

Smith,Crystal

Submitted: 1/27/2011 5:06:08 PM Grade: 30.4%



Attempt Number: 1/3

Questions Attempted: 23/23

1. **The nurse regularly visits the state legislature to lobby for more comprehensive mental health services for youthful offenders. The nurse is demonstrating:**

- a. Availability.
- b. Self-disclosure.
- c. Empathy.
- d. Advocacy.

Grade: 1

User Responses: d.Advocacy.

Feedback: a.Rationale: Nurses practice advocacy by working to ensure that the needs and rights of people with mental disorders are not ignored. Nurses demonstrate empathy by understanding and responding to the experience of others on their terms. Availability comprises creating a nurturing and healing milieu, assisting clients meet basic needs, and collecting data about clients that will influence decisions about them.

Cognitive Level: Application

Nursing Process: Implementation

Client Need: Safe, Effective Care Environment

2. **The nurse demonstrates the specific quality of acceptance by:**

- a. Working with the client on mutually formulated goals.
- b. Refraining from judgment when the client behaves bizarrely.
- c. Minimizing experiences that might humiliate the client.
- d. Being flexible about using nursing interventions.

Grade: 0

User Responses: d.Being flexible about using nursing interventions.

Feedback: a.Rationale: The nurse demonstrates acceptance by avoiding negative judgments about the client's behavior. Working with the client on mutually formulated goals shows sensitivity. Being flexible demonstrates spontaneity. Minimizing humiliating experiences demonstrates respect.

Cognitive Level: Application

Nursing Process: Implementation

Client Need: Psychosocial Integrity

3. **When the nurse brings personal behavior under conscious control, the nurse is demonstrating:**

- a. Accountability to self.
- b. Attending to internal stress.
- c. Assertive behavior.
- d. Spiritual growth.

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User Responses: d.Spiritual growth.

Feedback: a.Rationale: Accountability to self is demonstrated when the nurse's personal behavior is brought under conscious control to reflect the person the nurse wants to be. Assertive behavior is demonstrated when the nurse asks for his/her needs to be met in ways that respect other people. Attending to internal stress means experiencing one's feelings without suppressing them. Spiritual growth means attending to one's spiritual needs.
Cognitive Level: Application
Nursing Process: Assessment
Client Need: Psychosocial Integrity

4. **Self-knowledge for the psychiatric nurse means that:**

- a. The nurse's relationships with others are strongly influenced by the nurse's self-view.
- b. The nurse's personal integration is based on dogmatic beliefs.
- c. The nurse's professional role is developed only after years of study.
- d. The nurse's personal attitudes will never impact clinical practice.

Grade: 0

User Responses: d.The nurse's personal attitudes will never impact clinical practice.

Feedback: a.Rationale: The nurse recognizes that one's view of oneself impacts the nature and quality of relationships with others. The nurse understands that personal attitudes can and do impact one's professional practice. The nurse's professional role evolves through practice and self-reflection in addition to study, but not only after years of study. Dogmatic beliefs are blind or irrational and do not contribute to personal integration.
Cognitive Level: Application
Nursing Process: Assessment
Client Need: Psychosocial Integrity

5. **Self-awareness of feelings involves:**

- a. Recognizing both conscious and subconscious components.
- b. Repressing unwanted feelings.
- c. Relying on others for guidance.
- d. Avoiding expression of negative feelings.

Grade: 0

User Responses: d.Avoiding expression of negative feelings.

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Feedback:

a. Rationale: The nurse recognizes that superficial feelings are the visible, conscious components and deeper feelings are the submerged, subconscious components. Nurses who are not aware of their feelings rely on others for guidance and avoid expression of feelings, whether positive or negative. Nurses who repress feelings lose touch with their emotions over time.

Cognitive Level: Application

Nursing Process: Assessment

Client Need: Psychosocial Integrity

6. **Nurses who practice self-acceptance of feelings:**

- a. Allow only a narrow range of feelings to be expressed.
- b. Allow clients the right to have and express feelings.
- c. Can respond to many situations with the same feelings.
- d. Can block off expression of disapproved feelings.

Grade: 0

User Responses: d. Can block off expression of disapproved feelings.

Feedback:

a. Rationale: Nurses who recognize and accept their own feelings realize clients have the same need to have and express feelings. Nurses who are self-aware do not block off expression of either positive or negative feelings. Self-acceptance of feelings means the nurse can respond to situations with a wide range of feelings. Expressing only a narrow range of feelings reflects the nurse's discomfort with exploring emotional themes.

Cognitive Level: Application

Nursing Process: Implementation

Client Need: Psychosocial Integrity

7. **The nurse is working with a client who constantly complains. The nurse will demonstrate respect by:**

- a. Insisting that the client look on the bright side.
- b. Admonishing the client for always complaining.
- c. Honestly informing the client that constant complaining will not promote recovery.
- d. Creating an atmosphere that gives permission to the client to express concerns.

Grade: 1

User Responses: d. Creating an atmosphere that gives permission to the client to express concerns.

Feedback:

a. Rationale: Creating an atmosphere that allows clients to freely express their needs and emotions, including complaints, demonstrates the nurse's respect. Admonishing the client or insisting that the client look on the bright side invalidates the client's experience. Suggesting that complaining does not promote recovery conveys a message of disapproval rather than respect.

Cognitive Level: Application

Nursing Process: Implementation

Client Need: Psychosocial Integrity

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8. **Conveying respect for colleagues means the supervising nurse will:**
- a. Attend to each staff member's stress signals.
 - b. Take the time and energy to listen to staff concerns regarding workload.
 - c. Respond to the staff's feelings of frustration.
 - d. Give feedback related to client satisfaction surveys.

Grade: 0

User Responses: d. Give feedback related to client satisfaction surveys.

Feedback: a. Rationale: Respect for others, including colleagues, involves believing that human beings have inherent value and worth and is demonstrated by taking time and energy to listen. Attending to others' stress signals is neither realistic nor appropriate, nor does it demonstrate respect. Giving feedback demonstrates accountability to peers. Responding to feelings conveys empathy.
Cognitive Level: Application
Nursing Process: Implementation
Client Need: Psychosocial Integrity

9. **The nurse is working with a family whose child has a mental illness. Which response by the nurse best conveys a respectful attitude?**
- a. "No matter the severity of the symptoms, your child has the capacity to experience well-being."
 - b. "Focusing on what brings you joy and peace will help you cope with your child's illness."
 - c. "I am not sure how you feel, but I sense that you may be overwhelmed."
 - d. "Medications will control your child's symptoms but not cure the illness."

Grade: 1

User Responses: d. "Medications will control your child's symptoms but not cure the illness."

Feedback: a. Rationale: Being honest about medications and prognosis conveys a respectful attitude for this family. Responding to and attempting to understand this family's experience conveys empathy. Expressing the belief that the child has the capacity to experience well-being despite being ill conveys hope. Suggesting that the family focus on what brings them joy and peace helps foster this family's spiritual growth.
Cognitive Level: Application
Nursing Process: Implementation
Client Need: Psychosocial Integrity

10. **The nurse who is able to confront personal identity and separate it from another's identity is demonstrating the personal quality of:**
- a. Assertive concern.
 - b. Affective concern.
 - c. Detached concern.
 - d. Empathic concern.



Grade: 0

User Responses: d. Empathic concern.

Feedback: a. Rationale: Detached concern is the correct term for the ability to distance oneself in order to help others. Assertive, empathic, or affective concern are not valid mental health terms. The ability to demonstrate detached concern is essential to maintaining empathy and practicing assertive behavior.
Cognitive Level: Application
Nursing Process: Assessment
Client Need: Psychosocial Integrity

11. **Nurses who maintain their own personal integration are expected to:**

- a. Examine personal attitudes that affect their professional role.
- b. Avoid expressing any negative emotions related to their work.
- c. Assert their sense of what it means to be normal and okay.
- d. Ignore the stressful aspects of caring for psychiatric clients.

Grade: 0

User Responses: d. Ignore the stressful aspects of caring for psychiatric clients.

Feedback: a. Rationale: Nurses who maintain their own personal integration when relating to people whose behavior may be bizarre recognize the importance of examining personal attitudes that could negatively affect their professional role. Asserting a sense of what it means to be normal suggests that the nurse finds encounters with psychiatric clients disturbing to their sense of self. Ignoring the stressful nature of psychiatric nursing practice places the nurse at risk for burnout. Avoiding expression of emotions, whether negative or positive, limits the nurse's ability to develop self-awareness, which is critical to developing and maintaining personal integration.
Cognitive Level: Application
Nursing Process: Assessment
Client Need: Psychosocial Integrity

12. **Creating a common ground means:**

- a. Negotiating a mutually understood reality.
- b. Reaffirming the nurse's subjective view of reality.
- c. Having the nurse's and client's expectations match.
- d. Viewing the world exactly as the other person experiences it.



Grade: 0

User Responses: d.Viewing the world exactly as the other person experiences it.

Feedback: a.Rationale: Creating a common ground with the client means creating a mutually agreed-upon reality. Even when establishing a common ground, the nurse's and client's expectations will not be the same. Reaffirming the nurse's subjective view promotes distance rather than creating a common ground on which to relate to each other. Viewing the world exactly as another person experiences it is impossible.

Cognitive Level: Application

Nursing Process: Assessment

Client Need: Psychosocial Integrity

13. **The nurse who plans for culturally competent care:**
- a. Treats all clients the same to prevent misunderstandings.
 - b. Utilizes patience and creativity.
 - c. Works from a predetermined plan.
 - d. Must be thoroughly knowledgeable about cultural differences.

Grade: 0

User Responses: d.Must be thoroughly knowledgeable about cultural differences.

Feedback: a.Rationale: Planning culturally competent care requires that the nurse take the time to learn about the cultural issues that are important to the client and be creative when developing interventions that will work for the client. Culturally competent care does not mean following a predetermined plan, being thoroughly knowledgeable about cultural differences, or treating all clients the same. Culturally competent nursing care involves taking the time and energy to understand the client's sociocultural background and how it may impact response to treatment.

Cognitive Level: Application

Nursing Process: Planning

Client Need: Psychosocial Integrity

14. **The nurse is working with a client who was born and raised in another country. In order to communicate in a culturally sensitive way with this client, the nurse should:**
- a. Find out everything about the client's religious beliefs.
 - b. Ignore the ethnic differences and concentrate only on the fact that everyone is created equal.
 - c. Disregard the client's cultural background to avoid arguments.
 - d. Acknowledge any sociocultural factors in his/her own background that might contribute to misunderstandings.

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User Responses: d.Acknowledge any sociocultural factors in his/her own background that might contribute to misunderstandings.

Feedback: a. Rationale: Communicating with clients in a culturally sensitive manner requires that the nurse understand his/her own sociocultural background and its influence on practice. Disregarding the client's cultural background does not promote culturally sensitive communication. It is vital that the nurse understand how a person's cultural history may impact his or her health beliefs. Ignoring differences will impede nursing care. It is impossible to find out everything about a client's religion prior to interacting with the client. Nurses who have taken the time to understand their own sociocultural background and its impact on their ability to communicate can still provide culturally sensitive care without prior knowledge of a client's specific culture or religion.
Cognitive Level: Application
Nursing Process: Assessment
Client Need: Safe, Effective Care Environment

15. **Obtaining a cultural profile of a client from a different culture:**

- a. Can contribute to misdiagnosis if the client's family is not involved.
- b. Is the responsibility of the social worker only.
- c. Does not include assessment of the client's social issues.
- d. Helps the physician make an accurate diagnosis.

Grade: 1

User Responses: d.Helps the physician make an accurate diagnosis.

Feedback: a.Rationale: Obtaining a cultural profile allows the physician to correctly interpret the client's symptoms in light of cultural norms. Nurses can play a role in obtaining a client's cultural profile. Involvement of the family may help in developing a cultural profile and accurate diagnosis, but is not necessary. Cultural profiles do include assessment of the client's social, psychologic, and behavioral symptoms in light of cultural norms.
Cognitive Level: Application
Nursing Process: Assessment
Client Need: Safe, Effective Care Environment

16. **The nurse understands that caring for others requires:**

- a. Attending to cues of personal stress.
- b. Expecting the presence of negative conditions.
- c. Protecting oneself from caring too much.
- d. Repressing unwanted feelings of anger.

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Grade: 0

User Responses: d.Repressing unwanted feelings of anger.

Feedback: a.Rationale: Nurses understand that caring for others requires caring and respect for themselves. Attending to cues of personal stress is an important self-care activity. Repressing unwanted feelings may lead to feelings of guilt. Protecting oneself from caring may be a mistaken way to avoid burnout. Expecting the presence of only negative conditions fosters burnout.
Cognitive Level: Application
Nursing Process: Assessment
Client Need: Psychosocial Integrity

17. **One way nurses can better share themselves with clients is to:**

- a. Get adequate amounts of rest.
- b. Check in on clients on days off.
- c. Take breaks only at the end of the shift.
- d. Apply rules rigidly and uniformly.

Grade: 0

User Responses: d.Apply rules rigidly and uniformly.

Feedback: a.Rationale: Getting adequate rest makes nurses better able to share themselves with clients. Checking in on clients on days off puts nurses at risk for burnout. Taking breaks only at the end of the shift also puts nurses at risk for burnout. Rigidly applying rules is a way to avoid thinking about the client's specific problems.
Cognitive Level: Application
Nursing Process: Implementation
Client Need: Health Promotion and Maintenance

18. **A new staff nurse requests time off after the death of a family member. Which action should the charge nurse take?**

- a. Suggest the nurse undergo grief therapy before taking time off.
- b. Grant the time off to give the nurse the opportunity to assimilate what has happened.
- c. Offer time off only after the nurse completes the required probationary period.
- d. Give the time off only after the issue is discussed in the unit meeting.

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Grade: 0

User Responses: d.Give the time off only after the issue is discussed in the unit meeting.

Feedback: a.Rationale: The charge nurse understands that granting time off will allow the staff nurse time to handle his/her grief and demonstrates the charge nurse's commitment to connecting with others. Giving time off only after the issue is discussed in a meeting disregards the staff nurse's need for privacy. Suggesting therapy implies that the charge nurse knows what is best for the staff nurse's self-care. Offering time off only after the probationary period ignores the nurse's need to grieve and mourn the loss.

Cognitive Level: Application

Nursing Process: Implementation

Client Need: Health Promotion and Maintenance

19. **To effectively demonstrate empathy, the nurse should:**

- a. Communicate to clients that they are understood and cared about.
- b. Be accountable to his/her peers.
- c. Assist clients who are suffering to meet their basic human needs.
- d. Have a firm belief in a higher power.

Grade: 0

User Responses: d.Have a firm belief in a higher power.

Feedback: a.Rationale: The nurse demonstrates empathy by feeling what others feel and by responding to and understanding the experience of others on their own terms. Having a firm belief in a higher power demonstrates one's spirituality. Being accountable to one's peers demonstrates professional integrity. Assisting clients to meet their basic human needs demonstrates availability.

Cognitive Level: Application

Nursing Process: Implementation

Client Need: Safe, Effective Care Environment

20. **A client asks if the nurse has ever felt disconnected from the universe. Which response will communicate empathy for this client's concern?**

- a. "I am not sure I have experienced this, but I can sense that it must be painful for you."
- b. "Feeling disconnected is overwhelming, but it's better to focus on your connections to family."
- c. "I felt that way as an adolescent. I know exactly how you must feel right now."
- d. "Feeling disconnected is common for psychiatric clients. Don't let it bother you."

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Grade: 0

User Responses: d. "Feeling disconnected is common for psychiatric clients. Don't let it bother you."

Feedback: a. Rationale: The nurse responds with empathy not by identifying with the client, but by feeling and responding to the experience of the client. Stating that the nurse knows exactly how the client feels conveys a superficial understanding of the client's experience. Suggesting that the client's feeling is common and should not cause worry invalidates the client's experience. Stating that the client should focus on something else minimizes the client's experience.

Cognitive Level: Application

Nursing Process: Implementation

Client Need: Psychosocial Integrity

21. **The nurse's capacity for empathy is most dependent upon:**

- a. The nurse's accountability to self.
- b. The nurse's ability to think critically.
- c. The nurse's vision of what is possible.
- d. The nurse's own sense of integration.

Grade: 1

User Responses: d. The nurse's own sense of integration.

Feedback: a. Rationale: The capacity for empathy relies on the nurse's firm sense of integration. Accountability to one's self involves bringing behavior under conscious control. Critical thinking is crucial for making judgments based on evidence. The nurse's vision of what is possible is necessary for enhancing the quality of life for clients.

Cognitive Level: Application

Nursing Process: Assessment

Client Need: Psychosocial Integrity

22. **The nurse who operates from a Medical model believes that:**

- a. People create their own problems but need to rely on others to solve them.
- b. People cannot be blamed for their problems but should take steps to solve them.
- c. People cause their own problems and are responsible for solving them.
- d. People do not create their own problems and are not responsible for solving them.

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Grade: 1

User Responses: d.People do not create their own problems and are not responsible for solving them.

Feedback: a.Rationale: The Medical model reflects the belief that people do not create their own problems and are not responsible for solving them. The Enlightenment model reflects the belief that people create their own problems but need to rely on others to solve them. The Moral model reflects the belief that people cause their own problems and are responsible for solving them. The Compensatory model reflects the belief the people cannot be blamed for their problems but should take steps to solve them.

Cognitive Level: Application

Nursing Process: Assessment

Client Need: Psychosocial Integrity

23. **The nurse's assumptions about personal responsibility for problems:**

- a. Does not matter with respect to clinical practice.
- b. Involves only issues of blame.
- c. Will affect clinical practice.
- d. Requires that the nurse change clinical practice.

Grade: 0

User Responses: d.Requires that the nurse change clinical practice.

Feedback: a.Rationale: The way in which the nurse practices is affected by assumptions about personal responsibility for problems and solutions. Nurses are better able to help clients when they are aware of the models from which they operate. The need to change clinical practice happens when the nurse realizes that his/her assumptions about personal responsibility differ from the client's. The nurse's assumptions about personal responsibility involve issues of both blame and control.

Cognitive Level: Application

Nursing Process: Assessment

Client Need: Psychosocial Integrity

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Activity Name: Chapter 03 Pre Test

1. d. Advocacy.
2. b. Refraining from judgment when the client behaves bizarrely.
3. a. Accountability to self.
4. a. The nurse's relationships with others are strongly influenced by the nurse's self-view.
5. a. Recognizing both conscious and subconscious components.
6. b. Allow clients the right to have and express feelings.
7. d. Creating an atmosphere that gives permission to the client to express concerns.
8. b. Take the time and energy to listen to staff concerns regarding workload.
9. d. "Medications will control your child's symptoms but not cure the illness."
10. c. Detached concern.
11. a. Examine personal attitudes that affect their professional role.
12. a. Negotiating a mutually understood reality.
13. b. Utilizes patience and creativity.
14. d. Acknowledge any sociocultural factors in his/her own background that might contribute to misunderstandings.
15. d. Helps the physician make an accurate diagnosis.
16. a. Attending to cues of personal stress.
17. a. Get adequate amounts of rest.
18. b. Grant the time off to give the nurse the opportunity to assimilate what has happened.
19. a. Communicate to clients that they are understood and cared about.
20. a. "I am not sure I have experienced this, but I can sense that it must be painful for you."
21. d. The nurse's own sense of integration.
22. d. People do not create their own problems and are not responsible for solving them.
23. c. Will affect clinical practice.