

Mental health HESI study guide-with 100% verified solutions-2023-2024

1- A male client who is seen in the mental health clinic monthly reports feeling very stressed, nervous, and describes become angry increasingly more often during the last month. What action should the nurse take first?

Ask the client to identify problems that have occurred during the last month

Teach the client how to use relaxation exercises when feeling stressed

Encourage the client to eat a healthy diet and sleep 8hr every night
recommended using diversion activities when feelings of anger occur

2. A female client with obsessive compulsive personality disorder is admitted to the hospital to a cardiac catheterization. The afternoon before the procedure, the client begins to keep detailed notes of the nursing care she is receiving and reports her findings to nurse at bedtime. Which action should the nurse implement?

Encourage the client to express her feeling regarding the upcoming procedure.

Ask the client to explain why she is keeping a detailed record of her nursing care

teach the client strategies to control her obsessive compulsive disorder

explain to the client that her behavior invades the rights of the nursing staff

3. the nurse is caring for a client who recently went through detoxification from opioid drugs. Which intervention is most important for the nurse to include in the client's plan of care?

Schedule role play opportunities to practice coping skills

Discuss alcohol addition as a potential comorbidity

Encourage meeting peers that have a similar lifestyle

Refer to a community based clinic for assistance

4. A male client come to the emergency center because he has an erection that will no resolve. The client reports that he is taking trazodone for insomnia. Which information is most for the nurse to ask this client?

Are you having any other sexual dysfunctions or problems

Have you taken any medication for erectile dysfunction

When was the last time you drink an alcohol beverage

Do you have a history of angina or HBP?

5- An older homeless client visits the psy

clinic to obtain a prescription renewal for alprazolam. During the health assessment, the client complains of chest pain. Which action should the nurse take first?

Assess the client for substance abuse

Mental Health Hesi Study Guide

Florence Kavalier, Allen D. Spiegel



Mental Health Hesi Study Guide:

HESI A2 Study Guide Tyler L. Jackson, 2025-01-04 Are you preparing for the HESI A2 exam and feeling overwhelmed by the range of subjects you need to master Whether you re aiming to pursue a nursing career or advance your healthcare studies this comprehensive study guide is designed to help you excel From foundational knowledge to exam specific tips this guide provides the clarity and structured approach you need to tackle the HESI A2 with confidence This expertly crafted study guide covers all the essential subjects tested on the HESI A2 including Mathematics Reading Comprehension Grammar Vocabulary Biology Chemistry Anatomy and Physiology Physics and Critical Thinking Each chapter breaks down complex concepts into manageable sections providing clear explanations and detailed examples that ensure you understand the material thoroughly With a focus on practical application this guide not only helps you grasp key principles but also trains you in effective test taking strategies It offers hundreds of practice questions with detailed answers and explanations to reinforce your knowledge ensuring you are well prepared for the actual exam You ll also find helpful tips for managing your time during the test and boosting your overall test performance Our approach ensures that you are not just memorizing facts but are gaining a deep understanding of the material Whether you need to brush up on basic math operations master reading comprehension techniques or sharpen your knowledge of human biology and chemistry this guide has you covered Additionally it provides insight into common pitfalls and how to avoid them ensuring that you feel prepared for even the most challenging questions The guide also includes a section on critical thinking and decision making skills which are vital for nursing and healthcare professions These skills will not only help you succeed on the HESI A2 exam but also throughout your nursing career Whether you re a first time test taker or looking to improve your score this guide offers everything you need to succeed With detailed explanations expert tips and a structured study plan it s the perfect resource to help you pass the HESI A2 exam and move one step closer to your dream of becoming a nurse Start your journey today and take the first step toward a rewarding healthcare career

The ABCs of NCLEX-RN and EXIT Hesi Test Success ZAHRA PAIKAR, MSN, 2023-02-08 Nursing is in high demand especially amidst the current Covid 19 pandemic However while the supply could be there for nursing students to meet the high demand for nurses few rarely know the immense pressures of nursing school the coursework the standardized exams such as the HESI the Exit HESI and finally the dreaded NCLEX RN exam Nursing takes a tremendous mental physical and emotional toll on future nurses both inside and outside of the classroom setting Therefore who is better to write a study guide using two prominent nursing text books on both the EXIT HESI and the NCLEX RN exam than a former MSN CNL student herself The textbooks are Saunders Comprehensive NCLEX RN examination by Silvestri the 7th edition and HESI Comprehensive Review for the NCLEX RN Examination by Al Arabi Cuellar Dufrene Garner Jemison Law Leland Pine and Ralph the 5th edition This study guide version of these two popular Nursing textbooks will benefit nursing students who need one clear and concise resource that will meet their needs Additionally this

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