


Submitted: 1/27/2011 4:43:0 Grade: 16.7%  1 PM

Attempt Number: 2/3

Questions Attempted: 18/18

1. **The nurse is planning care for a psychiatric client. Which statement by the nurse indicates an understanding of the effective use of nursing theories?**
- a. "More recent nursing theories are more useful as they are built on the theories of others."
 - b. "Clients' needs are best served by the ability to use a combined or eclectic approach to nursing care."
 - c. "A nurse should become proficient in at least one nursing theory and use it as a guide for nursing care."
 - d. "All theories have proven equally useful in the treatment of all psychiatric clients."

Grade: 0

User Responses: d."All theories have proven equally useful in the treatment of all psychiatric clients."


Feedback: a.Rationale: Approaches associated with two or more theories used in combination deliver individualized nursing care that addresses clients' needs. Such a combined or eclectic approach, driven by clients' individual needs, demands that nurses be capable of functioning according to all theories of care. Application of the principles of nursing theories is not a one-size-fits-all exercise. Theoretical approaches must be individualized to the client's needs. Earlier nursing theories continue to be useful when their principles are applied to clinical situations by knowledgeable, skilled nurses.
Cognitive Level: Application
Nursing Process: Evaluation
Client Need: Psychosocial Integrity

2. **The nursing student asks about the importance of nursing theories. The best response from the nurse would be that nursing theories help to:**
- a. Clarify standards for nursing care.
 - b. Differentiate nursing from medicine.
 - c. Guide ethical decision making.
 - d. Explain the etiology of client behavior.

Grade: 0

User Responses: d.Explain the etiology of client behavior.

Feedback: a.Rationale: Nursing theorists have differentiated nursing from medicine with emphases on interaction, caring, and comforting rather than curing. While various nursing theories may make indirect inferences in the other areas, nursing theories do not specifically explain the etiology of client behavior, guide ethical decision making, or clarify standards of nursing care directly.
Cognitive Level: Application
Nursing Process: Implementation
Client Need: Psychosocial Integrity

Submitted: 1/27/2011 4:43:0 Grade: 16.7%  1 PM

Attempt Number: 2/3

Questions Attempted: 18/18

3. **When deciding on a particular theoretical approach to guide the nursing plan of care for the psychiatric client, which of the following should take priority?**
- a. The nurse's knowledge of theories
 - b. The client's DSM-IV-TR diagnosis
 - c. The theoretical approach of the mental health team
 - d. The client's responses and needs

Grade: 1

User Responses: d. The client's responses and needs

Feedback: a. Rationale: The client's responses and needs should dictate the theoretical approach or the combination of theories that will guide the plan of care. All nursing care should be client-centered, not nurse- or team-centered. The nurse and mental health team should have a thorough knowledge of a variety of theoretical approaches in order to deliver the highest quality of care. The client's diagnosis may influence some of the care, but the nursing plan of care should be based on the client's responses to the illness, not the illness itself.

Cognitive Level: Application

Nursing Process: Planning

Client Need: Psychosocial Integrity

4. **When asked to comment on psychiatric nursing education in the early 20th century, the nurse's most accurate response would be that psychiatric nursing education usually consisted of:**
- a. A few weeks of observation on a psychiatric ward.
 - b. Specific psychiatric knowledge and skills that were to be used if a psychiatric client was encountered.
 - c. Clinical experiences administering independent nursing care to large numbers of clients.
 - d. A few classes taught by graduate psychiatric nurses and no clinical experiences.

Grade: 0

User Responses: d. A few classes taught by graduate psychiatric nurses and no clinical experiences.

Feedback: a. Rationale: Prior to the mid-1940s, psychiatric nursing education generally consisted of a few weeks of observation in a psychiatric ward. When students did have an opportunity to administer "nursing care," it was generally in a dependent and custodial role. Nursing care consisted primarily of housekeeping tasks, cleaning and feeding clients, and assisting physicians. Prior to this time, most psychiatric nursing education was conducted by psychiatrists. With the exception of a few somatic treatments, psychiatric nurses used the same knowledge and nursing skills for psychiatric clients that nurses used for all clients in general practice: feeding, bathing, giving a few medications, and keeping the environment clean.

Cognitive Level: Analysis

Nursing Process: Evaluation

Client Need: Psychosocial Integrity

Smith, Crystal

Submitted: 1/27/2011 4:43:01 PM
Grade: 16.7%



Attempt Number: 2/3

Questions Attempted: 18/18

5. **The nurse is asked about the significance of the National Mental Health Act of 1946 to psychiatric-mental health nursing. The nurse's most accurate response is that the National Mental Health Act:**
- a. Developed the first psychiatric nursing standards of practice.
 - b. Recommended the elimination of single-focus schools of psychiatric nursing.
 - c. Provided funding for the education of psychiatric nurses.
 - d. Provided employment opportunities for psychiatric nurses in a variety of settings.

Grade: 0

User Responses: d. Provided employment opportunities for psychiatric nurses in a variety of settings.

Feedback: a. Rationale: The National Mental Health Act of 1946 provided funding for the education of psychiatric nurses to cope with the surge in the need for psychiatric services. The report *Nursing for the Future* (Brown, 1948) recommended the elimination of single-focus schools for psychiatric nursing. Even with the passage of the National Mental Health Act, most psychiatric nurses continued to practice in large hospitals. The first psychiatric nursing standards of practice (1973) resulted from the work of the American Nurses Association.

Cognitive Level: Analysis

Nursing Process: Implementation

Client Need: Psychosocial Integrity

6. **The nurse is asked to deliver a brief presentation on the nurse who made the most significant contribution toward the development of a multifaceted role for the psychiatric nurse. The nurse should prepare to research which of the following nurses?**
- a. Florence Nightingale
 - b. Gwen Tudor (Will)
 - c. Carol Ren Kneisl
 - d. Hildegard Peplau

Grade: 1

User Responses: d. Hildegard Peplau

Feedback: a. Rationale: Peplau's *Interpersonal Relations in Nursing*, the first systematic framework in psychiatric nursing theory and practice, delineated skills, activities, and roles for psychiatric nurses. Peplau had a greater impact on psychiatric nursing than any other theoretician to date. Gwen Tudor (Will) demonstrated that nurses can promote emotional growth in clients. Florence Nightingale was among the first to note that the influence of nurses went beyond physical care and had psychological and social components. Carol Ren Kneisl, along with Holly Skodol Wilson, published one of the first textbooks that signaled a significant change in psychiatric nursing thinking: negotiated goals between nurse and the client, client advocacy, political sensitivity, caring, and compassion.

Cognitive Level: Application

Nursing Process: Planning

Client Need: Psychosocial Integrity

Submitted: 1/27/2011 4:43:01 PM
Grade: 16.7%



Attempt Number: 2/3

Questions Attempted: 18/18

7. **A client on the psychiatric unit is asking for a chance to give ideas about her treatment. Choose the correct response by the nurse.**
- a. Listen to the client's ideas about treatment.
 - b. Instruct the client that the team will determine the treatment.
 - c. Redirect the client to a more appropriate topic.
 - d. Refer the client to the attending psychiatrist.

Grade: 0

User Responses: d. Refer the client to the attending psychiatrist.

Feedback: a. Rationale: Partnership and collaboration with clients is important and ensures that clients are informed consumers of mental health services. The team will develop the treatment plan but the client is an important part of the team and should be included as a partner as the client's illness permits. It is within the nurse's role to assess the client's ideas about treatment. There is no need to change the topic or refer the client to the attending psychiatrist at this time.

Cognitive Level: Application

Nursing Process: Implementation

Client Need: Safe, Effective Care Environment

8. **The mental health team is experiencing some conflict regarding the roles and responsibilities of various team members. When planning how to respond to this situation, the nurse is guided by the knowledge that:**
- a. The nurse should not become involved in the team's conflict.
 - b. The conflict should be addressed by the team.
 - c. The conflict should be addressed with each team member individually.
 - d. The individuals experiencing the conflict should be assigned to different teams.

Grade: 0

User Responses: d. The individuals experiencing the conflict should be assigned to different teams.

Feedback: a. Rationale: Conflicts must be addressed through cooperation among team members to avoid distorting the team's efforts. Addressing the conflict individually with team members impairs open communication among team members and increases the possibility of coalitions and competition. As an integral part of the mental health team, the nurse is involved and has shared responsibility for team dynamics and the therapeutic value of the team's efforts. Assigning the individuals in question to different teams does not directly address the conflict and ends the potential for stronger cohesion and growth of the team.

Cognitive Level: Application

Nursing Process: Planning

Client Need: Safe, Effective Care Environment

9. **The psychiatric–mental health nurse is seeking to enhance his/her contributions and effectiveness on the mental health team. Given this desire, the nurse should personally assess which of the following areas?**

Select all correct answers.

- a. Comfort level with conflict
- b. Strengths and weaknesses
- c. Professional appearance
- d. Values, biases, goals
- e. Communication skills

Grade: 0

User Responses: e.Communication skills

Feedback: a.Rationale:

Values, biases, goals. The nurse should increase self-awareness by determining personal values, biases, and goals because these influence behavior and effectiveness.

Strengths and weaknesses. It is important for the nurse to identify strengths and weaknesses so that various differences between the nurse and other team members can be turned into assets for the team.

Communication skills. Strong communication skills increase the effectiveness of interaction and enhance the ability to work together toward common goals.

Comfort level with conflict. It is important for the nurse to acknowledge that conflict is natural and to arrive at a comfort level that will facilitate development of conflict resolution skills.

Professional appearance. While a professional appearance is a valuable asset, the effectiveness of the nurse's participation on the team depends far more on knowledge, skills, and an attitude of cooperation.

Cognitive Level: Analysis

Nursing Process: Assessment

Client Need: Safe, Effective Care Environment

10. **A nurse is asked what psychiatric–mental health nurses do. The nurse should respond that psychiatric–mental health nurses:**

- a. Use the nursing process to treat human responses to mental health problems and psychiatric disorders.
- b. Use additional educational preparation to provide counseling and support to psychiatric clients.
- c. Practice under the supervision of the psychiatrist to provide nursing care to psychiatric clients.
- d. Do the same things as all other nurses but in different practice settings.

Smith, Crystal

Submitted: 1/27/2011 4:43:01 PM
Grade: 16.7%



Attempt Number: 2/3

Questions Attempted: 18/18

Grade: 0

User Responses: d. Do the same things as all other nurses but in different practice settings.

Feedback: a. Rationale: Psychiatric–mental health nursing is committed to promoting mental health through the use of the nursing process to treat human responses to mental health problems and psychiatric disorders. Psychiatric–mental health nursing incorporates nursing knowledge and skills and is the only specialty in which the voice, face, body, language, and what cannot be seen—the mind, neurotransmitters, self-esteem, etc.—shape the work of the nurse. It can be said that some psychiatric–mental health nursing goes on in all practice settings. While the psychiatrist is an important member of the mental health team, psychiatric–mental health nurses have both independent and collaborative practices. Psychiatric–mental health nurses may or may not have additional education and, thus, may or may not provide formal counseling.

Cognitive Level: Application

Nursing Process: Implementation

Client Need: Safe, Effective Care Environment

11. Which of the following behaviors by the nurse is priority and best indicates understanding of the ANA Psychiatric–Mental Health Nursing Standards of Practice?

- a. Attaining knowledge that reflects current nursing practice
- b. Coordinating care delivery to psychiatric clients
- c. Using the nursing process to address client needs
- d. Maintaining a safe and therapeutic environment

Grade: 0

User Responses: d. Maintaining a safe and therapeutic environment

Feedback: a. Rationale: The six standards of practice describe a competent level of nursing care organized around the nursing process, which is the highest priority. Coordination of care delivery and maintenance of a safe and therapeutic environment are only smaller pieces of the standards of care and, thus, not the best indicators of overall understanding. The expectation of attainment of knowledge that reflects current nursing practice is a role activity outlined in the standards of professional performance.

Cognitive Level: Application

Nursing Process: Evaluation

Client Need: Safe, Effective Care Environment

12. A nurse colleague on the psychiatric unit asks the nurse the reason for all the research articles on the unit. In planning a response, the nurse is best guided by which of the following reference documents?

- a. Nurses' Code of Ethics
- b. Hospital policy
- c. State nurse practice act
- d. Standards of Professional Performance

Submitted: 1/27/2011 4:43:01 PM
Grade: 16.7%



Attempt Number: 2/3

Questions Attempted: 18/18

Grade: 1

User Responses: d.Standards of Professional Performance

Feedback: a.Rationale: Standard 13 of the Standards of Professional Performance states that the psychiatric–mental health registered nurse integrates research findings into practice. The respective state nurse practice acts govern the legal practice of nurses. While hospital policy may address the use of research, this response is too general in nature. The Code of Ethics guides the nurse’s practice in areas of right and wrong.
Cognitive Level: Application
Nursing Process: Planning
Client Need: Safe, Effective Care Environment

13. **The nurse is caring for a client who has experienced a crisis. Using Ida Jean Orlando’s theoretical basis, which of the following would be the priority assessment for the nurse?**
- a. The client’s current coping skills
 - b. The client’s self-care functioning
 - c. Meanings validated between nurse and client
 - d. The client’s support systems

Grade: 0

User Responses: d.The client’s support systems

Feedback: a.Rationale: Orlando emphasized the importance of deliberate nursing actions based on the meanings that are validated between the nurse and the client. Roy emphasized adaptation and coping. The quality and quantity of support would be consistent to a number of theories, including Watson’s theory of caring. Orem focused on matching nursing care to the client’s assessed level of self-care functioning.
Cognitive Level: Application
Nursing Process: Assessment
Client Need: Psychosocial Integrity

14. **Using Roy’s adaptation theory as a basis for treatment, the nurse’s discharge teaching plan will prioritize:**
- a. Responsibility for choices and actions.
 - b. Validation of the need for help.
 - c. Use of effective coping skills.
 - d. Verbalization of feelings.

Submitted: 1/27/2011 4:43:01 PM
Grade: 16.7%



Attempt Number: 2/3

Questions Attempted: 18/18

Grade: 0

User Responses: d.Verbalization of feelings.

Feedback: a.Rationale: Roy's adaptation theory views people as psychosocial beings who are constantly faced with the need to cope or adapt to internal and external demands. While the other responses are appropriate teaching points, verbalization of feelings is more consistent with Peplau, Watson, Travelbee, Orlando, and others. Validation of the need for help is a focus of Wiedenbach. Responsibility for choices and actions is a major component of Paterson's and Zderad's theory.

Cognitive Level: Application

Nursing Process: Planning

Client Need: Psychosocial Integrity

15. **Using Watson's theory of caring, which action does the nurse take first?**

- a. Conveying empathy and genuineness
- b. Promoting self-caring within the client
- c. Assessing the client's natural healing potential
- d. Encouraging expression of feelings

Grade: 0

User Responses: d.Encouraging expression of feelings

Feedback: a.Rationale: All of the responses are consistent with Watson's theory of caring; however, the nurse would initially convey empathy and genuineness as these would in turn facilitate expression of feelings and the nurse's ability to assess and promote self-caring and natural healing within the client.

Cognitive Level: Application

Nursing Process: Implementation

Client Need: Psychosocial Integrity

16. **The student asks the nurse about nursing educational program options that provide preparation for generalist psychiatric-mental health nursing. What educational options should the nurse share with the student?**

Select all correct answers.

- a. Master's
- b. Baccalaureate
- c. Associate
- d. Doctorate
- e. Diploma

Smith, Crystal

Submitted: 1/27/2011 4:43:01 PM
Grade: 16.7%



Attempt Number: 2/3

Questions Attempted: 18/18

Grade: 0

User Responses: e. Diploma

Feedback: a. Rationale:

Diploma. The basic level (generalist) psychiatric nurse may have received basic nursing preparation in a diploma program.

Associate. The basic level (generalist) psychiatric nurse may have received basic nursing preparation in an associate degree program.

Baccalaureate. The basic level (generalist) psychiatric nurse may have received basic nursing preparation in a baccalaureate program.

Master's. Educational preparation at the master's level generally prepares the nurse to practice in an advanced practice role rather than a generalist role.

Doctorate. Educational preparation at the doctoral level generally prepares the nurse to practice in an advanced practice role rather than a generalist role.

Cognitive Level: Application

Nursing Process: Implementation

Client Need: Safe, Effective Care Environment

17. The mental health team is planning to discuss the clinical progress of several clients. The discussion is scheduled during a time when a family is meeting to discuss a client's discharge plans and need for community resources. Which member of the mental health team will not be able to attend the team meeting?
- Clinical psychologist
 - Psychiatric-mental health nurse
 - Psychiatric social worker
 - Psychiatrist

Grade: 0

User Responses: d. Psychiatrist

Feedback:

a. Rationale: Depending on the situation and sharing of roles, any member of the team may meet with family members; however, the psychiatric social worker is the most likely to do so. The psychiatric social worker helps the client and family cope more effectively and identifies appropriate community resources that may be accessed upon discharge. The psychiatrist is responsible for the diagnosis and treatment of the client. The psychiatric-mental health nurse is responsible for the nursing care of the client. The clinical psychologist performs psychotherapy with clients and families, but would not be the expert in relation to community resources.

Cognitive Level: Application

Nursing Process: Planning

Client Need: Safe, Effective Care Environment

Smith, Crystal

Submitted: 1/27/2011 4:43:01 PM
Grade: 16.7%



Attempt Number: 2/3

Questions Attempted: 18/18

18. **A member of the mental health team is asking about the client's behavior and interactions on the unit. Which behavior by the nurse best indicates an understanding of the roles and responsibilities of the various team members? The nurse:**
- a. Gives a sensory-based description of the client's behaviors and interactions.
 - b. Provides the nursing documentation for the team member to review.
 - c. Asks for input from the recreational therapist and primary therapist.
 - d. Waits for the psychosocial rehabilitation worker to respond with information.

Grade: 0

User Responses: d. Waits for the psychosocial rehabilitation worker to respond with information.


Feedback: a. Rationale: As the psychiatric-mental health nurse is responsible for nursing care (which includes assessment, analysis, and evaluation of progress toward goals) and the milieu, the nurse should give sensory-based descriptions of the client's behaviors and interactions. Providing the documentation for review is not an efficient use of time, does not answer the question, and is not the best response. Nursing staff are expected to communicate. While all members of the team provide input, the psychosocial rehabilitation worker, the recreational therapist, and the primary therapist do not have the advantage of interacting with and observing the client over the 24-hour period.

Cognitive Level: Application

Nursing Process: Evaluation

Client Need: Safe, Effective Care Environment

Smith,Crystal

Submitted: 1/27/2011 4:43:0 Grade: 16.7% 
1 PM

Attempt Number: 2/3

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Activity Name: Chapter 02 Pre Test

1. b. "Clients' needs are best served by the ability to use a combined or eclectic approach to nursing care."
2. b. Differentiate nursing from medicine.
3. d. The client's responses and needs
4. a. A few weeks of observation on a psychiatric ward.
5. c. Provided funding for the education of psychiatric nurses.
6. d. Hildegard Peplau
7. a. Listen to the client's ideas about treatment.
8. b. The conflict should be addressed by the team.
9. d. Values, biases, goals and b.Strengths and weaknesses and e.Communication skills and a.Comfort level with conflict
10. a. Use the nursing process to treat human responses to mental health problems and psychiatric disorders.
11. c. Using the nursing process to address client needs
12. d. Standards of Professional Performance
13. c. Meanings validated between nurse and client
14. c. Use of effective coping skills.
15. a. Conveying empathy and genuineness
16. e. Diploma and c.Associate and b.Baccalaureate
17. c. Psychiatric social worker
18. a. Gives a sensory-based description of the client's behaviors and interactions.