

**Advanced Practice Psychiatric Nursing, Second Edition: Integrating Psychotherapy, Psychopharmacology, and Complementary and Alternative Approaches Across the Lifespan 2<sup>nd</sup> Edition Test Bank**

Chapter 1 Theoretical Understandings and Evidence Base for Practice

**MULTIPLE CHOICE**

1. Which understanding is the basis for the nursing actions focused on minimizing mental health promotion of families with chronically mentally ill members?

- a. Family members are at an increased risk for mental illness.
- b. The mental health care system is not prepared to deal with family crises.
- c. Family members are seldom prepared to cope with a chronically ill individual.
- d. The chronically mentally ill receive care best when delivered in a formal setting.

ANS: A

When families live with a dominant member who has a persistent and severe mental disorder the outcomes are often expressed as family members who are at increased risk for physical and mental illnesses. The remaining options are not necessarily true.

2. Which nursing activity shows the nurse actively engaged in the primary prevention of mental disorders?

- a. Providing a patient, whose depression is well managed, with medication on time
- b. Making regular follow-up visits to a new mother at risk for post-partum depression
- c. Providing the family of a patient, diagnosed with depression, information on suicide prevention
- d. Assisting a patient who has obsessive compulsive tendencies prepare and practice for a job interview

ANS: B

Primary prevention helps to reduce the occurrence of mental disorders by staying involved with a patient. Providing medication and information on existing illnesses are examples of secondary prevention which helps to reduce the prevalence of mental disorders. Assisting a mentally ill patient with preparation for a job interview is tertiary prevention since it involves rehabilitation.

3. Which intervention reflects attention being focused on the patients intentions regarding his diagnosis of severe depression?

- a. Being placed on suicide precautions
- b. Encouraging visits by his family members
- c. Receiving a combination of medications to address his emotional needs
- d. Being asked to decide where he will attend his prescribed therapy sessions

ANS: D

A primary factor in patient treatment includes consideration of the patients intentions regarding his or her own care. Patients are central to the process that determines their care as their abilities allow. Under the guidance of PMH nurses and other mental health personnel, patients are encouraged to make decisions and to actively engage in their own treatment plans to meet their needs. The remaining options are focused on specifics of the determined plan of care.

4. When a patients family asks why their chronically mentally ill adult child is being discharged to a community-based living facility, the nurse responds:

- a. It is a way to meet the need for social support.
- b. It is too expensive to keep stabilized patients in acute care settings.
- c. This type of facility will provide the specialized care that is needed.
- d. Being out in the community will help provide hope and purpose for living.

ANS: D

Hospitalization may be necessary for acute care, but, when patients are stabilized, they move into community-based, patient-centered settings or are discharged home with continued outpatient treatment in the community. Concentrated efforts are made to reduce the patients sick role by

providing opportunities for the development of a purposeful life and instilling hope for each patient's future. Although social support is important, such a living arrangement is not the only way to achieve it. Although acute care is expensive, it is not the major concern when determining long-term care options. Community-based facilities are not the only option for specialized care.

5. What is the best explanation to offer when the mother of a chronically ill teenage patient asks, Under what circumstances would he be considered incompetent?

- a. When you can provide the court with enough evidence to show that he is not able to care for himself safely.
- b. It is not likely that someone his age would be determined to be incompetent regardless of his mental condition.
- c. He would have to engage in behavior that would result in harm to himself or to someone else; like you or his siblings.
- d. If the illness becomes so severe that his judgment is impaired to the point where the decisions he makes are harmful to himself or to others.

ANS: D

When a person is unable to cognitively process information or to make decisions about his or her own welfare, the person may be determined to be mentally incompetent. Providing self-care is not the only criteria considered. Age is not a factor considered. The decision is often based on the potential for such behavior.

6. Which psychiatric nursing intervention shows an understanding of integrated care?

- a. A chronically abused woman is assessed for anxiety.
- b. A manic patient is taken to the gym to use the exercise equipment.
- c. The older adult diagnosed with depression is monitored for suicidal ideations.
- d. A teenager who refuses to obey the unit's rules is not allowed to play video games.

ANS: A

The majority of health disciplines now recognize that mental disorders and physical illnesses are closely linked. The presence of a mental disorder increases the risk for the development of