

Submitted: 3/21/2011 1:09:21 PM
Grade: 29.2%



Attempt Number: 1/3

Questions Attempted: 24/24

1. **The staff from a mobile crisis unit arrives on the scene of a ten-car pile up on the highway. Along with the other members of the team, the first thing the nurses will do is to:**
- a. Consult with the law enforcement personnel.
 - b. Achieve contact and secure safety.
 - c. Ask if the victim has ever experienced a similar incident.
 - d. Explore what the victim feels is the best solution.

Grade: 0

User Responses: d.Explore what the victim feels is the best solution.

Feedback: a.Rationale: Achieving contact and securing physical safety is the first intervention for crisis counseling. Consulting with the law enforcement is not an initial action. Exploring what the victim feels is the best solution is part of assisting the client to cope with the problem; this is not an initial action. Asking if the victim has ever experienced a similar incident is not an initial intervention.
Client Need: Analysis
Nursing Process: Implementation
Client Need: Safe, Effective Care Environment

2. **After a fire that affected an entire city block, a firefighter is admitted to the ED with burns to both legs. After he is stabilized, he continually talks about his buddy who did not survive. The nurse encourages the client to ventilate. Which interventions will the nurse use? Select all apply.**
- a. Ask the firefighter to briefly describe what has just happened.
 - b. Explore what the firefighter feels is the best solution.
 - c. Ask what the firefighter sees as the most pressing problem.
 - d. Review and clarify what the firefighter is saying is the most pressing problem.
 - e. Discuss what the firefighter says he wants to happen.

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User Responses: d.Review and clarify what the firefighter is saying is the most pressing problem.,e.Discuss what the firefighter says he wants to happen.

Feedback: a.Rationale:
Ask the firefighter to briefly describe what has just happened. This assists the client to ventilate or "air out" his experience.

Ask what the firefighter sees as the most pressing problem. This is part of validating and ventilating.

Review and clarify what the firefighter is saying is the most pressing problem. This is part of validating and ventilating

Discuss what the firefighter says he wants to happen. The client is unable to make a decision at this time. This will occur later.

Explore what the firefighter feels is the best solution. Decisions are difficult and inappropriate at this time. This will occur later.

Client Need: Analysis

Nursing Process: Implementation

Client Need: Psychosocial Integrity

3. **A client who just graduated from cooking school has been offered a great job in another city. The client has never lived away from home before, feels paralyzed, and asks for help with the decision. Which intervention will assist the client to cope with this crisis?**
- a. Assess if the client needs medication.
 - b. Help the client formulate a plan of action.
 - c. Introduce self and role.
 - d. Ask what is the most pressing problem.

Grade: 0

User Responses: d.Ask what is the most pressing problem.

Feedback: a.Rationale: Assisting the client to cope with the problem by formulating a plan is part of Step C. Introducing oneself and assessing for medication needs are part of Step A, establishing contact. Identifying the most pressing problem from the client's perspective occurs in Step B, boiling down the problem.

Client Need: Synthesis

Nursing Process: Implementation

Client Need: Psychosocial Integrity

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4. **A nurse working on the pediatric oncology unit has felt increasingly tired and has not gone to work for three days. This is most likely related to:**
- a. A desire to spend time with family and friends.
 - b. Vicarious resilience.
 - c. A substance abuse problem.
 - d. An inability to relax when off duty.

Grade: 1

User Responses: d.An inability to relax when off duty.

Feedback: a.Rationale: If the nurse is unable to relax when off duty, the body cannot refresh and the nurse will feel increasingly tired and may not be able to continue to work in the stressful situation. When working in a stressful environment, a nurse may desire to spend time relaxing with family and friends, but this does not explain the increasing fatigue. Nurses who work in stressful environments may have an increased risk for substance abuse, but this does not explain her increasing feelings of being tired. Vicarious resilience relates to client's constructive coping with adversity and has a positive effect.

Client Need: Analysis

Nursing Process: Evaluation

Client Need: Psychosocial integrity

5. **A nurse is dispatched to the scene of a tornado to assess the emotional needs of the survivors. The nurse is aware it is helpful to:**
- a. Remain at the scene as long as possible each day.
 - b. Remain quiet and not talk about feelings.
 - c. Take one long break at noon.
 - d. Pair up with another responder so that they may monitor each other's stress.

Grade: 1

User Responses: d.Pair up with another responder so that they may monitor each other's stress.

Feedback: a.Rationale: Pairing up with someone helps each responder to evaluate how the experience is affecting him/her personally. Declining to leave the scene periodically, taking limited breaks, and not talking about feelings are behaviors that will hinder the professional from being effective.

Client Need: Analysis

Nursing Process: Evaluation

Client Need: Psychosocial Integrity



6. **Nurses arriving in an area that has just been hit by an earthquake discuss ways to keep themselves healthy during the next several days of intensive disaster recovery. Their discussion would include:**

Select all that apply.

- a. Rotate from high stress to lower stress areas.
- b. Stay in touch with their family and friends.
- c. Work 16 hours a day.
- d. Drink plenty of water and eat healthy snacks.
- e. Plan frequent excursions when not at the scene.

Grade: 0

User Responses: d. Drink plenty of water and eat healthy snacks., e. Plan frequent excursions when not at the scene.

Feedback: a. Rationale:
Rotate from high stress to lower stress areas. This rotation prevents the nurses from experiencing high stress on continual basis.

Drink plenty of water and eat healthy snacks. Drinking plenty of water and eating healthy snacks is an approach to staying physically healthy and maintaining resources for coping with the disaster.

Stay in touch with their family and friends. Staying in touch with family helps to manage stress and promotes mental health.

Plan frequent excursions when not at the scene. Planning frequent trips while not working may promote exhaustion

Work 16 hours a day. Working 16 hours a day is too long. The limit should be 12.
Client Need: Synthesis
Nursing Process: Planning
Client Need: Psychosocial Integrity and Physiological Integrity

7. **When providing education for individuals who have survived a major earthquake, the nurse would include teaching that:**
- a. Talking freely and consistently about the event will lessen the trauma.
 - b. Sadness, grief, and anger are normal reactions.
 - c. Survivors' needs and coping strategies follow a predictable course.
 - d. Community resources should be accessed when personal resources are limited.



Grade: 0

User Responses: d.Community resources should be accessed when personal resources are limited.

Feedback: a.Rationale: Profound sadness, grief, and anger are normal reactions to an abnormal event. Telling the story of the event in a repetitive way deepens the trauma; sharing stories is important, but breaks should be included. Survivors are not uniform in their needs or coping strategies. It is healthy to accept help from community programs and resources; waiting until personal resources are depleted is not an effective strategy.

Client Need: Analysis

Nursing Process: Implementation

Client Need: Psychosocial Integrity

8. **A tornado seriously damaged part of a community, and people are asking where to go for help and advice. The public health nurse has quick access to:**

- a. Next of kin.
- b. Home visits for this situational crisis.
- c. Information and community resources for immediate assistance.
- d. Mobile crisis units.

Grade: 0

User Responses: d.Mobile crisis units.

Feedback: a.Rationale: The public health nurse can access the public health system and other resources available as part of his/her role. This educational and community assistance is needed as quickly as possible after a disaster. Home visits may or may not be the immediate need. Mobile crisis units may be available and will take care of immediate needs, but not necessarily education and information needs. Depending on circumstances, the next of kin may or may not be available, or contacting them may not be necessary.

Client Need: Analysis

Nursing Process: Implementation

Client Need: Psychosocial Integrity, Physiological Integrity.

9. **The client is the survivor of a forest fire and has asked for alternative therapies to assist with anxiety. The nurse is teaching the client progressive relaxation, instructing the client to:**

- a. Begin with the muscles most difficult to relax.
- b. Tense the muscles first, and then relax them.
- c. Begin the process at the neck.
- d. Relax each set of muscles progressively.

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User Responses: d.Relax each set of muscles progressively.

Feedback: a.Rationale: The focus is to relax the muscles. It typically begins with the head. Progressive relaxation focuses on relaxing, not tensing muscles.
Client Need: Application
Nursing Process: Implementation
Client Need: Psychosocial Integrity

10. **A client is admitted to the Emergency Department with a concussion and a fractured leg. He was one of four people involved in a car accident. This client has experienced a(n):**
- a. Situational crisis.
 - b. Maturational crisis.
 - c. Accidental crisis.
 - d. Stressful situation.

Grade: 0

User Responses: d.Stressful situation.

Feedback: a.Rationale: A situational crisis is a result of circumstances that cause emotional and/or physical trauma to the client. Stress creates pressure and tension, and stressful situations demand our attention, but are not crises. A maturational crisis involves life cycle changes or normal transitions of human development. *Accidental crisis* is not a crisis category.
Client Need: Application
Nursing Process: Assessment
Client Need: Psychosocial Integrity

11. **A crisis occurs when a client is in a situation in which usual problem-solving or adapting methods are inadequate to resolve the problem. This causes:**
- a. Pressure and tension.
 - b. Changes in attention span.
 - c. A state of disequilibrium.
 - d. A state of stress.

Grade: 0

User Responses: d.A state of stress.

Feedback: a.Rationale: Crises cause inability to function, feeling powerless and paralyzed. The other choices relate to stress. Stress is pressure and tension, and stressful situations demand our attention, but are not crises. The scenario would not necessarily cause a change in attention span.
Client Need: Application
Nursing Process: Assessment
Client Need: Psychosocial Integrity

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12. **The primary care nurse is talking with a long-time client who is 70 years old. The client is struggling with no longer being able to work 40 hours a week. An appropriate outcome for this client might be:**
- a. Client will plan a vacation.
 - b. Client will eat a balanced diet.
 - c. Client will live in a healthy manner.
 - d. Client will develop goals for retirement.

Grade: 1

User Responses: d.Client will develop goals for retirement.

Feedback: a.Rationale: This client is experiencing a maturational crisis and an appropriate outcome would be to develop goals for retirement. A maturational crisis relates to the human growth and development process, occurring when the level of development is promoting an amount of stress that places the client in a crisis. Planning a vacation and eating a balanced diet are helpful, but do not assist the client in responding to the crisis. Living in a healthy manner is too general a statement to guide the plan of care.
Client Need: Application
Nursing Process: Planning
Client Need: Psychosocial Integrity

13. **A nurse who is training to become a first responder is learning about crisis counseling, a brief, solution-focused therapy. Crisis counseling is:**
- a. Supportive and client directed.
 - b. Based on learning from past mistakes.
 - c. Focused on the client's strengths.
 - d. Long term and goal oriented.

Grade: 0

User Responses: d.Long term and goal oriented.

Feedback: a.Rationale: Crisis counseling focuses on what has happened and what the client needs to do to return to near previous level of functioning. It focuses on strengths and builds the client's resilience, rather than focusing on past mistakes. It covers a brief period of time, usually a few weeks, and is not always client directed but certainly includes client input.
Client Need: Analysis
Nursing Process: Assessment
Client Need: Psychosocial Integrity

14. **The nurse is intervening with a group of children who experienced a school shooting. As part of the incident response, the critical incident debriefing will assist the students to:**

Select all that apply.

- a. Distribute educational information.
- b. Assess for need for medication.
- c. Be in a controlled environment.
- d. Be in a safe environment.
- e. Share thoughts and feelings.

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User Responses: d. Be in a safe environment., e. Share thoughts and feelings.

Feedback: a. Rationale:
Share thoughts and feelings. The children will have a need to tell their story and how it affected them.

Be in a safe environment. Safety is still a concern of the children. In order for the debriefing to be effective, the students need to feel safe.

Be in a controlled environment. The nurse will establish an environment of trust and order.

Distribute educational information. The children are not ready to learn due to their emotions and feelings.

Assess the need for medications. Medication is not the focus after the incident. It is to assess the balancing factors.

Client Need: Synthesis

Nursing Process: Assessment

Client Need: Psychosocial Integrity and Safe, Effective Care Environment

15. **A nurse is teaching a client deep breathing. This is an effective relaxation technique because it:**

- a. Cleanses the cells.
- b. Causes tension through muscle relaxation.
- c. Raises awareness of breathing.
- d. Fully aerates the lungs and improves oxygenation.

Grade: 1

User Responses: d. Fully aerates the lungs and improves oxygenation.

Feedback: a. Rationale: Fully aerates the lungs and improves oxygenation. This promotes relaxation of the muscles. Cleansing the cells and raising breathing awareness are helpful, but do not promote relaxation. Deep breathing does not cause tension.

Client Need: Analysis

Nursing Process: Implementation

Client Need: Psychosocial Integrity

16. **Two sisters have run the family locksmith business since their father retired. A large truck hit their van, killing one sister and destroying most of their equipment. Multiple traumas (injury, death of a loved one, loss of business) increase the surviving sister's risk for unfavorable resolution to this crisis. Which of the following would be a balancing factor?**

- a. A large settlement from the insurance company
- b. Good health before the accident
- c. A cool head in stressful situations
- d. Support from her parents

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User Responses: d.Support from her parents

Feedback: a.Rationale: Support from parents is one of the balancing factors shown by research (Aguilera, 1998) to be important to the successful resolution of disequilibrium. Good health and financial resources may help rebuild the business, but are not protective factors. Stressful situations are not inherently crises.
Client Need: Application
Nursing Process: Assessment
Client Need: Psychosocial Integrity

17. **A client who is 49 years old has been making statements that life is too difficult and he does not want to be here anymore. His wife was diagnosed with cancer a year ago and has been told her cancer has metastasized. The primary nursing diagnosis for the client is:**
- a. Sleep Deprivation.
 - b. Risk for Self-Directed Violence.
 - c. Anxiety.
 - d. Spiritual Distress.

Grade: 0

User Responses: d.Spiritual Distress.

Feedback: a.Rationale: The client is making statements that refer to his perception of his life after finding out that his wife's cancer has spread. He is at risk for self-directed violence. The other diagnoses may be appropriate, but they would not be the primary diagnosis.
Client Need: Analysis
Nursing Process: Planning
Client Need: Psychosocial Integrity

18. **A nurse overhears other staff discussing a family who lost their business in a fire. "That family agrees on nothing; they are totally dysfunctional." Which of the following questions or statements by the nurse would facilitate increased understanding of the family's situation?**
- a. "The females in this family are experiencing more stress than the males."
 - b. "Are they ever able to resolve their disagreements?"
 - c. "Families who disagree are a challenge to therapists."
 - d. "Do I think I will be able to work effectively with this family?"

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Grade: 0

User Responses: d. "Do I think I will be able to work effectively with this family?"

Feedback: a. Rationale: Questioning the family's ability to resolve disagreements examines the possibility of healthy functioning, a balancing factor. Questioning the ability to work with the family focuses on the nurse rather than the family. The statements about which family member is experiencing more stress or that working with this family would be a challenge make assumptions and do not facilitate increased understanding.
Client Need: Analysis
Nursing Process: Implementation
Client Need: Psychosocial Integrity

19. **A client is weepy and dependent following a tornado that swept through his town. The client is no longer in danger but is just beginning to realize what has happened. This behavior is characteristic of Tyhurst's stage of:**
- a. Post-trauma.
 - b. Delay.
 - c. Recoil.
 - d. Impact.

Grade: 0

User Responses: d. Impact.

Feedback: a. Rationale: Recoil is the second stage in Tyhurst's model, when the person is just beginning to realize what happened. The behavior is reflective of the client's feeling that he/she is still in danger. The initial stage, or impact stage, is initiated by the disaster. Post-trauma is the third stage, in which the full impact of the losses becomes clear. Delay is not a stage.
Client Need: Analysis
Nursing Process: Assessment
Client Need: Psychosocial Integrity

20. **The nurse is working with a client who was the driver of a car in which a passenger was killed by a roadside sniper. The rationale for encouraging the client to keep a journal as part of the care plan is to:**
- a. Identify effective coping strategies for future reference.
 - b. Help the client to pay attention to other's feelings and thoughts.
 - c. Evaluate the effectiveness of group therapy.
 - d. Force the client to confront his feared situations.

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Grade: 0

User Responses: d.Force the client to confront his feared situations.

Feedback: a.Rationale: Identifying effective coping the client is using will help with the healing process. Forcing is never therapeutic. Paying attention to other's feelings and concerns is not realistic at this point. Journaling is not used to evaluate group therapy since everything said is confidential.
Client Need: Synthesis
Nursing Process: Implementation
Client Need: Psychosocial Integrity

21. **The nurse has completed the assessment of a client in crisis, and is developing the plan of care. Outcome criteria appropriate for this client will include:**

Select all that apply.

- a. The client will quickly accept reality.
- b. The client will use available social support.
- c. The client will be free from psychological stress.
- d. The client will ask for help when necessary.
- e. The client will use effective coping strategies.

Grade: 0

User Responses: d.The client will ask for help when necessary.,e.The client will use effective coping strategies.

Feedback: a.Rationale:
The client will use effective coping strategies. Assessment will identify the client's coping style, as well as effective and ineffective coping strategies. The nursing plan will support the client in recognizing and employing effective strategies.

The client will use available social support. People in crisis require immediate support, but often have limited support networks, or may need assistance accessing personal or community resources.

The client will ask for help when necessary. Cultural norms may inhibit asking for help. Strong situational supports can offer the client access to help.

The client will be free from psychological stress. The client going through a crisis will not be free of psychological stress; the outcome is unrealistic. Stress is part of every day living

The client will quickly accept reality. Accepting reality is a challenge for the client in the midst of a crisis and difficult to do quickly.

Client Need: Application
Nursing Process: Implementation
Client Need: Psychosocial Integrity

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22. A client survived a house fire 11 months ago. His wife, a lawyer, died 2 days after the fire. The client is considering going back to college to study law. This plan could be considered a turning point in his life. Identify which of the following may be a part of this new equilibrium.

Select all that apply.

- a. New problem-solving abilities
- b. Feelings of loneliness
- c. Personal growth
- d. Feelings of anxiety
- e. Better social network

Grade: 0

User Responses: d.Feelings of anxiety,e.Better social network

Feedback:

a.Rationale:

Personal growth. This is a positive outcome for a new equilibrium.

New problem-solving abilities. This is a positive outcome for a new equilibrium.

Better social network. This is a positive outcome for a new equilibrium.

Feelings of loneliness. This is a negative outcome as a result of unsuccessful negotiation of a crisis.

Feelings of anxiety. This is a negative outcome as a result of unsuccessful negotiation of a crisis.

Client Need: Analysis

Nursing Process: Assessment

Client Need: Psychosocial Integrity

23. A client whose shop was recently robbed asks the nurse how much longer life will “feel so crazy.” The nurse explains that a crisis is self-limiting because:
- a. The state of disequilibrium is so uncomfortable.
 - b. Communication with others is decreased.
 - c. The stress and pressure is exhausting.
 - d. It is always an emergency.

Grade: 0

User Responses: d.It is always an emergency.

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Feedback:

a.Rationale: The state of disequilibrium is so uncomfortable the crisis will resolve itself, concluding favorably or unfavorably. Emergencies, stress, and pressure do not, by themselves, equate to a crisis. Decreased communication with others is a common characteristic of crisis but is not a self-limiting factor.

Client Need: Application

Nursing Process: Assessment

Client Need: Psychosocial Integrity

24. **An individual survived an explosion at his worksite and exhibited stress-related symptoms. The man chose to work with crisis intervention professionals, increasing the likelihood of a positive outcome.**

This is an example of:

- a. Severe anxiety.
- b. A state of recovery.
- c. A vulnerable state.
- d. Primary prevention.

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User Responses:

d.Primary prevention.

Feedback:

a.Rationale: Crisis intervention is often called primary prevention for posttraumatic stress disorder. Recovery is a process, not a state. The man may have been anxious and vulnerable, but his action was to choose primary prevention.

Client Need: Synthesis

Nursing Process: Planning

Client Need: Psychosocial Integrity

Activity Name: Chapter 34 Pre Test

1. b. Achieve contact and secure safety.
2. a. Ask the firefighter to briefly describe what has just happened. and c. Ask what the firefighter sees as the most pressing problem. and d. Review and clarify what the firefighter is saying is the most pressing problem.
3. b. Help the client formulate a plan of action.
4. d. An inability to relax when off duty.
5. d. Pair up with another responder so that they may monitor each other's stress.
6. a. Rotate from high stress to lower stress areas. and d. Drink plenty of water and eat healthy snacks. and b. Stay in touch with their family and friends.
7. b. Sadness, grief, and anger are normal reactions.
8. c. Information and community resources for immediate assistance.
9. d. Relax each set of muscles progressively.
10. a. Situational crisis.
11. c. A state of disequilibrium.
12. d. Client will develop goals for retirement.
13. c. Focused on the client's strengths.
14. e. Share thoughts and feelings. and d. Be in a safe environment. and c. Be in a controlled environment.
15. d. Fully aerates the lungs and improves oxygenation.
16. d. Support from her parents
17. b. Risk for Self-Directed Violence.
18. b. "Are they ever able to resolve their disagreements?"
19. c. Recoil.
20. a. Identify effective coping strategies for future reference.
21. e. The client will use effective coping strategies. and b. The client will use available social support. and d. The client will ask for help when necessary.
22. c. Personal growth and a. New problem-solving abilities and e. Better social network
23. a. The state of disequilibrium is so uncomfortable.
24. d. Primary prevention.