c. attention given to the patient by other staff.

d. balance among psychotherapeutic management elements.

ANS: B
It will be necessary for the nurse to assess for exacerbation of the patient’s symptoms of psychosis as well as for an amelioration of side effects. Dosage decrease might lead to the return or worsening of positive symptoms such as hallucinations and delusions, and negative symptoms such as blunted affect, social withdrawal, and poor grooming.

DIF: Cognitive level: Applying

REF: p. 2

TOP: Nursing process: Assessment

MSC: NCLEX: Physiologic Integrity

Which guideline should a nurse use when applying the components of psychotherapeutic management to the care of a patient with mental illness?

| a. The nurse’s role in milieu management is secondary to that of social work. |
| b. Omitting any one component usually will result in less effective treatment. |
| c. The most important element of psychotherapeutic management is drug therapy. |
| d. A therapeutic nurse–patient relationship is the most important aspect of treatment. |

ANS: B

The three components listed as choices a, c, and d above work together to provide the best treatment outcomes. When one element is missing, treatment is usually compromised. No single element is more important than the others; however, patients’ needs govern the application of the components and permit judicious use.
Which statement most accurately describes a nurse’s role regarding psychopharmacology? The psychiatric nurse:

- frequently makes decisions regarding administration of PRN medications.
- might adjust a medication dose if a patient is not responding positively.
- administers medications but is not responsible for monitoring drug effectiveness.
- should refer a patient’s questions about drug side and adverse effects to the psychiatrist.

ANS: A

Nursing assessment and analysis of data might suggest the need for PRN medication as patient anxiety increases or psychotic symptoms become more acute. The nurse is the health team member who makes this determination. Nurses are responsible for monitoring drug effectiveness as well as administering medication. Nurses should assume responsibility for teaching patients about the side effects of medications. Nurses cannot alter prescribed dosages of medications unless they have prescriptive privileges.
A nurse considers environmental aspects of milieu management while planning care for a newly admitted patient. Which element has the highest priority?

a. Norms

b. Safety

c. Balance

d. Structure

ANS: B

Milieu management provides a proactive approach to care. Safety overrides all other dimensions of the milieu.


MSC: NCLEX: Safe, Effective Care Environment

When the treatment team in an inpatient psychiatric unit institutes a new unit schedule that provides for all patients to be involved in activities continuously throughout both the day and early evening, which element of milieu management needs reflection and reconsideration?

a. Norms

b. Balance
The situation described suggests a milieu in which patients have no time for planned therapeutic encounters with staff; hence, it is a milieu lacking balance. Environmental modification is not a core element of milieu management. Data are insufficient to permit the student to choose either the component of norms or limit setting.


MSC: NCLEX: Safe, Effective Care Environment

During an interaction with a patient, a nurse encourages the patient to express feelings, identify stressors, and review coping strategies. These nursing interventions relate most to the use of:

a. risk assessment.

b. behavior modification.

c. therapeutic communication.

d. environmental manipulation.
ANS: C

A nurse uses therapeutic communication techniques as part of the therapeutic nurse–patient relationship. Being therapeutic does not imply that the nurse is providing therapy, a formal, structured process. Risk assessment has a different purpose related to provision of an appropriate level of care. Environmental manipulation is more related to milieu management than to therapeutic use of self.

DIF: Cognitive level: Understanding

REF: p. 2

TOP: Nursing process: Implementation

MSC: NCLEX: Psychosocial Integrity

During the risk assessment phase of care for a psychiatric patient, the nurse will:

a. make an initial assessment.

b. confirm the patient’s problem.

c. assess potential dangerousness to self or others.

d. determine the level of supervision needed for the patient.

ANS: C

Risk assessment involves looking at dangerousness to self or others, the degree of disability, and whether or not the individual is acutely psychotic to determine the feasibility of community-based care versus hospital-based care. Risk assessment usually follows the initial assessment. Confirmation of the patient’s problem is not part of the risk assessment protocol. Arranging entry into the mental health system will follow risk assessment if the patient is assessed as needing service.
Risk assessment for a patient shows these findings: schizophrenia but not acutely psychotic at the moment; not a danger to self or others; lives in parents’ home. Which decision regarding placement on the continuum of care is appropriate?

a. Hospitalize the patient.

b. Discharge the patient from the system.

c. Refer the patient to outpatient services.

d. Refer the patient to self-help resources in the community.

ANS: C

Referral should be made to the least restrictive, most effective, and most cost-conscious source of services. Because the patient is not a danger to self or others, hospitalization is not needed. However, follow-up as an outpatient would be more appropriate than referral to a self-help group, in which structure might be lacking, or discharge from the system.
A patient tells the nurse, “This medicine makes me feel weird. I don’t think I should take it anymore. Do you?” The most effective reply that the nurse could make is based on the psychotherapeutic management model component of:

a. psychopathology.

b. milieu management.

c. psychopharmacology.

d. therapeutic nurse–patient relationship.

ANS: C

Concerns about medication voiced by patients require the nurse to have knowledge about psychotherapeutic drugs to make helpful responses. The nurse–patient relationship component is based on use of self. Milieu management is concerned with the environment of care. Psychopathology provides foundational knowledge of mental disorders but would be less relevant in framing a response to the patient than knowledge of psychopharmacology.

DIF: Cognitive level: Applying REF: p. 2

TOP: Nursing process: Implementation MSC: NCLEX: Physiologic Integrity

A patient tells the nurse, “This medication makes me feel weird. I don’t think I should take it anymore. Do you?” Select the nurse’s best response.

a. “I wonder why you think that.”

b. “Tell me how it makes you feel.”
c. “One must never stop taking medication.”

d. “You need to discuss this with your psychiatrist.”

ANS: B

As part of the psychopharmacology component of psychotherapeutic management, the responsibility of the nurse is to gather data about patients’ responses to medication and to be alert for side and adverse effects of the medication. The other responses are tangential to the real issue.

DIF: Cognitive level: Applying REF: 2

TOP: Nursing process: Implementation MSC: NCLEX: Physiologic Integrity

The spouse of a patient with panic attacks tells the nurse, “I am afraid my husband has a permanent disorder and will have many hospitalizations in the future. I wonder how I will be able to raise our children alone.” The nurse’s reply should be based on knowledge of:

a. psychopathology.

b. milieu management.

c. psychopharmacology.

d. nursing relationship therapy.

ANS: A
An understanding of psychopathology will enable the nurse to communicate reassurance to the spouse regarding the treatment of panic attacks in an outpatient setting.

DIF: Cognitive level: Applying       REF: p. 2
TOP: Nursing process: Implementation   MSC: NCLEX: Psychosocial Integrity

Which observation during morning rounds should receive a nurse’s priority attention?

a. Breakfast is late being served.

b. A sink is leaking, leaving water on the bathroom floor.

c. The daily schedule has not been posted on the unit bulletin board.

d. A small group of patients is complaining that one patient turned down the TV volume.

ANS: B

Safety is the component of therapeutic milieu management that takes priority over the other components. A patient could be injured if he or she slipped and fell. The other problems do not pose a threat to patient safety.

DIF: Cognitive level: Analyzing       REF: p. 2
TOP: Nursing process: Planning
MSC: NCLEX: Safe, Effective Care Environment
A community mental health nurse assesses a person with a psychiatric disorder on an initial visit. The nurse should refer this person to services on the care continuum that:

a. are the least costly.

b. are the least restrictive.

c. offer psychoeducation.

d. promote rapid symptom stabilization.

ANS: B

The concept of least restrictive treatment environment preserves individual rights to freedom. Many patients are healthy enough to receive community-based treatment. Hospitalization is reserved for short periods when patients are assessed as being a danger to self or others. Cost is a consideration but is of lesser concern than safety. All facets of the continuum should offer psychoeducation as needed by patients and families. Some aspects of the care continuum are more concerned with a patient’s need for symptom stabilization than others (e.g., hospitals versus psychiatric rehabilitation programs). The outcome of symptom stabilization is not a need for some patients, so it is not a correct answer.

DIF: Cognitive level: Applying  REF: pp. 2-3

TOP: Nursing process: Implementation  MSC: NCLEX: Safe, Effective Care Environment

An acutely psychotic patient is restricted to an inpatient unit. Which milieu element has been adapted?
Balance refers to negotiating the line between dependence and independence. The more psychotic the individual, the less independence he or she can usually handle safely. Unit restriction with careful supervision by staff helps compensate for lack of patient judgment. Norms refers to behavioral expectations for patients. Therapy is provided by advanced-practice nurses or others with advanced education. Psychopathology is not considered an environmental element.


TOP: Nursing process: Implementation MSC: NCLEX: Safe, Effective Care Environment

When inpatient psychiatric care is not indicated, an individual with schizophrenia who has a history of medication noncompliance should be referred to which service?

a. Primary care

b. Outpatient counseling

c. Apartment residential living
ANS: D

Although inpatient hospitalization is unnecessary, the individual requires an environment in which medication compliance can be fostered. In this case, the group home would provide the best alternative. The other options do not provide adequate supervision.


MSC: NCLEX: Safe, Effective Care Environment

A patient with bipolar disorder has stabilized and is being discharged from the hospital. The patient will live independently at home but lacks social skills and transportation. Which referral would be most appropriate?

a. A group home

b. A self-help group

c. A day treatment program

d. Assertive community treatment (ACT)

ANS: D

Assertive community treatment (ACT) provides intensive supervision, which includes assistance with medications and transportation that would support the goal of minimizing
future hospitalizations. A group home is unnecessary, because the patient will reside at home. A day treatment program would provide a therapeutic program directed toward symptoms, but the patient’s symptoms have stabilized so this service is not indicated. A self-help group would not provide the intensity of service this patient needs.

MSC: NCLEX: Safe, Effective Care Environment

A patient with long-standing bipolar disorder comes to the mental health center. The patient says, “I lost my job and home. Now, I eat in soup kitchens and sleep at a shelter. I am so depressed that I thought about jumping from a railroad bridge into a river.” Which factor has priority for the nurse who determines the appropriate level of care?

a. Long-standing bipolar disorder

b. Risk for suicide

c. Homelessness

d. Lack of income

ANS: B

Risk assessment shows the patient to have suicidal thoughts, and a plan for the suicide that is highly lethal, executable, and with low potential for rescue. The other factors do not have as great an effect on the determination of the level of services needed.

When explaining risk assessment, the nurse would indicate that the highest priority for admission to hospital-based care is:

a. safety of self and others.

b. confusion and disorientation.

c. withdrawal from harmful substances.

d. medical illness complicating a psychiatric disorder.

ANS: A

The highest priority is safety. In the other situations, threats to safety might or might not exist.

DIF: Cognitive level: Analyzing REF: pp. 2-3

TOP: Nursing process: Implementation MSC: NCLEX: Safe, Effective Care Environment

What explanation about the unit milieu would be most important for the nurse to give to a newly admitted patient?

a. “Your behavior will be carefully monitored during your hospital stay.”

   “Unit activities will help you cope with immediate needs and stressors.”

b. stressors.”
"You will be given enough medication to bring your symptoms under control."

"I will be gathering information about you to plan your care and your discharge."

ANS: B

This choice best reflects the purpose of milieu management in psychotherapeutic management. Stating that behavior will be monitored creates suspicion. Discussing medication administration is a psychopharmacology issue and is not pertinent to unit milieu. Stating that assessment will take place is not directly related to milieu.

DIF: Cognitive level: Applying       REF: pp. 1-3

TOP: Nursing process: Implementation   MSC: NCLEX: Psychosocial Integrity

Referral to a psychiatric extended-care facility would be most appropriate for which of the following patients?

a. An adult with generalized anxiety disorder

b. A severely depressed 70-year-old retiree

c. A patient with personality disorder who frequently self-mutilates

d. A severely ill person with schizophrenia who is regressed and withdrawn
Extended care often serves those with severe and persistent mental illness and those with a combination of psychiatric and medical illnesses. Patients with anxiety disorders can be referred to outpatient services. Severely depressed patients would need more intensive care, as would a self-mutilating individual.

DIF: Cognitive level: Analyzing          REF: p. 6          TOP: Nursing process: Analysis

MSC: NCLEX: Safe, Effective Care Environment

MULTIPLE RESPONSE

What data should a nurse analyze when deciding to refer a patient with a psychiatric disorder to community-based care? Select all that apply.

a. Need for PRN medication
b. Severity of the patient’s illness
c. Need for structured formal therapy
d. Presence of suicidal or homicidal ideation
e. Amount of supervision required by the patient

ANS: B, D, E

The decision tree for the continuum of care calls for the assessment of severity of the illness, the presence or absence of suicidal or homicidal ideation, whether or not the
disability is so great that the patient is unable to provide for his or her own basic needs, and the amount of supervision required for patient safety. The frequency of need for PRN medication and the need for structured formal therapy are not considerations mentioned in the decision tree.


MSC: NCLEX: Safe, Effective Care Environment

Which scenarios demonstrate that a nurse is functioning within the scope of psychotherapeutic management? The nurse (select all that apply)

a. structures meaningful unit activities.

b. administers electroconvulsive therapy.

c. encourages a patient to express feelings.

d. interprets the results of psychological testing.

e. assesses a patient for medication side effects.

ANS: A, C, E

Electroconvulsive therapy is a medical treatment and, therefore, should be administered by a physician. Psychological testing is interpreted by a psychologist. All other scenarios are within the scope of practice of the nurse.

Chapter 02: Historical Issues

MULTIPLE CHOICE

A person says, “Now that many state hospitals are closed, patients with psychiatric problems are free in our community. It is not safe for me.” The nurse’s reply should be based on knowledge that:

a. depressed patients are nonviolent.

b. state hospitals are no longer needed.

c. major depression is very prevalent.

d. bizarre behavior is viewed as sensational.

ANS: C

Four of the top medical disorders causing disability are psychiatric disorders (i.e., major depression, schizophrenia, bipolar disorder, and alcohol abuse). The other options are not true statements.

DIF: Cognitive level: Understanding

REF: p. 9

TOP: Nursing process: Implementation

MSC: NCLEX: Psychosocial Integrity
Select the most accurate characterization of treatment of the mentally ill prior to the Period of Enlightenment.

- a. Large asylums provided custodial care.
- b. Care for the mentally ill was more compassionate.
- c. Care focused on reducing stress and meeting basic human needs.
- d. Patients were banished from communities or displayed for public amusement.

ANS: D

In the 1700s it was common practice for caretakers to display mentally ill patients for the amusement of the paying public. The creation of large asylums took place during the Period of Enlightenment. Mental illness was first studied during the Period of Scientific Study. Dealing with stress and meeting basic needs are concerns of the modern era.

DIF: Cognitive level: Understanding

REF: p. 10

TOP: Nursing process: Assessment

MSC: NCLEX: Safe, Effective Care Environment

What concerns were shared by society during both the Period of Enlightenment and the Period of Community Mental Health?

- a. Moving patients out of asylums
ANS: C

The use of asylums signaled concern for meeting basic needs of the mentally ill, who in earlier times often wandered the countryside. With deinstitutionalization, many patients who were poorly equipped to provide for their own needs were returned to the community. The current system must now concern itself with ensuring that patients have such basic needs as food, shelter, and clothing. Studying brain structure and function is more a concern of modern times, as is the provision of medication.

DIF:  Cognitive level: Applying  
REF:  pp. 10-11  
TOP:  Nursing process: Planning  
MSC: NCLEX: Safe, Effective Care Environment

A key factor motivating passage of the Community Mental Health Centers Act in 1963 was that mentally ill individuals had been:

a. hospitalized only if they demonstrated violent behavior.

b. geographically isolated from family and community.

c. discharged before receiving adequate treatment.

d. used as subjects in pharmacologic research.
State hospitals were often located a great distance from the patients’ homes, making family visits difficult during hospitalization. The Community Mental Health Centers Act in 1963 served as the impetus for deinstitutionalization, allowing patients and families to receive care close to home. Admission only for behavior that endangers self or others is more consistent with current admission criteria. Early discharge rarely occurred before the community mental health movement. Unethical pharmacologic research was not a major issue leading to community mental health legislation.

Freud’s contribution to psychiatry that most affects current psychiatric nursing is:

a. the challenge to look at humans objectively.

b. recognition of the importance of human sexuality.

c. theories about the importance of sleep and dreams.

d. discoveries about the effectiveness of free association.

Freud’s work created a milieu for thinking about mental disorders in terms of the individual human mind. This called for therapists to look objectively at the individual, a
principle that is basic to nursing. The correct answer is the most global response. Freud’s theories of psychosexual development are an aspect of holistic nursing practice, but not the entire focus. Free association is not a pivotal issue in nursing practice.

DIF: Cognitive level: Understanding REF: p. 12
TOP: Nursing process: Assessment MSC: NCLEX: Psychosocial Integrity

The greatest impact in the care of the mentally ill over the past 50 years has resulted from progress and improvement in which area?

a. Self-help groups

b. Outpatient therapy

c. Psychotropic drugs

d. Patients’ rights awareness

ANS: C

The advent of psychotropic drugs allowed patients to normalize thinking and feeling. As psychosis diminished, the individual became accessible for psychotherapeutic interventions. Hospital stays were shortened. Hospital milieus improved. Though important, none of the other choices has had such a significant impact.

An adult with schizophrenia is discharged from a state mental hospital after 20 years of institutionalization. When planning care in the community, which premise applies? This patient is likely to:

- independently find support services to aid transition from hospitalization to community.
- adjust smoothly to the community if provided with sufficient support services.
- self-administer antipsychotic medications correctly if provided with education.
- need crisis or emergency psychiatric interventions from time to time.

ANS: D

Patients with serious mental illness are rarely considered cured at the time of hospital discharge. Decompensation is likely from time to time, even when good community support is provided. The emergency room may become a first-line resource in the continuum of care designed to prevent rehospitalization. Unfortunately, transitional services are not always readily available. Adjustment to a community environment after long institutionalization is often a slow process.

DIF: Cognitive level: Understanding
REF: p. 15
TOP: Nursing process: Planning
MSC: NCLEX: Psychosocial Integrity

A nurse at a behavioral health clinic sees an unfamiliar psychiatric diagnosis on a patient’s insurance form. Which resource should the nurse use to discern the criteria used to establish this diagnosis?
a. The *Diagnostic and Statistical Manual of Mental Disorders (DSM)*

b. *Nursing Diagnosis Manual*

c. A psychiatric nursing textbook

d. A behavioral health reference manual

ANS: A

The *DSM* gives the criteria used to diagnose each mental disorder. The distracters do not contain diagnostic criteria for mental illness.

DIF: Cognitive level: Understanding       REF: pp. 17-18

TOP: Nursing process: Assessment       MSC: NCLEX: Safe, Effective Care Environment

A shift in the psychiatric nursing focus during the community mental health period of the 1960s resulted in:

a. disillusionment with the high numbers of people seeking treatment.

b. focusing more attention on complications associated with substance abuse.

c. spending more time providing services to persons with serious mental illness.

d. shifting focus away from the most acutely ill and to persons with a
The community mental health movement brought with it a broadening of areas of concern to the psychiatric nurse. It became acceptable, even desirable, for psychiatric nurses to focus on what was called the worried well, as opposed to providing care for acutely ill psychotic individuals. Neither disillusionment with the numbers seeking treatment nor providing more services to those with severe mental illness occurred.

**DIF: Cognitive level: Understanding**  
**REF: p. 16**  
**TOP: Nursing process: Evaluation**  
**MSC: NCLEX: Safe, Effective Care Environment**

An adult with serious mental illness is being admitted to a community behavioral health inpatient unit. Recognizing current trends in hospitalization, this patient is likely to:

- a. comply readily with the prescribed treatment.

- b. have a clear understanding of the illness.

- c. display aggressive behavior.

- d. stabilize within 24 hours.

**ANS: C**
Compared with patients of the 1960s and 1970s, today’s patients are likely to display more aggressive behavior. This understanding is critical to making astute assessments that lead to planning for the provision of safety for patients and staff. Treatment compliance, understanding of the illness process, and discharge against medical advice are possible issues with which the nurse might deal, but these are less relevant when admission assessment is performed.

DIF: Cognitive level: Analyzing
REF: p. 14
TOP: Nursing process: Assessment
MSC: NCLEX: Safe, Effective Care Environment

When a nurse working in a well-child clinic asks a parent’s address, the parent responds, “My children and I are homeless.” The nurse can assess this response as:

a. a common occurrence, because 1 out of 50 children are homeless.

b. a signal to investigate the possibility that the parent has severe mental illness.

c. evidence of child abuse or neglect that should be reported to social service agencies.

d. unusual because most homeless individuals have severe mental illness or substance abuse problems.

ANS: A

The current belief is that the homeless are people (including entire families) who have been displaced by social policies over which they have no control. One out of 50 children is homeless. Although homelessness might be associated with serious mental illness, it might also be the result of having a weak support system and of social policies over
which the individual or family has no control. Clinic users come from all socioeconomic backgrounds.

DIF: Cognitive level: Understanding  REF: p. 16
TOP: Nursing process: Assessment  MSC: NCLEX: Psychosocial Integrity

Which individual should the nurse assess as having the highest risk for homelessness?

- An older adult woman with mild dementia who resides in an assisted-living facility
- An adult with serious mental illness and no family
- An adolescent with an eating disorder
- A married person with alcoholism

ANS: B

The adult has both a serious mental illness and a potentially weak support system. Both are risk factors for homelessness. The other individuals have psychiatric disorders but have better established support systems.

DIF: Cognitive level: Applying  REF: p. 16
TOP: Nursing process: Assessment  MSC: NCLEX: Psychosocial Integrity
A former pediatric nurse begins working in a clinic housed in a homeless shelter. The nurse asks the clinic director, “What topic should I review to improve my effectiveness as I begin my new job?” Which topic should the clinic director suggest?

a. Care of school-age children

b. Psychiatric and substance abuse assessment

c. Communicable disease prevention strategies

d. Sexually transmitted disease signs and symptoms

ANS: B

It is estimated that significant numbers of the homeless population have a serious mental illness and/or suffer from substance abuse or dependence. Although the other conditions may exist, the numbers are not as significant.

DIF: Cognitive level: Applying

REF: p. 16

TOP: Nursing process: Assessment

MSC: NCLEX: Psychosocial Integrity

Which skill is most important to a nurse working as a member of a community mental health team that strives to use a seamless continuum of care?

a. Case management

b. Diagnostic ability

c. Physical assessment skills
To effectively use a seamless continuum of care, a nurse must have case management skills with which he or she can coordinate care using available and appropriate community resources. Psychosocial assessment and physical assessment are functions that can be fulfilled by another health care worker. Patients’ rights advocacy is one aspect of case management.

DIF: Cognitive level: Analyzing

The broadened scope of psychiatric nursing practice is attributable primarily to:

- increased use of psychotropic drugs.
- opening of community mental health centers.
- legislation that changed nurse practice acts across the country.
- recidivism of seriously mentally ill patients in public mental hospitals.

Community mental health centers were designed and organized to provide services in addition to inpatient hospitalization, thus giving nurses opportunities to practice in a
variety of treatment settings (e.g., emergency rooms, partial hospitalization settings, outpatient care) and to have new roles, such as consultant, liaison, and case manager. Increased use of psychotropic drugs is not as important a factor as are community mental health centers. Legislation changing nurse practice acts broadened the scope of practice for nurse practitioners only by allowing prescriptive privileges. Recidivism is not a relevant factor.

DIF:  Cognitive level: Applying        REF:  p. 16
TOP: Nursing process: Implementation  MSC:  NCLEX: Safe, Effective Care Environment

A patient with mental illness was initially treated in an outpatient setting and then hospitalized for a week when the disorder became acute. After discharge to a halfway house, this patient’s care was managed by a community mental health nurse. Which inference applies to this community?

Additional mental health services should be made available for the
a. severely mentally ill.

b. A seamless continuum of services is in place to serve persons with
b. severe mental illness.

c. Case management services should be expanded to care for acute as well as long-term system consumers.

d. There are insufficient data to make a conclusion.

ANS: B

Data are sufficient to suggest that a seamless continuum of service is in place, because the individual is able to move between continuum treatment sources and is given the
services of a case manager to coordinate care. Data provided are insufficient to warrant any of the other assessments.


MSC: NCLEX: Safe, Effective Care Environment

MULTIPLE RESPONSE

Which changes in psychiatric nursing practice are directly attributable to events occurring during the Decade of the Brain? Select all that apply.

a. Homeless shelters became practice sites.

b. Nurses upgraded knowledge of psychopharmacology.

c. Nurses provided psychoeducation to patients and families.

    Nurses viewed psychiatric symptoms as resulting from brain

d. irregularities.

    Nurses were more likely to advocate for patients’ rights related to

e. involuntary commitment.

ANS: B, C, D

Psychobiologic research relating to brain structure and function made it possible for psychiatric nurses to view symptoms as brain irregularities and made it necessary for them to become knowledgeable about psychotropic medications to make appropriate assessments regarding desired outcomes and side and toxic effects of therapy. With
hospital stays shortened, it became necessary for nurses to provide psychoeducation to patients and families who would need to monitor outcomes, symptoms of relapse, and side and toxic effects of medication. Homeless shelters became practice sites with the onset of deinstitutionalization. Advocacy for patients’ rights relating to hospitalization and commitment became an ethical issue before the Decade of the Brain.

DIF:  Cognitive level: Analyzing  REF:  p. 15

TOP: Nursing process: Implementation  MSC:  NCLEX: Safe, Effective Care Environment

A community mental health nurse works in a mental health services system that is undergoing change to become a seamless system. To promote integrity of the new system, the nurse should focus on (select all that apply)

a. psychopathology.

b. symptom stabilization.

c. medication management.

d. patient and family psychoeducation.

e. patient reintegration into the community.

f. holistic issues relating to patient care.

ANS: D, E, F

A seamless system of mental health services will require new conceptualizations. Nurses will need to focus more on recovery and reintegration than on symptom stabilization and more on holistic issues such as finances and housing than on medication management.
Consumers and family members will also need to be provided with extensive psychoeducation.

DIF: Cognitive level: Applying

TOP: Nursing process: Implementation

MSC: NCLEX: Safe, Effective Care Environment

Deinstitutionalization and changes in funding shifted care for persons with mental illness to the community rather than large institutions. Care provided in a community setting, closer to family and significant others, is preferable. Improvements in medications to
treat serious mental illness made it possible for more patients to live in their home communities. Prevalence rates for serious mental illness have not decreased. Although the national perspectives on institutional care did become negative, that was not the reason many institutions closed.


TOP: Nursing process: Implementation MSC: NCLEX: Safe, Effective Care Environment

Put these services in order from least to most intensive.

a. Day treatment

b. Hospitalization

c. Scheduled visits at a community mental health center

ANS: A, B, C

The continuum of care represents treatment services along a range of intensity. Hospitalization is the most intensive, progressing to day treatment, and finally to routine visits at a community mental health center.

DIF:  Cognitive level: Analyzing     REF:  17

TOP: Nursing process: Implementation MSC: NCLEX: Safe, Effective Care Environment