



1. **The nurse is conducting a class on family violence at a community center. The group is surprised to learn that 1 in 5 women is physically abused by her partner. According to statistics, who among the following is at greatest risk for becoming the victim of partner violence?**
- a. A 36-year-old wife who has had multiple unsuccessful attempts to become pregnant
 - b. A 65-year-old woman who takes care of her husband, who has dementia, at home
 - c. A 62-year-old woman who has been experiencing forgetfulness after a recent stroke
 - d. A popular 18-year-old high school cheerleader

Grade: 1

User Responses: d.A popular 18-year-old high school cheerleader

Feedback: a.Rationale: Statistically, the first acts of partner violence occur in dating relationships. Physical abuse occurs among as many as 30%–50% of high school and college students who are dating. Although partner abuse is a possibility for the other women, their risk is not as high.

Cognitive Level: Application

Nursing Process: Assessment

Client Need: Psychosocial Integrity

2. **Who among the following females is at greatest risk of becoming a victim of sexual abuse?**
- a. A 23-year-old college student who joins a dating service
 - b. An attractive 14-year-old who dresses in a manner that makes her appear older
 - c. A 15-year-old who lives in the community and suffers from moderate mental retardation
 - d. An attractive 29-year-old who works as a mechanic at a car repair shop

Grade: 0

User Responses: d.An attractive 29-year-old who works as a mechanic at a car repair shop

Feedback: a.Rationale: The client with moderate mental retardation is the most defenseless as the result of the disease process and cognitive deficits, and exhibits very limited, if any, judgment, which makes her an easy target for exploitation. Because sexual assault is an act of physical and emotional violence, not of sexual gratification, the other three scenarios present only average risk.

Cognitive Level: Application

Nursing Process: Assessment

Client Need: Psychosocial Integrity

3. **A psychiatric nurse is offering an in-service on child abuse to a group of employees who provide services to families in the community. From the following scenarios, who is at greatest risk for abuse?**
- a. A special needs child of a single mother of eight, who nearly lost custody of her children two years ago when she was suspected of trafficking cocaine
 - b. A preteen who steals money from his parents to buy drugs
 - c. A 10-year-old child from a conservative, highly respected family, who has a diagnosis of attention deficit hyperactivity disorder and has been arrested for vandalism
 - d. A defiant 9-year-old who is hostile toward her 4-year-old brother

Smith,Crystal

Submitted: 4/11/2011 8:02:51 PM
Grade: 14.3%



Attempt Number: 1/3

Questions Attempted: 21/21

Grade: 0

User Responses: d.A defiant 9-year-old who is hostile toward her 4-year-old brother

Feedback: a.Rationale: The high level of necessary care, the mother's limited resources, and the mother's prior history place the special needs child at much higher risk for neglect and abuse. Although vandalism can be a stigmatizing experience for the family of the 10-year-old, abusive punishment will not necessarily result. The 9-year-old and the preteen both present problematic behaviors, but they are not necessarily at high risk of abuse from their parents.

Cognitive Level: Application

Nursing Process: Assessment

Client Need: Psychosocial Integrity

4. **A client who was raped a few days ago asks, "Why did this happen to me? Am I an evil person? Why didn't God stop it?" These questions lead the nurse to make which of the following diagnoses?**
- a. Spiritual distress
 - b. Situational low self-esteem
 - c. Anxiety
 - d. Acute confusion

Grade: 0

User Responses: d.Acute confusion

Feedback: a.Rationale: Victims of abuse often experience spiritual distress as they struggle with questions of a God who either overlooked their pain or did not see it at all. These individuals may be angry with God or hold God responsible, which in turn causes feelings of guilt. These questions do not in themselves indicate self-esteem problems, cognitive confusion, or anxiety.

Cognitive Level: Analysis

Nursing Process: Diagnosis

Client Need: Psychosocial Integrity

5. **A 32-year-old female client of the Catholic faith tells the nurse that the rape she experienced was "payback from God" for the abortion she had when she was a teenager. Which statement from the nurse demonstrates that the nurse understands the client's emotional issues?**
- a. "You sound frustrated. Could you talk to me more about how you're feeling right now?"
 - b. "God is not that punitive, and besides, you were young and scared at the time"
 - c. "Did you ever go to confession after the abortion to seek forgiveness?"
 - d. "What happened to you the other day happens to a lot of women on a daily basis. You would be surprised if you read the statistics on rape."

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Attempt Number: 1/3

Questions Attempted: 21/21

Grade: 0

User Responses: d. "What happened to you the other day happens to a lot of women on a daily basis. You would be surprised if you read the statistics on rape."

Feedback: a. Rationale: The nurse acknowledges the client's spiritual struggle and invites the client to express these feelings. This allows the client to grieve and ultimately to heal. The other responses are nontherapeutic, offer judgment, minimize the client's spiritual struggle, and/or may inhibit the client's willingness to work through feelings of guilt and responsibility for the rape. Telling the client that a lot of women have experienced rape trivializes the impact it has on her.

Cognitive Level: Application

Nursing Process: Implementation

Client Need: Psychosocial Integrity

6. An abused client recently admitted to the inpatient psychiatric unit for psychotic behavior is observed praying in her room and persistently asks the nurse to talk to "God's representative on earth." The nurse understands the client's spiritual needs but is concerned that the client's religious preoccupation is a result of her psychosis. Which action indicates that the nurse is addressing the client's needs?
- a. The nurse explains to the client that she will be able to see her pastor after discharge.
 - b. The nurse prays with the client in her room.
 - c. The nurse offers an additional dose of medication to decrease the client's religious preoccupation.
 - d. The nurse requests that the hospital chaplain visit the client.

Grade: 1

User Responses: d. The nurse requests that the hospital chaplain visit the client.

Feedback: a. Rationale: The nurse understands the importance of spiritual support in the process of self-forgiveness and healing. Having the hospital chaplain see the client is the best option as this professional is trained to deal with clients who are not reality based with spiritual/religious preoccupations. Praying with the client may not be comfortable for the nurse, who is also likely not trained to meet the client's spiritual needs. Telling the client to wait until discharge trivializes the role of spirituality in the client's life. Additional medication may not be indicated in this situation.

Cognitive Level: Application

Nursing Process: Implementation

Client Need: Psychosocial Integrity

7. A female client presents to the emergency department with multiple bruises and lacerations all over her body. She tells the nurse that her ex-husband violated the court restraining order against him, showed up at her house, and forced her to get his toolbox from the garage. The client states that he has always had a "temper," and she thinks that now that he has his toolbox he won't go near her again. What should be the nurse's priority for this client before she is discharged?
- a. Assist her in devising a safety or escape plan.
 - b. Report the incident to the authorities.
 - c. Notify the social worker to invite the ex-husband to a family meeting.
 - d. Encourage the client to take charge of her situation.

Submitted: 4/11/2011 8:02:51 PM
Grade: 14.3%



Attempt Number: 1/3

Questions Attempted: 21/21

Grade: 0

User Responses: d. Encourage the client to take charge of her situation.

Feedback: a. Rationale: Devising a safety plan is the highest priority as this client's life is in danger. Notifying the social worker to suggest a family meeting may be an appropriate intervention but is not a priority. Moreover, the social worker has no control over the ex-husband, who may choose not to go in fear of arrest for violating the court restraining order. Asking the client to take charge is vague and may jeopardize her safety. The nurse is not mandated to report this incident to the authorities but can provide counseling to the victim on how to take legal action.

Cognitive Level: Application

Nursing Process: Planning

Client Need: Psychosocial Integrity

8. **A psychiatric nurse's interventions with a rape victim and a victim of family violence share the strategy of:**

- a. Encouraging the victims to publicize their ordeals as part of public education.
- b. Notifying the police.
- c. Setting up discharge planning sessions that include the rapist or abuser.
- d. Helping the victims regain a sense of control over their lives.

Grade: 1

User Responses: d. Helping the victims regain a sense of control over their lives.

Feedback: a. Rationale: Helping the victims feel empowered and in control of their lives aids in their long-term recovery. The nurse is not mandated to report this incident to the police but can provide counseling to the victim on how to take legal action. Including the rapist or abuser in any planning sessions would be countertherapeutic for the client. Telling their stories in public would be a decision for the victims to make on their own, and only much further along in the recovery process.

Cognitive Level: Application

Nursing Process: Implementation

Client Need: Psychosocial Integrity

9. **The most therapeutic intervention for the nurse to use with a client who has experienced sexual violence is to:**

- a. Minimize the client's feelings of worthlessness and self-blame.
- b. Educate the client on how to avoid future incidents of sexual violence.
- c. Use nurturing, supportive, empathetic approaches.
- d. Offer short, matter-of-fact responses, as the client's concentration is limited.

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Attempt Number: 1/3

Questions Attempted: 21/21

Grade: 0

User Responses: d. Offer short, matter-of-fact responses, as the client's concentration is limited.

Feedback: a. Rationale: It is important for victims of violence to feel supported and cared for to develop trust and work through the effects of their experience. The client's feelings of worthlessness and self-blame should be acknowledged. Short, to-the-point responses discourage the client from expressing himself or herself. Telling the client how to avoid future incidents may imply that the incident was the client's fault.

Cognitive Level: Analysis

Nursing Process: Implementation

Client Need: Psychosocial Integrity

10. A nurse is educating a group of community residents about the various types of family violence and abuse. Which of the following behaviors are forms of emotional abuse?

Select all that apply.

- a. Destruction of personal property
- b. Nutritional neglect
- c. Psychological intimidation
- d. Oversedation
- e. Frequent belittling or demeaning

Grade: 0

User Responses: e. Frequent belittling or demeaning

Feedback: a. Rationale: Frequent belittling or demeaning. Belittling and demeaning are forms of emotional abuse.

Destruction of personal property. Destroying personal property is frightening and a form of emotional abuse.

Psychological intimidation. Any psychological intimidation is a form of emotional abuse.

Nutritional neglect. Neglecting nutritional needs is a form of physical abuse.

Oversedation. Administering higher-than-prescribed doses of a sedative is a form of physical abuse.

Cognitive Level: Application

Nursing Process: Assessment

Client Need: Safe, Effective Care Environment

Smith,Crystal

Submitted: 4/11/2011 8:02:51 PM
Grade: 14.3%



Attempt Number: 1/3

Questions Attempted: 21/21

11. The school nurse has referred for counseling an 11-year-old with a history of physical abuse toward his younger playmates on the playground. Which of the following statements indicates that the child has benefited from counseling?
- a. "I won't do it again because my dad will ground me."
 - b. "I'll go along with whatever the other kids are doing so they don't mess with me."
 - c. "If anyone makes fun of me I will go and tell my teacher."
 - d. "Those kids are younger than me and don't know any better."

Grade: 0

User Responses: d. "Those kids are younger than me and don't know any better."

Feedback: a. Rationale: The correct response indicates that the child recognizes a conflict situation and seeks adult assistance to deal with it. Ascribing the problem to the other children rather than to his own behavior shows a lack of understanding. Fear of the father's punishment communicates that the child is more interested in not getting caught than in understanding his behavior and how it affects others. Going along with the other children shows the child's lack of self-insight. In addition, avoiding a situation is not an effective way to resolve conflict.

Cognitive Level: Analysis

Nursing Process: Evaluation

Client Need: Health Promotion and Maintenance

12. The nurse is working with a group of perpetrators of family abuse who are attending a counseling session mandated by the court. The focus of therapy should be on:
- a. Requesting that they bring their families to the session to identify family areas that need improvement.
 - b. Teaching them appropriate ways to deal with anger.
 - c. Ensuring that they don't place themselves in situations in which they may be provoked by others.
 - d. Instructing them to identify situations that trigger angry outbursts.

Grade: 0

User Responses: d. Instructing them to identify situations that trigger angry outbursts.

Feedback: a. Rationale: Effective anger management is part of developing a healthier way to deal with stress and frustration and avoid resorting to abusive behavior. It is not realistic to create a trigger-free environment or eliminate situations that may provoke anger or an abusive response. Although family sessions may be beneficial, these counseling sessions are not the appropriate venue. Avoiding triggers is not always feasible or predictable, so the client must learn ways to deal with personal anger.

Cognitive Level: Application

Nursing Process: Implementation

Client Need: Safe, Effective Care Environment

Smith, Crystal

Submitted: 4/11/2011 8:02:51 PM
Grade: 14.3%



Attempt Number: 1/3

Questions Attempted: 21/21

13. At a staff meeting a nurse states, "I don't understand how all these intelligent women allow their partners to abuse them. They must be getting something out of it." What would be an appropriate response to this statement?
- a. "Before we jump to conclusions, we should bring their partners here to hear their side of the story."
 - b. "The issue is much more complicated than it appears; most of these women suffer from learned helplessness, isolation, and dependence."
 - c. "I wouldn't be surprised if some of them exaggerate a bit just to get some extra attention from us."
 - d. "It is possible they are putting up with abuse so they don't lose a certain lifestyle they're used to."

Grade: 0

User Responses: d. "It is possible they are putting up with abuse so they don't lose a certain lifestyle they're used to."

Feedback: a. Rationale: Most victims of family abuse believe they have no choices and no control over the situation and have accepted violence as a way of life. They are convinced they are weak and inferior, and they may not have their own source of income. They have learned to be submissive and have few, if any, friends. The other choices place indirect blame on the victims themselves and imply that they possibly deserve their abusive treatment.

Cognitive Level: Evaluation

Nursing Process: Assessment

Client Need: Psychosocial Integrity

14. The nurse is working with a college student who has been abused by a popular, well-known football player on the school's team. Which statement by the nurse to the mental health team indicates a judgmental attitude toward the student's experience?
- a. "Parents should meet their children's dates before they go out."
 - b. "She probably realized he wasn't interested in a long-term relationship, so she called it rape."
 - c. "Rape is an issue of power and control."
 - d. "When alcohol is involved, a lot of bad things can happen."

Grade: 0

User Responses: d. "When alcohol is involved, a lot of bad things can happen."

Feedback: a. Rationale: By believing the student is claiming rape to get back at her boyfriend, the nurse automatically assumes a disbelief in the victim's statements, and that there is secondary gain involved in this traumatic crime; this statement belittles, judges, and invalidates the victim. The other statements are nonjudgmental and present simple facts about rape and basic, commonsense precautions.

Cognitive Level: Evaluation

Nursing Process: Implementation

Client Need: Psychosocial Integrity

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Grade: 14.3%



Attempt Number: 1/3

Questions Attempted: 21/21

15. **The nurse herself was a victim of domestic violence in the past. Which statement by the nurse indicates that she should not work with a victim of abuse?**

- a. "I feel bad that she allowed things to get this bad for her."
- b. "I will make sure her husband is punished for what he did to her."
- c. "I really feel bad for my client and angry toward her husband."
- d. "I will make sure my client understands her rights and knows where to go for help."

Grade: 0

User Responses: d."I will make sure my client understands her rights and knows where to go for help."

Feedback: a.Rationale: Vowing to pursue punishment of the husband shows that the nurse is over-involved in the client's situation and that the nurse's primary focus is to "punish" the abuser, whereas the focus should be on attending to the client's needs and providing her with tools and resources to protect herself. It is up to the client to seek legal assistance. The other choices are appropriate for the situation. The most common emotions of a nurse working with a victim of abuse include intense protective feelings and sympathy for the victim and anger toward the abuser. It is good practice for the nurse to provide the client with appropriate support and resources and educate her on her rights.

Cognitive Level: Application

Nursing Process: Implementation

Client Need: Psychosocial Integrity

16. **During an in-service session an obstetric nurse asks you how interpersonal theories explain rape. Your answer is based on the understanding that:**

- a. Rape is the rapist's way of discharging anger and frustration.
- b. Rapists want to control and dominate others.
- c. Rapists focus on experiencing a mutually satisfying relationship.
- d. Rape is the result of deeply rooted socioeconomic traditions.

Grade: 0

User Responses: d.Rape is the result of deeply rooted socioeconomic traditions.

Feedback: a.Rationale: Most rapists want to control and dominate others. They do not seek to engage in mutually satisfying relationships. The idea that rape is the result of socioeconomic traditions is part of gender bias theory. Intrapersonal theory sees rape as the perpetrator's method of discharging anger and frustration.

Cognitive Level: Comprehension

Nursing Process: Assessment

Client Need: Psychosocial Integrity

17. **According to the neurobiologic theory, individuals expressing violent behavior most likely do not experience:**

- a. High levels of serotonin.
- b. Changes in the function of corticotropin-releasing factor (CRF).
- c. Stress early in life.
- d. Low levels of serotonin.

Grade: 0

User Responses: d.Low levels of serotonin.

Feedback: a.Rationale: Serotonin has a calming effect and is not associated with aggressive behavior. Low levels of serotonin are implicated in lack of control, loss of temper, and explosive rage. CRF is a major regulator of endocrine, autonomic, immune, and behavioral stress responses; changes in the way it performs make it more difficult for the adult to cope with stress. Stress early in life likely results in the brain's sensitization to even mild stressors in adulthood.

Cognitive Level: Analysis

Nursing Process: Assessment

Client Need: Psychosocial Integrity

18. **Characteristics of domestic violence include which of the following?**

Select all that apply.

- a. Domestic violence intensifies when the victim tries to leave.
- b. Domestic violence affects a large number of Americans.
- c. In most cases domestic violence is a one-time event.
- d. Domestic violence is most frequently seen in mentally ill individuals.
- e. There is no single cause of domestic violence.

Smith, Crystal

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Grade: 14.3%



Attempt Number: 1/3

Questions Attempted: 21/21

Grade: 0

User Responses: e. There is no single cause of domestic violence.

Feedback: a. Rationale:

There is no single cause of domestic violence. Domestic violence results from an interaction of neurobiological, personality, situational, and societal factors that have an impact on families.

Domestic violence intensifies when the victim tries to leave. The abuser tends to dramatically escalate the violence when the victim tries to leave.

Domestic violence affects a large number of Americans. Every year, 10 million Americans are abused by a family member. Violence occurs at least once in two-thirds of all marriages and affects ministers, doctors, and psychologists.

Domestic violence is most frequently seen in mentally ill individuals. Fewer than 10% of all cases involve an abuser who suffers from a mental illness.

In most cases domestic violence is a one-time event. Violence is a pattern, and it becomes more frequent and severe over time.

Cognitive Level: Application

Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

19. A client discloses to her counselor that after being raped recently, she is experiencing anxiety and violent dreams, although she is unwilling to discuss them. The client has a long history of self-destructive behavior. The counselor makes the decision to hospitalize the client in a psychiatric inpatient unit. What nursing diagnosis would be most appropriate?
- a. Self-care deficit
 - b. Ineffective health maintenance
 - c. Risk for self-directed violence
 - d. Situational low self-esteem

Grade: 0

User Responses: d. Situational low self-esteem

Feedback:

a. Rationale: Given the rape incident and the client's anxiety, violent dreams, and history of self-destructive behavior, the client needs to be placed in a controlled environment and monitored closely to maintain her safety. The client may experience health maintenance problems as a result of the rape; however, this is not the primary diagnosis. Some victims experience self-esteem issues, but this is not the primary diagnosis. The scenario does not offer any information to support a diagnosis of self-care deficit.

Cognitive Level: Synthesis

Nursing Process: Diagnosis

Client Need: Psychosocial Integrity

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Submitted: 4/11/2011 8:02:51 PM
Grade: 14.3%



Attempt Number: 1/3

Questions Attempted: 21/21

20. The high school nurse has referred a 12-year-old female student for counseling. The client has run away from home several times and has had behavioral problems at school related to ongoing sexual abuse. Which behavior is most likely to be exhibited by a child victim of sexual abuse?
- a. Compulsive sexual behavior
 - b. Substance abuse
 - c. Acting out
 - d. Self-mutilation

Grade: 0

User Responses: d. Self-mutilation

Feedback: a. Rationale: Children who have been sexually abused tend to act out or run away from home to avoid abuse. Compulsive sexual behavior, self-mutilation, or substance abuse may take place much later in adulthood, especially if the effects of the sexual abuse have not been successfully resolved.
Cognitive Level: Application
Nursing Process: Assessment
Client Need: Psychosocial Integrity

21. A female client reports flashbacks of the sexual violence she experienced three years ago every time she has a disagreement with her boyfriend at home. How can the nurse respond to gain a better understanding of the client's experience?
- a. "How do these disagreements come about?"
 - b. "Can you tell me more about how you are feeling?"
 - c. "Try to put the past where it belongs. Have you shared these feelings with your boyfriend?"
 - d. "The fact that the abuse happened in the past doesn't mean it will happen again every time there is a disagreement."

Grade: 0

User Responses: d. "The fact that the abuse happened in the past doesn't mean it will happen again every time there is a disagreement."

Feedback: a. Rationale: Asking the client in a nonjudgmental way to express how she is feeling helps her to feel supported and safe. Saying that the abuse will not happen whenever there is a disagreement makes assumptions, dismisses the client's concerns, and blocks communication. Telling the client to leave the abuse in the past restricts communication as well, by communicating that she has failed to make peace with what happened to her. Asking how the disagreements arise places the client on the defensive and as a result limits communication.
Cognitive Level: Application
Nursing Process: Implementation
Client Need: Psychosocial Integrity

Activity Name: Chapter 24 Pre Test

1. d. A popular 18-year-old high school cheerleader
2. c. A 15-year-old who lives in the community and suffers from moderate mental retardation
3. a. A special needs child of a single mother of eight, who nearly lost custody of her children two years ago when she was suspected of trafficking cocaine
4. a. Spiritual distress
5. a. "You sound frustrated. Could you talk to me more about how you're feeling right now?"
6. d. The nurse requests that the hospital chaplain visit the client.
7. a. Assist her in devising a safety or escape plan.
8. d. Helping the victims regain a sense of control over their lives.
9. c. Use nurturing, supportive, empathetic approaches.
10. e. Frequent belittling or demeaning and a. Destruction of personal property and c. Psychological intimidation
11. c. "If anyone makes fun of me I will go and tell my teacher."
12. b. Teaching them appropriate ways to deal with anger.
13. b. "The issue is much more complicated than it appears; most of these women suffer from learned helplessness, isolation, and dependence."
14. b. "She probably realized he wasn't interested in a long-term relationship, so she called it rape."
15. b. "I will make sure her husband is punished for what he did to her."
16. b. Rapists want to control and dominate others.
17. a. High levels of serotonin.
18. e. There is no single cause of domestic violence. and a. Domestic violence intensifies when the victim tries to leave. and b. Domestic violence affects a large number of Americans.
19. c. Risk for self-directed violence
20. c. Acting out
21. b. "Can you tell me more about how you are feeling?"