

# **Varcarolis: Essentials of Psychiatric Mental Health Nursing**

## **Test Bank**

### **Chapter 1: Practicing the Science and Art of Psychiatric Nursing**

#### **MULTIPLE CHOICE**

1. As a nurse escorts a patient who is being discharged after treatment for major depression, the patient gives the nurse a necklace with a heart pendant and says, "Thank you for helping mend my broken heart." Which is the nurse's best response?
  - a. "Accepting gifts violates the policies and procedures of the facility."
  - b. "I'm glad you feel so much better now. Thank you for the beautiful necklace."
  - c. "I'm glad I could help you, but I can't accept the gift. My reward is seeing you with a renewed sense of hope."
  - d. "Helping people is what nursing is all about. It's rewarding to me when patients recognize how hard we work."

ANS: C

Accepting a gift creates a social rather than therapeutic relationship with the patient and blurs the boundaries of the relationship. A caring nurse will acknowledge the patient's gesture of appreciation, but the gift should not be accepted.

DIF: Cognitive Level: Analysis

REF: Pages: 6-7

TOP: Nursing Process: Implementation

MSC: NCLEX: Safe, Effective Care Environment

2. A patient is hospitalized for depression and suicidal ideation after the spouse asks for a divorce. Which is the nurse's most caring comment?
  - a. "I understand why you're so depressed. When I got divorced, I was devastated too."
  - b. "Let's work together to find ways other than suicide to cope with this problem."
  - c. "How did you get so depressed that hospitalization was necessary?"
  - d. "You should forget about your marriage and move on with your life."

ANS: B

The nurse's communication should evidence caring and a commitment to work with the patient. This commitment lets the patient know the nurse will help. Probing and advice are not helpful or therapeutic interventions.

DIF: Cognitive Level: Application

REF: Pages: 6-8

TOP: Nursing Process: Implementation

MSC: NCLEX: Psychosocial Integrity

3. At shift change report, the off-going nurse criticizes a patient who wears excessive makeup. Which comment by the nurse receiving report best demonstrates advocacy?
  - a. "Let's all show acceptance of this patient by wearing lots of makeup too."
  - b. "This is a psychiatric hospital. Crazy is what we are all about."
  - c. "Your comments are inconsiderate and inappropriate. Keep the report objective."
  - d. "Our patients need our help to learn behaviors that will help them get along in

society.”

ANS: D

Accepting patients' needs for self-expression and seeking to teach skills that will contribute to their well-being demonstrate respect and are an important part of advocacy. The on-coming nurse needs to take action so others are not prejudiced against the patient. Humor can be appropriate within the privacy of a shift report, but not at the expense of respect for patients. Judging the off-going nurse in a critical way will create conflict. Nurses must show compassion for each other.

DIF: Cognitive Level: Application

REF: Page: 8

TOP: Nursing Process: Implementation

MSC: NCLEX: Safe, Effective Care Environment

4. A nurse assesses a newly admitted patient with depression. Which statement is an example of “attending”?
- “We all have stress in life. Being in a psychiatric hospital isn’t the end of the world.”
  - “Tell me why you felt you had to be hospitalized for treatment of your depression.”
  - “You’ll feel better after we get some antidepressant medication started for you.”
  - “I’d like to sit here for a while and help you begin to feel secure talking to me.”

ANS: D

Attending is a technique that demonstrates the nurse’s commitment to the relationship and reduces feelings of isolation. This technique shows respect for the patient and demonstrates caring. Generalizations, probing, and false reassurance are nontherapeutic.

DIF: Cognitive Level: Application

REF: Page: 8

TOP: Nursing Process: Implementation

MSC: NCLEX: Psychosocial Integrity

5. A patient shows the nurse an article from the Internet about a health problem. Which characteristic of the website’s address most alerts the nurse that the site may have biased and prejudiced information?
- Address ends in “.org”
  - Address ends in “.com”
  - Address ends in “.gov”
  - Address ends in “.net”

ANS: B

Financial influences on a site are a clue that the information may be biased. “Com” at the end of the address indicates that the site is a commercial one. “Gov” indicates the site is maintained by a government entity. “Org” indicates the site is nonproprietary; the site may or may not have reliable information, but it does not profit from its activities. “Net” can have multiple meanings.

DIF: Cognitive Level: Comprehension  
Evaluation

REF: Page: 5

TOP: Nursing Process:

MSC: NCLEX: Health Promotion and Maintenance

6. A nurse says, "When I was in school I learned to call upset patients by name to get their attention, but I've just read a descriptive research study that says that it doesn't work. I'm going stop calling patients by name." Which error is evident in this nurse's comment?
- One descriptive research study rarely provides enough evidence to change practice.
  - Staff nurses apply new research findings only with help from clinical nurse specialists.
  - New research findings must be incorporated into clinical algorithms before use in practice.
  - The nurse misinterpreted the results of the study. Classic tenets of practice do not change.

ANS: A

Descriptive research findings provide evidence for practice, but must be viewed in relation to other studies before practice changes. One study is not enough. Descriptive studies are low on the hierarchy of evidence. Clinical algorithms use flow charts to manage problems and do not specify one response to a clinical problem. Classic tenets of practice should change as research findings provide evidence for change.

DIF: Cognitive Level: Analysis  
Evaluation

REF: Pages: 4-5 TOP: Nursing Process:

MSC: NCLEX: Health Promotion and Maintenance

7. Two nursing students discuss their career plans after graduation. One student wants to enter psychiatric nursing. The other student asks, "Why would you want to be a psychiatric nurse? The only thing they do is talk. You'll lose all your skills." Select the best response.
- "Psychiatric nurses practice in safer environments than other specialties. Nurse-to-patient ratios must be better because of the nature of patients' problems."
  - "Psychiatric nurses use complex communication skills as well as critical thinking to solve multidimensional problems. I'm challenged by those situations."
  - "I think I'll be good in the mental health field. I don't like clinical rotations in school, so I don't want to continue them after I graduate."
  - "Psychiatric nurses don't have to deal with as much pain and suffering as medical-surgical nurses do. That appeals to me."

ANS: B

The practice of psychiatric nursing requires a different set of skills than medical-surgical nursing, though there is substantial overlap. Psychiatric nurses must be able to help patients with medical as well as mental health problems, reflecting the holistic perspective these nurses must have. Nurse-patient ratios and workloads in psychiatric settings have increased, just like other specialties. Psychiatric nursing involves clinical practice, not just documentation. Psychosocial pain is real and can cause as much suffering as physical pain.

DIF: Cognitive Level: Application

REF: Pages: 7-8

TOP: Nursing Process: Implementation

MSC: NCLEX: Safe, Effective Care Environment

8. Which research evidence would most influence a group of nurses to change their practice?
- Expert committee report of recommendations for practice
  - Systematic review of randomized controlled trials
  - Nonexperimental descriptive study
  - A critical pathway

ANS: B

Research findings are graded using a hierarchy of evidence. A systematic review of randomized controlled trials is Level A and provides the strongest evidence for changing practice. Expert committee recommendations and descriptive studies lend less powerful and influential evidence. A critical pathway is not evidence; it incorporates research findings after they have been analyzed.

DIF: Cognitive Level: Application  
Analysis

REF: Page: 4

TOP: Nursing Process:

MSC: NCLEX: Safe, Effective Care Environment

9. A bill is introduced in Congress that would reduce funding for care of people with mental illness. A group of nurses write letters to their elected representatives in opposition to the legislation. Which role have the nurses fulfilled?
- Advocacy
  - Attending
  - Recovery
  - Evidence-based practice

ANS: A

An advocate defends or asserts another's cause, particularly when the other person lacks the ability to do that for himself or herself. Examples of individual advocacy include helping patients understand their rights or make decisions. On a community scale, advocacy includes political activity, public speaking, and publication in the interest of improving the individuals with mental illness, the letter-writing campaign advocates for that cause on behalf of patients who are unable to articulate their own needs.

DIF: Cognitive Level: Comprehension

REF: Page: 8

TOP: Nursing Process: Implementation

MSC: NCLEX: Safe, Effective Care Environment

10. An informal group of patients discuss their perceptions of nursing care. Which comment best indicates a patient perceived the nurse was caring?
- "My nurse always asks me which type of juice I want to help me swallow my medication."
  - "My nurse explained my treatment plan to me and asked for my ideas about how to make it better."
  - "My nurse told me that if I take all the medicines the doctor prescribes, then I'll get discharged soon."
  - "My nurse spends time listening to me talk about my problems. That helps me feel like I'm not alone."

ANS: D

Caring evidences empathic understanding as well as competency. It helps change pain and suffering into a shared experience, creating a human connection that alleviates feelings of isolation. The remaining options give examples of statements that demonstrate advocacy or giving advice.

DIF: Cognitive Level: Application      REF: Pages: 6-8      TOP: Nursing Process: Evaluation  
MSC: NCLEX: Psychosocial Integrity

11. A patient whose ethnicity differs from that of the nurse has been diagnosed with schizophrenia. The patient takes an antipsychotic medication for 3 weeks but shows no improvement. Which resource should the treatment team consult for information on more effective medications for this patient?
- A clinical algorithm
  - A clinical pathway
  - A clinical practice guideline
  - International Statistical Classification of Diseases and Related Health Problems (ICD)*

ANS: A

A clinical algorithm is a guideline that describes diagnostic and/or treatment approaches drawn from large databases of information. These guidelines help the treatment team make decisions cognizant of an individual patient's needs, such as ethnic origin, age, or gender. A clinical pathway is a map of interventions and treatments related to a specific disorder. Clinical practice guidelines summarize best practices about specific health problems. The ICD classifies diseases.

DIF: Cognitive Level: Application      REF: Page: 5      TOP: Nursing Process: Evaluation  
MSC: NCLEX: Physiological Integrity

12. Which nursing leader helped focus practice to recognize the importance of science in psychiatric nursing?
- Florence Nightingale
  - Hildegard Peplau
  - Kris Martinsen
  - Harriet Bailey

ANS: B

Although all these leaders included science as an important component of practice, Hildegard Peplau most influenced its development in psychiatric nursing. Nightingale was a generalist and saw the early importance of evidence-based practice. Bailey wrote a textbook in the 1930s on psychiatric nursing interventions. Kris Martinsen emphasized the importance of caring in nursing practice.

DIF: Cognitive Level: Knowledge      REF: Page: 3 | Page: 6  
TOP: Nursing Process: N/A      MSC: NCLEX: Psychosocial Integrity

13. Which outcome, focused on recovery, would be expected in the plan of care for a patient living in the community with serious and persistent mental illness? Within 3 months, the patient will:
- deny suicidal ideation.
  - report a sense of well-being.
  - take medications as prescribed.
  - attend clinic appointments on time.

ANS: B

Recovery emphasizes managing symptoms, reducing psychosocial disability, and improving roles performance. The goal of recovery is to empower individuals with mental illness to achieve a sense of meaning and satisfaction in life and to function at the highest possible level of wellness. The remaining options focus on the classic medical model, rather than recovery.

DIF: Cognitive Level: Application REF: Page: 3

TOP: Nursing Process: Outcomes Identification

MSC: NCLEX: Health Promotion and Maintenance

### **MULTIPLE RESPONSE**

1. An experienced nurse says to a new graduate, "When you've practiced as long as I have, you'll instantly know how to take care of psychotic patients." What is the new graduate's best analysis of this comment? (More than one answer is correct.)
- The experienced nurse may have lost sight of patients' individuality, which may compromise the integrity of practice.
  - New research findings must be continually integrated into a nurse's practice to provide the most effective care.
  - Experience provides mental health nurses with the tools and skills needed for effective professional practice.
  - Experienced psychiatric nurses have learned the best ways to care for psychotic patients through trial and error.
  - Effective psychiatric nurses should be continually guided by an intuitive sense of patients' needs.

ANS: A, B

Evidence-based practice involves using research findings to provide the most effective nursing care. Evidence is continually emerging, so nurses cannot rely solely on experience. The effective nurse also maintains respect for each patient as an individual. Overgeneralization compromises that perspective. Intuition and trial and error are unsystematic approaches to care.

DIF: Cognitive Level: Application

REF: Page: 3 | Pages: 6-7

TOP: Nursing Process: Analysis

MSC: NCLEX: Safe, Effective Care Environment

2. A group of nurses want to integrate evidence-based practice into a facility's clinical pathways. Sequence these steps in the correct order the nurses would apply them.
- Acquire findings from published literature.

- b. Apply the research findings to clinical practice.
- c. Assess the outcomes of using new research findings.
- d. Ask questions to identify clinical problems that should be changed.
- e. Appraise published literature to determine its validity, relevance, and applicability.

ANS: A, B, C, D, E

Integrating evidence-based practice is a multistep process rather than a single change event. Each step must proceed in order when it is integrated into a clinical environment.

DIF: Cognitive Level: Application

REF: Page: 4

TOP: Nursing Process:

Planning

MSC: NCLEX: Safe, Effective Care Environment