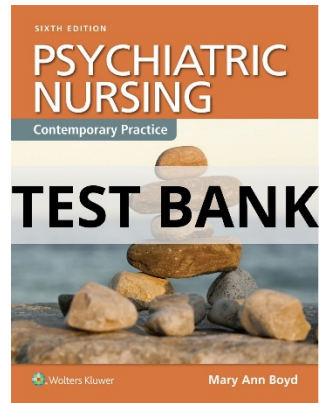


Test Bank For Psychiatric Nursing Contemporary Practice, 6th Edition Boyd

1. A group of nurses are reviewing information about the evolution of mental health care and are discussing the recommendations of the final report of the Joint Commission on Mental Illness and Health. The nurses demonstrate understanding of this information when they identify that the report recommended an increase in the:
 - A) number of mental health hospitals.
 - B) institutionalization of clients with mental health problems.
 - C) number of clinics supplemented by general hospital units.
 - D) use of psychotherapy by psychiatrists.
2. A nurse is reviewing the American Nurses Association's *Statement on Psychiatric Nursing Practice* published in 1967, which sanctioned the involvement of psychiatric–mental health nurses in the provision of holistic nursing care. Integrating knowledge of the various theories and views of mental health and illness, the nurse identifies which as most strongly linked to this holistic approach?
 - A) Sigmund Freud's psychoanalytic theory
 - B) Florence Nightingale's *Notes on Nursing*
 - C) Lavinia Lloyd Dock's *Materia Medica for Nurses*
 - D) Clifford Beers' *A Mind That Found Itself*
 - E) Hildegard Peplau's *Interpersonal Relations in Nursing*
3. A psychiatric-mental health nurse is preparing a presentation about key events and people that influenced the development of contemporary mental health and illness care. When describing the effects of World War II, which would the nurse most likely include?
 - A) People began to view mental illness as more commonplace and acceptable.
 - B) The biologic understanding of mental illness was almost fully developed.
 - C) Deinstitutionalization occurred in response to the community health movement.
 - D) Mental illnesses became categorized as psychoses or neuroses.
4. A nurse is presenting a discussion of the history of psychiatric–mental health nursing and its place within nursing history. Which would be **most** appropriate to include?
 - A) Certification for the psychiatric-mental health nursing specialty was first emphasized by Mary Adelaide Nutting.
 - B) Psychiatric nurses played a part in seeing that all deinstitutionalized clients got treatment at community mental health centers.
 - C) There is a historical link between the first nursing program to admit male students and the first training school for psychiatric nursing.
 - D) The first graduate program in psychiatric nursing was established in response to the publication of psychiatric nursing specialty journals.
5. When reviewing the evolution of mental health and illness care, which event is associated with mental disorders beginning to be viewed as illnesses requiring treatment?
 - A) Establishment of Pennsylvania Hospital in Philadelphia
 - B) Quaker establishment of asylums
 - C) Creation of the state hospital system



Test Bank For Psychiatric Nursing Contemporary Practice, 6th Edition Boyd

- D) Freud's views on the causes of mental illnesses
6. A psychiatric–mental health nurse is working on a committee that is developing programs that integrate the objectives for mental health and mental disorders, as identified in *Healthy People 2020*. Which type of program would be **least** appropriate?
- A) Single substance abuse treatment programs
 - B) Depression-screening programs for primary care providers
 - C) Mental health programs for the homeless population
 - D) Employment programs for those with serious mental illness
7. A nurse is describing the concept of evidence-based practice in psychiatric–mental health nursing to a group of colleagues. Which information would the nurse include as being important? (Select all that apply.)
- A) research findings
 - B) expert opinion
 - C) clinical experiences
 - D) client data
 - E) established routines
8. The following events are important in the development of psychiatric–mental health nursing practice. Which event occurred first?
- A) Publication of *Standards of Psychiatric-Mental Health Nursing* by the ANA
 - B) Publication of *Standards of Child and Adolescent Psychiatric and Mental Health Nursing Practice*
 - C) Establishment of the first graduate program in psychiatric nursing at Rutgers University
 - D) Publication of the first psychiatric nursing text, *Nursing Mental Disease*, by Harriet Bailey
9. A nurse is preparing a presentation about the current status of mental health services in the United States. Which statement would the nurse include as the **most** reflective of this status?
- A) “Mental health care in the United States is equally accessible to individuals.”
 - B) “Mental illness ranks second among conditions causing responsible for chronic disability.”
 - C) “Mental health care primarily focuses on the cure of mental illness.”
 - D) “Mental health care services are inadequate and fragmented.”
10. A group of nurses are reviewing the goals identified by the *New Freedom Commission on Mental Health*. The nurses demonstrate understanding of this report when they identify what as a goal?
- A) Mental health is viewed as an isolated component of overall health.
 - B) The consumer and family are the driving forces for mental health care.
 - C) Screening is of greater importance than assessment and referral for services.
 - D) Disparities in mental health services are maintained.

Test Bank For Psychiatric Nursing Contemporary Practice, 6th Edition Boyd

11. As part of a career day presentation to a group of nursing students, a psychiatric–mental health nurse plans to describe how this specialty developed. Which individual would the nurse describe as playing a major role in the development of specialty training programs for psychiatric nurses?
 - A) Mary Adelaide Nutting
 - B) Hildegard Peplau
 - C) Harriet Bailey
 - D) Linda Richards

12. A group of students is reviewing information about mental health care after World War II. The students demonstrate understanding of this information when they identify which action that took place as a result of the National Mental Health Act?
 - A) discovery of psychopharmacology
 - B) passage of the Hill-Burton Act
 - C) establishment of the National Institute of Mental Health
 - D) development of community mental health centers

13. When providing care to a client, the psychiatric–mental health nurse is implementing the therapeutic use of self. The nurse is applying the concepts based on the work of which individual?
 - A) Hildegard Peplau
 - B) Florence Nightingale
 - C) Dorothea Dix
 - D) Sigmund Freud

14. After teaching a group of nurses about the historical perspectives of mental health care, the presenter determines that the group has understood the information when they identify which as a common belief about mental illness during the later medieval period from 1000 to 1300?
 - A) Mental illness in an individual was the result of being possessed by demons.
 - B) A person was removed from a contaminated environment to protect him or her.
 - C) Exorcisms were used as primary mode of treatment to cleanse the person of his or her sins.
 - D) The focus was on moral treatment to promote the individual's safety and comfort.

15. A psychiatric–mental health nurse is implementing evidence-based practice. The nurse understands that this approach is developed by doing what first?
 - A) Conducting research
 - B) Identifying a clinical question
 - C) Determining outcomes
 - D) Collaborating with the client

Test Bank For Psychiatric Nursing Contemporary Practice, 6th Edition Boyd

16. A psychiatric-mental health nurse is describing the various programs offered by the local community mental health center. When explaining how these programs work, the nurse would emphasize which concept?
- A) autocratic leadership
 - B) paternalistic decision-making
 - C) complete autonomy
 - D) collaboration
17. A psychiatric-mental health nurse wants to use an evidence-based approach to care. Which action would the nurse do first?
- A) Analyze the evidence.
 - B) Define the clinical question.
 - C) Practically apply research findings.
 - D) Evaluate outcomes.
18. A psychiatric-mental health nurse is working a booth at a local community college job fair. One of the participants comes to the booth and asks the nurse about the different types of conditions for which psychiatric-mental health nurses provide care. Which condition would the nurse most likely include in the response? (Select all that apply.)
- A) Issues involving self-mutilation
 - B) Self-esteem issues related to loss of a limb
 - C) Problems associated with family or group isolation
 - D) Substance use disorders
 - E) High health literacy issues for adherence

Answer Key

1. C
2. B
3. A
4. C
5. A
6. A
7. A, B, C, D
8. D
9. D
10. B
11. B
12. C
13. A
14. B
15. B
16. D
17. B
18. A, B, C, D

1. As part of a class activity, nursing students are engaged in a small-group discussion about the epidemiology of mental illness. Which statement best explains the importance of epidemiology in understanding the impact of mental disorders? Epidemiology:
 - A) helps promote understanding of the patterns of occurrence associated with mental disorders.
 - B) helps explain research findings about the neurophysiology that causes mental disorders.
 - C) provides a thorough theoretical explanation of why specific mental disorders occur.
 - D) predicts when a specific psychiatric client will recover from a specific mental disorder.

2. A nurse is working in a community mental health center that provides care to a large population of people of Asian descent. When developing programs for this community, which would be **most** important for the nurse to address?
 - A) public stigma
 - B) self-stigma
 - C) label avoidance
 - D) negative life events

3. A nursing student is assigned to care for a client diagnosed with schizophrenia. When talking about this client in a clinical postconference, the student would use which terminology when referring to the client?
 - A) Committed client
 - B) Schizophrenic
 - C) Schizophrenic client
 - D) Person with schizophrenia

Test Bank For Psychiatric Nursing Contemporary Practice, 6th Edition Boyd

4. A nurse is reviewing journal articles about major depression. One of the articles describes the number of persons newly diagnosed with the disorder during the past year. The nurse interprets this as which data?
 - A) rate
 - B) prevalence
 - C) point prevalence
 - D) incidence

5. While working in a community mental health treatment center, a nurse overhears one of the receptionists saying that one of the clients is “really psycho.” Later in the day, the nurse talks with the receptionist about the comment. This action by the nurse demonstrates an attempt to address which issue?
 - A) lack of knowledge
 - B) public stigma
 - C) label avoidance
 - D) self-stigma

6. After educating a group of students on mental health and mental illness, the instructor determines that the education was successful when the group identifies what as reflecting mental disorders?
 - A) capacity to interact with others
 - B) ability to deal with ordinary stress
 - C) alteration in mood or thinking
 - D) lack of impaired functioning

7. A nurse is preparing a presentation for a local community group about mental disorders and plans to include how mental disorders are different from medical disorders. Which statement would be **most** appropriate for the nurse to include?
 - A) “Mental disorders are defined by an underlying biological pathology.”
 - B) “Numerous laboratory tests are used to aid in the diagnosis of mental disorders.”
 - C) “Clusters of behaviors, thoughts, and feelings characterize mental disorders.”
 - D) “Manifestations of mental disorders are within normal, expected parameters.”

8. A nurse is explaining recovery to the family of a client diagnosed with a mental disorder. Which statement about this process would be **most** appropriate for the nurse to include?
 - A) It is a step-by-step process from being ill to being well.
 - B) “The client focuses mainly on the emotional aspects of his condition.”
 - C) “The client is helped to live a meaningful life to his fullest potential.”
 - D) “Although peer support is important, the self-acceptance is essential.”

Test Bank For Psychiatric Nursing Contemporary Practice, 6th Edition Boyd

9. A psychiatric–mental health nurse is preparing a presentation about recovery for a group of newly hired nurses at a mental health facility. Which concept would the nurse identify as crucial to recovery?
- A) self-direction
 - B) peer support
 - C) respect
 - D) hope
10. After teaching a group of nursing students about recovery, the instructor determines that more education is needed when the group identifies what as a characteristic?
- A) self-direction in life
 - B) improvement in health and wellness
 - C) achievement of full potential
 - D) one-time change situation
11. When describing the treatment of mental illness, what would a nurse identify as the primary goal?
- A) functional status
 - B) stigma reduction
 - C) stress reduction
 - D) recovery
12. A nurse is working as part of a multidisciplinary team and developing a plan of care for a client who is receiving recovery-oriented treatment. Which would the nurse integrate into this plan?
- A) Focusing primarily on the mind
 - B) Limiting support from others
 - C) Using hope as motivation
 - D) Avoiding underlying trauma
13. A nurse is assessing a client to evaluate the client's mental health and wellness. Applying the eight dimensions of wellness, which would the nurse identify as reflecting emotional wellness?
- A) Finding ways to expand creative abilities
 - B) Recognizing the need for sleep and nutrition
 - C) Searching for meaning in life
 - D) Developing skills for dealing with stress
14. Which would be a major barrier affecting the treatment of individuals with mental health problems?
- A) lack of diagnostic criteria
 - B) inability to obtain epidemiologic data
 - C) stigma associated with mental health problems
 - D) limited hope for recovery

15. Which statement **best** reflects measures to address public stigma?
- A) "The client with schizophrenia needs additional assistance."
 - B) "The bipolar in room 222 is really out of control today."
 - C) "That client down the hall is a raving maniac."
 - D) "That hyperactive client is acting like a psycho."
16. Which would be used to document a specific pattern of symptoms that occurs within a community?
- A) cultural syndrome
 - B) stigma
 - C) wellness
 - D) stereotype
17. When assessing a client with a mental illness, a nurse determines that the client is experiencing label avoidance when the client states:
- A) "I'm at the cause of my illness."
 - B) "I'll never be able to function in the world."
 - C) "I'm as crazy as everybody thinks I am."
 - D) "I really don't need to see anyone."
18. A nurse is describing the four dimensions of recovery to a group of new psychiatric-mental health nurses. Which dimension is the nurse describing when addressing relationships and social networks?
- A) health
 - B) home
 - C) purpose
 - D) community
19. A nurse is reading a journal article about epidemiologic research and mental illness. Which mental health condition would the nurse expect to be projected as the leading burden of disease worldwide by the year 2030?
- A) depression
 - B) anxiety
 - C) substance abuse
 - D) anorexia nervosa

Answer Key

1. A
2. C
3. D
4. D
5. B
6. C
7. C
8. C
9. D
10. D
11. D
12. C
13. D
14. C
15. A
16. A
17. D
18. D
19. A

1. When reviewing several studies about Hispanic Americans and their use of mental health care facilities, the nurse notes that this cultural group tends to use all other resources before seeking help from mental health professionals. Which of the following would the nurse identify as a reason for this belief about many mental health facilities?
 - A) They require periods of hospitalization.
 - B) They do not provide 24-hour emergency services.
 - C) They are not reimbursed by third-party payers.
 - D) They do not accommodate their cultural needs.

2. A nurse is preparing a presentation about mental health problems associated with specific cultural groups. When describing mental health problems associated with Asian Americans, Polynesians, and Pacific Islanders, the nurse would address high rates of which of the following?
 - A) Schizophrenia
 - B) Manic disorders
 - C) Dementia
 - D) Suicide

3. A psychiatric–mental health nurse is conducting an in-service program about cultural competence for a group of nurses who work in the community providing care to patients of different cultures. The nurse determines that additional teaching is needed when the group identifies which action as being culturally competent?
 - A) Demonstrating a genuine interest in the client
 - B) Avoiding assumptions about the client's culture
 - C) Speaking to the clients in English using simple words

Test Bank For Psychiatric Nursing Contemporary Practice, 6th Edition Boyd

- D) Acquiring information about the client's country
4. A psychiatric–mental health nurse working in a Veterans Administration medical center is meeting with a military wife who is Asian American. The woman will be joining a support group for wives of veterans who have posttraumatic stress disorder. When asking the wife to describe her husband's mental health problems, which response would the nurse **most** likely expect to hear?
- A) "Oh, he just has a vitamin deficiency. It runs in his family."
 - B) "I know the war messed his mind up. He'll never be the same."
 - C) "Sometimes he hallucinates that he is back in Vietnam."
 - D) "He just stays to himself; he never talks to me about what is bothering him."
5. A psychiatric–mental health nurse is working with a client who is being treated for depression. Which statement by the client would indicate that the client's spirituality is intact?
- A) "My church friends came to visit me this past Sunday afternoon."
 - B) "Nothing will ever be the same again; my life is not worth living."
 - C) "I know I am as well off as I can be under the circumstances."
 - D) "I know God must be punishing me for all my sins."
6. A client is being treated for prostate cancer; his prognosis is very poor. The client has a strong faith, and he has been active in his church for many years. He is concerned about his health and the challenges he faces as his cancer progresses. Which comment by the nurse reflects the **most** appropriate spiritual nursing intervention for the client?
- A) "I'll take you to visit my church if you can get a pass."
 - B) "You have to belong to the same church I do if you're going to go to heaven."
 - C) "Would you like me to bring you a guided imagery audiotape?"
 - D) "We can pray together if you'd like."
7. A psychiatric–mental health nurse is educating a class at a community health center on social factors associated with mental illness. When describing the influence of poverty and effects of the downward economic spiral on mental health, which population would the nurse identify as being the most at risk?
- A) older adults
 - B) individuals with physical disabilities
 - C) single-parent families
 - D) homeless individuals
8. During an assessment, a client states, "We rely on our large extensive family for moral support and help and we treat our elders with a great deal of respect. If someone gets sick, the family takes care of him." The nurse interprets this as indicating:
- A) Acculturation.
 - B) Cultural identity.
 - C) Cultural competence.
 - D) Linguistic competence.