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C HAPTER 1

Mental Health Trends and the Historical Role of the Psychiatric-Mental Health Nurse

1. A nurse is giving a presentation about the historical development of modern mental health care. Which of the following should be emphasized as a consequence of 18th- and 19th-century reforms?
   A. Medications were developed that treated mental illness
   B. Care of the mentally ill became more humane
   C. Sigmund Freud developed psychoanalytic theory
   D. Mental illness became viewed as a result of demonic possession

Answer: B

2. Following is a list of significant events in the evolution of mental health care. Place the events in the order in which they occurred.
   A. Establishment of the National Institute of Mental Health
   B. Development of medications that address neurotransmitter uptake
   C. Publication of Surgeon General's Report on Mental Health
   D. Deinstitutionalization of the mentally ill

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Answer: A, D, B, C

3. Match the following individuals with their accomplishments.

3.1	Florence Nightingale	A.	Wrote the first psychiatric-mental health nursing textbook
3.2	Harriet Bailey	B.	Advocated for patient self-care and independence
3.3	Effie Taylor	C.	Became first American psychiatric-mental health nurse
3.4	Linda Richards	D.	Established first nursing program for psychiatric-mental health nurses

Answer: 3.1–B; 3.2–A; 3.3–D; 3.4–C

4. In accepting a job on an inpatient unit, a nurse learns that the work environment emphasizes milieu management to facilitate treatment. Which of the following can the nurse expect?
   A. Nurses will be responsible for adjusting light and noise levels to create a less stressful environment
   B. Nurses will facilitate therapeutic group meetings
   C. Nurses will work within a self-managed team framework
   D. Nurses will devote most of their time to working one-on-one with patients

Answer: A

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