

Smith,Crystal

Submitted: 5/2/2011 4:44:31 PM
Grade: 41.7%



Attempt Number: 1/3

Questions Attempted: 24/24

1. **A client has heard that Therapeutic Touch (TT) may be helpful in relieving migraine headaches and asks the nurse for assistance in finding a TT practitioner. What information would be most appropriate for the nurse to provide?**
- Names and phone numbers of other clients who have tried TT.
 - Information about other CAM methods to treat migraine headaches.
 - Website addresses of all nurse practitioners specializing in TT.
 - Names of certified TT practitioners within the client's city or county.

Grade: 1

User Responses:

Feedback:

d.Names of certified TT practitioners within the client's city or county.
a.Rationale: Providing the client with the names of locally certified TT practitioners will enable the client to visit the practitioner's office, clinic, or hospital to personally see the conditions under which treatment will be given and to interview the TT practitioner to obtain more information about education, licensure, certification, treatment approach, and possible side effects or problems. While testimonials from others who are or have been clients may be helpful, they should not be the sole criterion in selecting a therapy, and providing names and phone numbers of other clients without permission is a federal violation of the HIPAA law. Providing website addresses of all NPs specializing in TT is unnecessary and time-consuming. Although there are other CAM treatments available for migraine headaches, this does not address the client's specific request and desire to investigate TT as a possible treatment.

Cognitive Level: Analysis

Nursing Process: Planning

Client Need: Physiological Integrity

2. **The family members of a client recently diagnosed with an inoperable brain tumor asked the nurse about a "miracle cure" they found by researching the Internet. Which of the following responses by the nurse is most appropriate?**
- "I'm not qualified to comment on any 'miracle cures,' so you should discuss this with your doctor."
 - "The Internet is a reliable source for finding the latest scientific discoveries for cancer research."
 - "There are no 'miracle cures' for inoperable brain tumors, so my advice is to accept that death is inevitable."
 - "Claims like this one for a 'miracle cure' are generally suspicious and should be validated by reliable sources such as NCAAM."

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User Responses: d. "Claims like this one for a 'miracle cure' are generally suspicious and should be validated by reliable sources such as NCAAM."

Feedback: a. Rationale: Clients and their families should be suspicious of claims for a "miracle cure," an "exclusive product," or a "magical discovery" and consult a reliable source such as NCAAM to determine the claim's validity. Valid cures for serious disease are widely reported and are not hidden in obscure magazine ads, paid television advertisements, or website promotions. Although government and educational websites on the Internet can provide reliable information regarding the latest scientific research, many other websites make false claims that cannot be validated. Advising the family to accept the inevitability of a family member's death is callous and uncaring, and could damage the therapeutic relationship with the family. As health care educators, nurses have an important role in encouraging clients to be informed health consumers and should not encourage false hope or fail to discuss possible CAM therapies by deferring this discussion to someone else.

Cognitive Level: Analysis

Nursing Process: Implementation

Client Need: Physiological Integrity

3. Which of the following candidates would be most appropriate to receive mindfulness-based (meditation) cognitive therapy? Clients with:

- a. Major depression with psychotic features.
- b. Chronic paranoid schizophrenia.
- c. Parkinson's disease.
- d. Borderline personality disorder.

Grade: 1

User Responses: d. Borderline personality disorder.


Feedback: a. Rationale: Clients with borderline personality disorder are the most appropriate candidates for mindfulness-based (meditation) cognitive therapy. This technique involves a complex educational protocol (as an 8-session course or longer) delivered to participants in groups as a cost-effective strategy. Clients with chronic paranoid schizophrenia, Parkinson's disease, and severe depression lack the motivation, concentration, and attention span necessary to follow the abstract, complex nature of mindfulness-based cognitive therapy. Techniques that are lengthy and introspective or meditative should probably not be used with clients who are severely depressed, hallucinating, delusional, or have loss of contact with reality.

Cognitive Level: Analysis

Nursing Process: Diagnosis

Client Need: Physiological Integrity

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4. Which of the following complementary and alternative healing practices is based on the belief that mind and body are interrelated and that the condition of one will eventually affect the condition of the other?
- a. Eye movement desensitization reprocessing
 - b. Repetitive transcranial magnetic stimulation
 - c. Auricular acupuncture
 - d. Breathing techniques for relaxation

Grade: 1

User Responses: d.Breathing techniques for relaxation

Feedback: a.Rationale: Breathing techniques for relaxation are based on the connection between the mind and the body to consciously control one's breathing to decrease muscle tension and anxiety. Repetitive transcranial magnetic stimulation uses a powerful electrical current to generate a magnetic field which changes neurochemicals in targeted structures of the brain and is not based on the mind-body connection. Eye movement desensitization reprocessing involves the recall of traumatic memories while making a series of rapid lateral eye movements and is not based on the mind-body connection. Auricular acupuncture is used to treat the physical symptoms of withdrawal and addiction to alcohol, drugs, and cigarettes and is not based on the mind-body connection.
Cognitive Level: Analysis
Nursing Process: Planning
Client Need: Physiological Integrity

5. Which one of the following complementary and alternative healing practices does not require specialized training before nurses can incorporate this technique into their clinical practice?
- a. Reflexology
 - b. Therapeutic touch
 - c. Noninvasive massage
 - d. Hypnotherapy

Grade: 0

User Responses: d.Hypnotherapy

Feedback: a.Rationale: Noninvasive massage of body parts such as the hand, foot, or ear does not require advanced training and can be taught to others as a self-help process. Therapeutic touch, reflexology, and hypnotherapy are all advanced techniques that require specialized training before incorporating them into clinical practice.
Cognitive Level: Application
Nursing Process: Implementation
Client Need: Physiological Integrity

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6. Which of the following natural medicines would be the safest for a depressed client to take along with fluoxetine (Prozac)?
- a. Ginkgo leaf extract
 - b. Melatonin
 - c. St. John's wort
 - d. SAmE (S-Adenosylmethionine)

Grade: 0

User Responses: d.SAmE (S-Adenosylmethionine)

Feedback: a.Rationale: Ginkgo leaf extract is a natural medicine that can improve concentration and attention for clients with depression or Alzheimer's disease. It is not contraindicated to take ginkgo along with psychotropic medications. St. John's wort, SAmE, and melatonin can interfere with prescription medications by metabolizing the medications and transporting them out of the body. Clients should be cautioned to consult with their psychiatrist before adding any herbal or botanical therapies to their medication regimen.

Cognitive Level: Analysis

Nursing Process: Implementation

Client Need: Physiological Integrity

7. Before instituting any complementary and alternative therapies, the nurse should obtain:
- a. Informed consent.
 - b. Insurance pre-certification.
 - c. Advanced education.
 - d. National certification.

Grade: 0

User Responses: d.National certification.

Feedback: a.Rationale: The nurse should obtain informed consent before instituting CAM therapies. Integrating CAM into a treatment plan can take place only when clients discuss all CAM treatments and therapies with their primary physical or mental health care providers. Some CAM treatments affect physical or mental functioning, and certain herbs can interfere with or potentiate treatment with conventional medications. Insurance pre-certification is necessary only if a separate fee is charged for CAM therapy; cost may be an important consideration for clients if CAM services are not reimbursable. Not all CAM treatments require the practitioner to be nationally certified or have advanced education; deep breathing, progressive muscle relaxation, and guided imagery are just a few examples of CAM therapies that do not require advanced education, special certification, or special fees.

Cognitive Level: Analysis

Nursing Process: Implementation

Client Need: Physiological Integrity

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8. **A student nurse is preparing stress management sessions for a group of clients on the psychiatric inpatient unit. Which of the following instructions should *not* be included when teaching clients how to scan their bodies to assess for tension?**
- a. "Sit with your spine straight and both feet on the floor before beginning body scanning."
 - b. "Close your eyes and turn your attention to your own internal world, focusing on your body"
 - c. "Become aware of all of the muscles in your body, especially any parts that feel tense or tight."
 - d. "Focus on any part of the body you prefer, and then slowly move up or down the rest of your body."

Grade: 1

User Responses: d. "Focus on any part of the body you prefer, and then slowly move up or down the rest of your body."

Feedback: a. Rationale: To correctly scan the body for tension, clients should be instructed to systematically start with their toes and move upward to ensure all muscle groups are assessed. Clients could overlook body tension in important muscle groups if they randomly begin scanning their bodies. All other instructions listed are correct and should be included in the teaching session.

Cognitive Level: Application

Nursing Process: Planning

Client Need: Physiological Integrity

9. **The nurse is explaining to a client what to expect during the first biofeedback session. Which of the following explanations provides the best description of how biofeedback is delivered?**
- a. "You will be asked to maintain conscious control over involuntary body functions."
 - b. "An electrical current is sent through an insulated coil of wire that is placed on your head to alter the release of neurochemicals in your brain."
 - c. "You will be asked to recall distressing memories while making a series of quick eye movements back and forth."
 - d. "A computer will monitor your breathing and heart rate, showing you a visual picture of how successfully you can control them."

Grade: 1

User Responses: d. "A computer will monitor your breathing and heart rate, showing you a visual picture of how successfully you can control them."

Feedback: a. Rationale: The fullest explanation of biofeedback is the use of a computer to monitor breathing and heart rate providing a visual representation of how well the client is able to control these functions. Maintaining conscious control over involuntary body functions is a brief explanation of biofeedback but does not provide the client with useful information regarding what to expect during the session. Repetitive transcranial magnetic stimulation (rTMS) involves an electrical current delivered through an insulated wire attached to the client's head. Eye movement desensitization reprocessing (EMDR) involves the recall of distressing memories or fears during a series of quick lateral eye movements.

Cognitive Level: Application

Nursing Process: Implementation

Client Need: Physiological Integrity



10. Which of the following CAM strategies are generalist nurses qualified to integrate into personal and professional practice without advanced education?

- a. Reiki
- b. Reflexology
- c. Guided imagery
- d. Therapeutic touch

Grade: 0

User Responses: d.Therapeutic touch

Feedback: a.Rationale: Guided imagery does not require advanced education or national certification before integrating using it in personal or professional practice. Reiki, reflexology, and therapeutic touch are all techniques that require advanced skill and education before integrating them into professional practice.

Cognitive Level: Application

Nursing Process: Implementation

Client Need: Physiological Integrity

11. To reduce personal and professional stress, a nurse routinely practices meditation and yoga. Which of the following NCAAM major domains of complementary and alternative therapies is the nurse using?

- a. Mind-body medicine
- b. Whole medical systems
- c. Energy therapies
- d. Manipulative and body-based practices

Grade: 0

User Responses: d.Manipulative and body-based practices

Feedback: a.Rationale: Mind-body medicine includes meditation and yoga along with other therapies such as visual imagery, relaxation, prayer, and biofeedback. Energy therapies include healing touch, Reiki, qi gong, and bioelectromagnetic-based therapies. Examples of manipulative and body-based practices include tai chi, massage, and Rolfing. Whole medical systems include therapies such as Ayurveda, homeopathic, naturopathic, and traditional Chinese medicines.

Cognitive Level: Application

Nursing Process: Implementation

Client Need: Safe, Effective Care Environment

12. A nurse is experiencing severe low back pain and is considering a form of complementary and alternative healing practice before resorting to the use of narcotic medications. Which of the following CAM strategies would be most appropriate for treating low back pain?

- a. Chiropractic manipulation
- b. St. John's wort
- c. Repetitive transcranial magnetic stimulation
- d. Biofeedback

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User Responses: d. Biofeedback

Feedback: a. Rationale: Chiropractic or osteopathic manipulation can be useful in treating musculoskeletal disorders such as low back pain. St. John's wort is not effective for treating back pain; it could be useful for treating depressive symptoms. Biofeedback does not treat low back pain but could be used to reduce blood pressure as well as decrease stress and tension headaches. Repetitive transcranial magnetic stimulation is an experimental treatment used for medication-resistant depression or hallucinations.

Cognitive Level: Analysis

Nursing Process: Assessment

Client Need: Safe, Effective Care Environment

13. The nurse is caring for a client with attention deficit/hyperactivity disorder (ADHD), high blood pressure, and insomnia. Which of the following complementary or alternative healing practices would be most useful in treating these problems?

- a. Acupuncture
- b. Gingko leaf extract
- c. Biofeedback
- d. Reflexology

Grade: 0

User Responses: d. Reflexology

Feedback: a. Rationale: Biofeedback is achieved through continuous feedback in response to conscious control over involuntary body functions to slow heart rate and breathing, reduce blood pressure, focus attention, and achieve relaxation. This technique has been found useful for a multitude of problems such as ADHD, hypertension, insomnia, anxiety, tension headaches, asthma, and epilepsy. Acupuncture causes biochemical changes in the central nervous system that influence the body's self-regulating systems but does not affect symptoms of ADHD. Reflexology is similar to acupuncture without the use of needles to stimulate healing and promote well-being but has no effect on symptoms of ADHD. Gingko leaf abstract is an herbal remedy for improving concentration and memory but does not treat hypertension or insomnia.

Cognitive Level: Analysis

Nursing Process: Assessment

Client Need: Physiological Integrity

14. A client with a paralyzing fear of enclosed spaces repeats the following statement before entering an elevator. "I will feel relaxed and calm while riding in the elevator." Which of the following complementary or alternative methods is the client using?

- a. Progressive muscle relaxation
- b. Deep breathing
- c. Self-hypnosis
- d. Guided imagery

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Grade: 0

User Responses: d.Guided imagery

Feedback: a.Rationale: Self-hypnosis is accomplished by making positive suggestions to oneself for change such as losing weight, quitting smoking, or overcoming fears. Deep breathing involves concentrating on moving the diaphragm downward to fill the lower part of the lungs with air to achieve relaxation. Progressive muscle relaxation involves purposeful tensing and relaxing of identified muscle groups to consciously relax. Guided imagery is used when one constructs a calm, soothing environment in one's own mind, such as floating on a cloud or listening to waves at the seashore.
Cognitive Level: Analysis
Nursing Process: Implementation
Client Need: Physiological Integrity

15. **A client who is interested in techniques to decrease anxiety, other than taking prescription medications, asks the nurse to recommend a complementary healing practice. Which of the following would *not* be an appropriate technique for the nurse to suggest?**
- a. Meditation/medical meditation
 - b. Breathing and relaxation techniques
 - c. Auricular acupuncture
 - d. Positive visualization

Grade: 0

User Responses: d.Positive visualization

Feedback: a.Rationale: Auricular acupuncture is used to treat withdrawal and addiction to alcohol, drugs, and cigarettes, but has not been proven effective in reducing anxiety or other mood disorders. Meditation/medical meditation has proven scientific benefits as a relaxation response. Focused thought on one thing at a time (sometimes combined with yoga) helps one to achieve inner peace and self-harmony, thereby reducing anxiety. Breathing and relaxation techniques are very successful strategies to decrease physiological tension, increase oxygenation, clear thinking, and reduce anxiety. Positive visualization uses the healing power of a person's own imagination and positive thinking to create powerful mental pictures or images to reduce stress or promote healing.
Cognitive Level: Application
Nursing Process: Implementation
Client Need: Physiological Integrity

16. **Which one of the following complementary and alternative techniques is most suitable for a client who has a diagnosis of Alzheimer's disease?**
- a. Guided imagery
 - b. Self-hypnosis
 - c. Biofeedback
 - d. Omega-3 fatty acids

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User Responses: d.Omega-3 fatty acids

Feedback: a.Rationale: The use of dietary supplements such as omega-3 fatty acids may slow the functional and cognitive decline of Alzheimer's disease. The use of an externally focused intervention is more appropriate for clients who have loss of contact with reality. Guided imagery, biofeedback, and self-hypnosis must be used with clients who are able to concentrate and follow complex directions and are motivated to participate in the interventions. Techniques that are lengthy and introspective or meditative should not be used with clients who are hallucinating, delusional, or have loss of contact with reality. Brief and externally focused techniques are better for these clients.
Cognitive Level: Analysis
Nursing Process: Planning
Client Need: Physiological Integrity

17. **The nurse is teaching a client who frequently suffers from sinus headaches the technique of alternate-nostril breathing. Which of the following statements indicates the client understands this technique and needs no further teaching?**
- a. "I should hold both nostrils closed while I breathe in and out through my mouth."
 - b. "I should hold my mouth closed while I breathe in and out through my nose."
 - c. "I should hold the right nostril closed while I breathe in and out through the left nostril."
 - d. "I should hold my right nostril closed while I breathe in through the left and hold my left nostril closed to breathe out through the right."

Grade: 1

User Responses: d."I should hold my right nostril closed while I breathe in through the left and hold my left nostril closed to breathe out through the right."

Feedback: a.Rationale: The correct technique for alternate-nostril breathing is to hold the right nostril closed while breathing in through the left and then block the left nostril to breathe out through the right. Breathing in and out through one nostril or breathing in and out through either the mouth or the nose alone are incorrect techniques for alternate-nostril breathing.
Cognitive Level: Analysis
Nursing Process: Evaluation
Client Need: Physiological Integrity

18. **The nurse is performing an initial assessment of a client recently admitted to the psychiatric unit. The client reports frequent dizziness and increased feelings of depression, despite the fact that the prescribed antidepressant medication was effective at one time. Which of the following questions is most appropriate for the nurse to ask next?**
- a. "You don't abuse alcohol or illegal substances, do you?"
 - b. "Are you taking any natural medicines or herbal remedies?"
 - c. "Are you sure you are taking your antidepressant correctly?"
 - d. "Have you been experiencing blackouts or memory lapses?"

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Grade: 0

User Responses: d. "Have you been experiencing blackouts or memory lapses?"

Feedback: a. Rationale: Monitoring natural medicine and herbal therapy use is particularly important for psychiatric clients receiving psychotropic medications, like antidepressants, that may cause hypotension. The nurse should specifically ask the client about natural medicines or herbal remedies because many clients do not report their use. These substances interfere with the absorption and metabolism of psychotropic medications, and the potential for medication-CAM interactions is considerable. The phrasing of the question about alcohol or illegal substance abuse is judgmental and derogatory. Asking the client about taking antidepressants correctly implies doubt and can harm the development of a therapeutic nurse-client relationship. The question about blackouts or memory lapses might be relevant later in the assessment but does not reveal possible causes for the frequent dizziness and increased feelings of depression.

Cognitive Level: Analysis

Nursing Process: Assessment

Client Need: Physiological Integrity

19. Which of the following natural medicines should the nurse recommend to a client who reports a mildly depressed mood?

- a. Ginkgo leaf extract
- b. Melatonin
- c. Kava
- d. S-Adenosylmethionine (SAME)

Grade: 1

User Responses: d. S-Adenosylmethionine (SAME)

Feedback: a. Rationale: S-Adenosylmethionine (SAME) is a natural medicine that is possibly as effective as oral tricyclic antidepressants. Ginkgo leaf extract can be used to improve concentration and attention span. Kava is useful for symptoms of anxiety or restlessness. Melatonin is helpful for jet lag or insomnia.

Cognitive Level: Application

Nursing Process: Implementation

Client Need: Physiological Integrity

20. Which of the following natural medicines can be used to treat jet lag or insomnia?

- a. St. John's wort
- b. Melatonin
- c. Goldenseal
- d. Omega-3 fatty acids

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Grade: 0

User Responses: d. Omega-3 fatty acids

Feedback: a. Rationale: Melatonin is a natural medicine that can be used to treat jet lag or insomnia. Goldenseal is an herb that has no beneficial uses for jet lag or insomnia. Omega-3 fatty acids can help to delay the cognitive and functional decline of dementia. St. John's wort is perhaps useful for depression, but its use is contradictory. It may be as effective as fluoxetine (Prozac) and sertraline (Zoloft), or perhaps no more effective than a placebo.

Cognitive Level: Application

Nursing Process: Implementation

Client Need: Physiological Integrity

21. Which of the following symptoms is responsive to kava?

- a. Memory loss
- b. Hallucinations
- c. Anxiety
- d. Sleep disturbances

Grade: 0

User Responses: d. Sleep disturbances

Feedback: a. Rationale: Kava is comparable to low-dose benzodiazepines for short-term treatment of anxiety. Sleep disturbances can be treated with melatonin or valerian. Hallucinations cannot be treated with any natural medicines. Memory loss can be treated with ginkgo leaf extract or omega-3 fatty acids.

Cognitive Level: Application

Nursing Process: Assessment

Client Need: Physiological Integrity

22. A client taking clomipramine (Anafranil) asks about adding herbal therapy to a prescription treatment regimen. Which substance can the nurse advise the client that it is safe to use?

- a. St. John's wort
- b. American ginseng
- c. S-Adenosylmethionine (SAME)
- d. Belladonna

Grade: 0

User Responses: d. Belladonna

Feedback: a. Rationale: American ginseng should not be taken with monoamine oxidase inhibitors or antipsychotics but is not contraindicated with tricyclic antidepressants. Belladonna, St. John's wort, and SAME should not be taken with tricyclic antidepressants.

Cognitive Level: Application

Nursing Process: Implementation

Client Need: Physiological Integrity

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23. After teaching a client who takes an antipsychotic medication about natural medicines and substances to avoid, the nurse asks the client to make a list of substances that are safe to use. Which of the following items appearing on the client's list indicates a need for further teaching?

- a. Grapefruit juice
- b. Melatonin
- c. Brewer's yeast
- d. Coffee

Grade: 1

User Responses: d.Coffee

Feedback: a.Rationale: Coffee that contains caffeine is contraindicated for clients taking antipsychotic medications. The client needs further teaching to reinforce that only decaffeinated coffee should be consumed. The client is correct that grapefruit juice, melatonin, and Brewer's yeast do not interact with antipsychotics.
Cognitive Level: Analysis
Nursing Process: Evaluation
Client Need: Physiological Integrity

24. Which one of the following beverages should the nurse suggest to clients who are taking selective serotonin reuptake inhibitors (SSRIs)?


- a. Grape juice
- b. Cocoa
- c. Green tea
- d. Coffee

Grade: 0

User Responses: d.Coffee

Feedback: a.Rationale: Grape juice is the only beverage in this list that does not interact with SSRIs. Coffee, green tea, and cocoa all contain caffeine that may interfere with the action of SSRIs and should not be recommended.
Cognitive Level: Application
Nursing Process: Implementation
Client Need: Physiological Integrity

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Activity Name: Chapter 33 Pre Test

1. d. Names of certified TT practitioners within the client's city or county.
2. d. "Claims like this one for a 'miracle cure' are generally suspicious and should be validated by reliable sources such as NCAAM."
3. d. Borderline personality disorder.
4. d. Breathing techniques for relaxation
5. c. Noninvasive massage
6. a. Gingko leaf extract
7. a. Informed consent.
8. d. "Focus on any part of the body you prefer, and then slowly move up or down the rest of your body."
9. d. "A computer will monitor your breathing and heart rate, showing you a visual picture of how successfully you can control them."
10. c. Guided imagery
11. a. Mind-body medicine
12. a. Chiropractic manipulation
13. c. Biofeedback
14. c. Self-hypnosis
15. c. Auricular acupuncture
16. d. Omega-3 fatty acids
17. d. "I should hold my right nostril closed while I breathe in through the left and hold my left nostril closed to breathe out through the right."
18. b. "Are you taking any natural medicines or herbal remedies?"
19. d. S-Adenosylmethionine (SAME)
20. b. Melatonin
21. c. Anxiety
22. b. American ginseng
23. d. Coffee
24. a. Grape juice