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Chapter 01: Psychiatric-Mental Health Nursing and Evidence-Based Practice

1. A group of nursing students are reviewing information about the evolution of mental health care and are discussing the recommendations of the final report of the Joint Commission on Mental Illness and Health. The students demonstrate understanding of this information when they identify that the report recommended an increase in which of the following?
    A)   Numbers of mental health hospitals
    B)   State funding for mental health care
    C)   Clinics supplemented by general hospital units
    D)   Use of psychotherapy by psychiatrists

2. A nurse is reviewing the American Nurses Association's *Statement on Psychiatric Nursing Practice* published in 1967, which sanctioned the involvement of psychiatricmental health nurses in the provision of holistic nursing care. Integrating knowledge of the various theories and views of mental health and illness, the nurse identifies which of the following as most strongly linked to this holistic approach?
    A)   Sigmund Freud's psychoanalytic theory
    B)   Florence Nightingale's *Notes on Nursing*
    C)   Hildegarde
    D)   Clifford Beers' *A Mind That Found Itself*
    E)   Peplau's *Interpersonal Relations in Nursing*

3. A nursing instructor 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 of the following would the instructor 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.

4. A nursing student is presenting a discussion of the history of psychiatricmental health nursing and its place within nursing history. Which of the following would be most appropriate to include?
    A)   Certification for the psychiatricmental health nursing specialty was first emphasized by Mary Adelaide Nutting.
    B)   Psychiatric nurses played a part in seeing that all deinstitutionalized patients got treatment at community mental health centers.
    C)   There is a historical link between the first nursing program to admit male students and the first training school for psychiatric nursing.
    D)   The first graduate program in psychiatric nurses was established in response to the publication of psychiatric nursing specialty journals.

5. Two nursing students are discussing psychiatricmental health nursing and the role it has played in nursing's overall history. Which statement is most accurate?
    A)   The importance of using therapeutic communication was stressed by Nightingale.
    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 the first nurse to stress the importance of therapeutic communication.

6. 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

7.   A psychiatricmental 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 2020.* Which type of program would be least appropriate?
A)   Single substance abuse treatment programs
B)   Depression screening programs for primary care providers
C)   Mental health programs for the homeless population
D)   Employment programs for those with serious mental illness

8.   A nursing instructor is describing the concept of evidence-based practice in psychiatricmental health nursing. Which of the following would the instructor include as being important? Select all that apply.
A)   Research findings
B)   Expert opinion
C)   Clinical experiences
D)   Patient data
E)   Established routines

9.   The following events are important in the development of psychiatricmental health nursing practice. Which event occurred first?
A)   Publication of *Standards of Psychiatric-Mental Health Nursing* by the ANA
B)   Publication of *Standards of Child and Adolescent Psychiatric and Mental Health Nursing Practice*
C)   Establishment of the first graduate program in psychiatric nursing at Rutgers University
D)   Publication of the first psychiatric nursing text, *Nursing Mental Disease*, by Harriet Bailey

10. 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 in terms of causing disability in comparison.
C)   Mental health care primarily focuses on the cure of mental illness.
D)   Mental health care services are inadequate and fragmented.

11. A group of students are reviewing the goals identified by the *New Freedom Commission on Mental Health.* The students demonstrate understanding of this report when they identify which of the following as a goal?
A)   Mental health is viewed as one 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 decreased.

12. The following are important legislative and policy efforts influencing current mental health care. Which of the following is the most recent?
A)   *Mental Health: A Report of the Surgeon General*
B)   *New Freedom Commission on Mental Health*
C)   *Action for Mental Health*
D)   *Mental Retardation Facilities and Community Mental Health Centers Construction Act*

13. As part of a career day presentation to a group of nursing students, a psychiatricmental 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)   Hildegarde Peplau

C)   Harriet Bailey
D)   Linda Richards

14.   A psychiatricmental health nurse is asked to be a guest speaker at a community fund-raising event for
        mental health services. Which of the following would the nurse emphasize as the primary goal of
        mental health services?
A)   Access to affordable mental health care
B)   Removal of exclusions because of preexisting conditions
C)   Recovery from mental illness
D)   Effective treatment for mental health care needs

15.   A psychiatricmental health nurse is implementing evidence-based practice. The nurse understands that
        this approach is developed by doing which of the following first?
A)   Conducting research
B)   Identifying a clinical question
C)   Determining outcomes
D)   Collaborating with the patient

16.   A group of students are reviewing information about mental health care after World War II. The
        students demonstrate understanding of this information when they identify which of the following 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

17.   When providing care to a patient, the psychiatricmental health nurse is implementing the therapeutic use
        of self. The nurse is applying the concepts based on the work of which individual?
A)   Hildegarde Peplau
B)   Florence Nightingale
C)   Dorothea Dix
D)   Sigmund Freud

18.   After teaching a class to a group of nursing students about the historical perspectives of mental health
        care, the instructor determines that the group has understood the information when they identify which
        of the following as a common belief about mental illness during the medieval period?
A)   Mental illness in an individual was the result of being possessed by demons.
B)   A person was removed from a contaminated environment to protect him or her.
C)   Exorcisms were used as primary mode of treatment to cleanse the person of his or her sins.
D)   The focus was on moral treatment to promote the individual's safety and comfort.

Answer Key

1.   C
2.   B
3.   A
4.   C
5.   A
6.   A
7.   A
8.   A, B, C, D
9.   D
10.   D

11. B
12. A
13. B
14. C
15. B
16. C
17. A
18. B

Chapter 02: Mental Health and Mental Disorders

1.   A nursing instructor is describing the *DSM-IV-TR* to a group of nursing students. Which of the following would the instructor include as the primary purpose of this classification?
A)   Provide a commonly understood diagnostic category for clinical practice.
B)   Describe treatment modalities for psychiatric disorders and mental illnesses.
C)   Identify various etiologies for mental disorders based on family histories.
D)   Provide optimal outcomes for treatment for individuals with mental illnesses.

2.   A nurse is providing care to a patient with a mental disorder classified by the *DSM-IV-TR.* The nurse understands that although the first three axes appear to contain all the diagnostic information about a patient, a truly accurate picture of the client is incomplete without considering other factors such as an estimate of current functioning and:
A)   Life stressors
B)   Cultural background
C)   Marital status
D)   Genetic history

3.   A patient's global assessment functioning reveals that he has minimal symptoms with good functioning in all areas. Which score would the nurse correlate with these findings?
A)   94
B)   82
C)   75
D)   63

4.   A female patient was admitted to the hospital with pneumonia, and in the course of her treatment, it was determined that she was experiencing alcohol dependence because she began experiencing alcohol withdrawal while she was in the hospital. When the psychiatrist who was called in as a consultant documented the patient's mental disorder, he identified her alcohol dependence on which axis?
A)   Axis I
B)   Axis II
C)   Axis III
D)   Axis IV

5.   A 25-year-old woman who recently had abdominal surgery was admitted to the psychiatric unit, where it was determined that she had a borderline personality disorder. During the first week on the unit, it was determined that she also has diabetes. Her diabetes mellitus would be listed in which axis of her *DSM-IV-TR* diagnosis?
A)   Axis I
B)   Axis II
C)   Axis III
D)   Axis IV

6.   As part of a class activity, nursing students are engaged in a small group discussion about the epidemiology of mental illness. Which statement best explains the importance of epidemiology in understanding the impact of mental disorders?
A)   Epidemiology helps promote understanding of the patterns of occurrence associated with mental disorders.
B)   Epidemiology helps explain research findings about the neurophysiology that causes mental disorders.
C)   Epidemiology provides a thorough theoretical explanation of why specific mental disorders occur.
D)   Epidemiology predicts when a specific psychiatric client will recover from a specific mental

disorder.

7.   A nurse is working in a community mental health center that provides care to a large population of Asian descent. When developing programs for this community, which of the following would be most important for the nurse to address?
A)   Public stigma
B)   Self-stigma
C)   Label avoidance
D)   Negative life events

8.   A group of students are reviewing the multiaxial diagnostic system of the *DSM-IV-TR*. The students demonstrate understanding of the axes when they identify that each axis represents which of the following?
A)   An evidence-based research finding
B)   An experimental design to guide care
C)   A domain of information
D)   A laboratory test finding

9.   A nursing student is assigned to care for a patient diagnosed with schizophrenia. When talking about this patient in a clinical postconference, the student would use which terminology when referring to the patient?
A)   Committed patient
B)   Schizophrenic
C)   Schizophrenic patient
D)   Person with schizophrenia

10.   Mrs. Green is a patient on a psychiatric unit. At the time of her admission, her dog was killed when a car accidentally ran over it; in addition to that, she just found out that her mother has been diagnosed with colon cancer. This information would be addressed in which *DSM-IV* axis?
A)   Axis I
B)   Axis II
C)   Axis III
D)   Axis IV

11.   A nursing student is reviewing journal articles about major depression. One of the articles describes the number of persons newly diagnosed with the disorder during the past year. The student interprets this as which of the following?
A)   Rate
B)   Prevalence
C)   Point prevalence
D)   Incidence

12.   While working in a community mental health treatment center, the nurse overhears one of the receptionists saying that one of the patients is really psycho. Later in the day, the nurse talks with the receptionist about the comment. This action by the nurse demonstrates an attempt to address which issue?
A)   Lack of knowledge
B)   Public stigma
C)   Label avoidance
D)   Self-stigma

13.   After teaching a group of students about mental health and mental illness, the instructor determines that the teaching was successful when the group identifies which of the following as reflecting mental disorders?

A)   Capacity to interact with others
B)   Ability to deal with ordinary stress
C)   Alteration in mood or thinking
D)   Lack of impaired functioning

14.   A nurse is preparing a presentation for a local community group about mental disorders and plans to include how mental disorders are different from medical disorders. Which statement would be most appropriate for the nurse to include?
A)   Mental disorders are defined by an underlying biological pathology.
B)   Numerous laboratory tests are used to aid in the diagnosis of mental disorders.
C)   Cluster of behaviors, thoughts, and feelings characterize mental disorders.
D)   Manifestations of mental disorders are within normal, expected parameters.

15.   Which of the following would a nurse identify as being categorized as Axis I in the *DSM-IV-TR*? Select all that apply.
A)   Paranoid personality disorder
B)   Posttraumatic stress disorder
C)   Anorexia nervosa
D)   Mental retardation
E)   Unemployment
F)   Coronary artery disease

16.   A psychiatric mental health nurse is providing care for a patient with a mental disorder. The patient is participating in the decision-making process. The nurse interprets this as which component of recovery?
A)   Self-direction
B)   Empowerment
C)   Person-centered
D)   Holistic

17.   A nurse is explaining recovery to the family of a patient diagnosed with a mental disorder. Which statement would be most appropriate for the nurse to include about this process?
A)   It is a step-by-step process from being ill to being well.
B)   The patient focuses mainly on the emotional aspects of his condition.
C)   The patient is helped to live a meaningful life to his fullest potential.
D)   Although peer support is important, the self-acceptance is essential.

18.   A psychiatric mental health nurse is preparing a presentation about recovery for a group of newly hired nurses for the mental health facility. Which of the following would the nurse identify as one of the most important concepts?
A)   Self-direction
B)   Peer support
C)   Respect
D)   Hope

19.   The nurse is reviewing the medical record of a patient and notes the information below. Which of the following would be found on Axis III? Select all that apply.
A)   Cocaine dependence
B)   Bipolar I disorder
C)   Chronic obstructive pulmonary disorder
D)   Cellulitis
E)   Homelessness
F)   Arrest for cocaine possession with intent to sell

20.   A college-aged student and his friend arrive at the student health center. The friend reports that the

patient has been having difficulties concentrating, remembering, and thinking. He's had quite a few research papers due this past week. After ruling out other problems, the nurse determines that the patient is experiencing a culture-bound syndrome. Which of the following would the nurse most likely suspect?

A)   Ataque de nervios
B)   Brain fog
C)   Mal de ojo
D)   Shenjing shuairo

Answer Key

1.   A
2.   A
3.   B
4.   A
5.   C
6.   A
7.   C
8.   C
9.   D
10.   D
11.   D
12.   B
13.   C
14.   C
15.   B, C
16.   B
17.   C
18.   D
19.   C, D
20.   B