Chapter 01: Psychiatric Nursing: Theory, Principles, and Trends

- 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.

DIF: Cognitive Level: Application REF: Page 3

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

DIF: Cognitive Level: Application RE

- 3. Which intervention reflects attention being focused on the patient's intentions regarding his diagnosis of severe depression?
- a. Being placed on suicide precautions
- 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 patient's 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.

DIF: Cognitive Level: Application

- REF: Page 5
- 4. When a patient's 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."

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