

Test Bank Questions, Chapter 1, Foundations of Psychiatric–Mental Health Nursing

1. The nurse is assessing a newly admitted client with cholecystitis. When performing the admission assessment, which statement by the client is an indicator of optimal mental health?
- A. "I don't need anyone in my life, I manage well on my own."
 - B. "I practice yoga regularly since it helps manage any stress I am feeling."
 - C. "My family has several people with mental health problems."
 - D. "I had a history of alcohol use disorder and have been sober for 2 months."

Answer: B

Rationale: Individual factors influencing mental health include coping or stress management abilities. Interpersonal factors such as intimacy and a balance of separateness and connectedness are both needed for good mental health, and therefore a healthy person would need others for companionship. A family history of mental illness could relate to the biologic makeup of an individual, which may have a negative impact on an individual's mental health. A recent history of the use of maladaptive coping mechanisms such as alcohol does not indicate that the client is mentally healthy.

Question format: Multiple Choice

Chapter 1: Foundations of Psychiatric–Mental Health Nursing

Cognitive Level: Apply

Client Needs: Safe and Effective Care Environment: Management of Care

Integrated Process: Communication and Documentation

Learning Objective: 1

Reference: p. 2, Mental Health and Mental Illness,

2. The nurse is performing an admission assessment for a client admitted to the behavioral health unit. Which social/cultural category will the nurse document that

may be contributing to the client’s degree of mental illness? Select all that apply.

- A. The client is unable to find work and does not have enough money for housing.
- B. The client states that they are discriminated against due to their country of origin.
- C. The client attributes life’s problems to being without family support.
- D. The client reports being unable to find anything meaningful within their life.
- E. The client reports not belonging anywhere and is without family support.

Answer: A, B

Rationale: Social or cultural categories relate to a lack of resources, poverty, negative view of the world, and discrimination and may result in isolation and violent or criminal behavior. The client that attributes life’s problems to being without family support is not able to find meaning in life. Being without support is interpersonal determinant of mental illness.

Question format: Multiple Select

Chapter 1: Foundations of Psychiatric–Mental Health Nursing

Cognitive Level: Analyze

Client Needs: Safe and Effective Care Environment: Management of Care

Integrated Process: Nursing Process

Learning Objective: 1

Reference: p. 2, Mental Illness

3. A client grieving the recent loss of a spouse, asks, “Am I becoming mentally ill? I feel so sad” Which is the nurse’s **best** response?

- A. “You may have a temporary mental illness because you are experiencing so much pain.”
- B. “You are not mentally ill. This is an expected reaction to the loss you have experienced.”
- C. “Were you generally dissatisfied with your relationship before your husband’s death?”
- D. “Try not to worry about that right now. You never know what the future brings.”

Answer: B

Rationale: Acute grief reactions are expected and therefore not considered mental illness. Downplaying the client's grief does not appropriately address the client's concerns. The quality of the relationship does not determine the presence of absence of mental illness.

Question format: Multiple Choice

Chapter 1: Foundations of Psychiatric–Mental Health Nursing

Cognitive Level: Apply

Client Needs: Psychosocial Integrity

Integrated Process: Communication and Documentation

Learning Objective: 1

Reference: p. 2, Mental Health and Mental Illness

4. The nurse is using the *DSM-5-TR* for a newly admitted client diagnosed with bipolar I disorder. Which information will the nurse obtain to assist with the use of this resource?

- A. Devise a plan of care for a newly admitted client
- B. Predict the client's prognosis of treatment outcomes
- C. Document the appropriate diagnostic code in the client's medical record
- D. Use as a guide for client assessment

Answer: D

Rationale: The *DSM-5-TR* provides standard nomenclature, presents defining characteristics, and identifies underlying causes of mental disorders. It does not provide care plans or prognostic outcomes of treatment. The *DSM-5-TR* does not provide coding for record-keeping or billing purposes.

Question format: Multiple Choice

Chapter 1: Foundations of Psychiatric–Mental Health Nursing

Cognitive Level: Apply

Client Needs: Safe and Effective Care Environment: Management of Care

Integrated Process: Communication and Documentation

Learning Objective: 2

Reference: p. 2, Mental Illness

5. A client with the inability to work due to relapsing schizophrenia is receiving Social Security Benefits. Which benefit will this provide to the client experiencing serious mental illness?

- A. The client will be able to maintain some level of independence financially.
- B. The client will have the option to only obtain inpatient treatment.
- C. The client will be able to pay all of their bills as well as purchase medication.
- D. The client will have the ability to obtain psychiatric service regardless of setting.

Answer: A

Rationale: Federal legislation was passed to provide an income for disabled persons: supplemental security income (SSI) and Social Security disability income (SSDI). This allowed people with severe and persistent mental illness to be more independent financially and to not rely on family for money. This does not prevent the client in acute crisis from a relapse from being admitted to the inpatient setting if they are at risk of harm to self or others. Social security is limited and the client may still have some degree of financial difficulty. The client may be limited to state owned facilities and not be able to seek treatment at a private facility. This does not dictate to the client the level of care offered to the client.

Question format: Multiple Choice

Chapter 1: Foundations of Psychiatric–Mental Health Nursing

Cognitive Level: Apply

Client Needs: Safe and Effective Care Environment: Management of Care

Integrated Process: Nursing Process

Learning Objective: 3

Reference: p. 4, Development of Psychopharmacology

6. The nurse working in the ED of an urban hospital notifies the manager that there are several clients with mental health disorders still present in the ED that have been there over 48 hours. Which issue related to this phenomenon does the nurse discuss with the manager?

- A. Temporary detaining orders for clients
- B. Decision to practice boarding
- C. The revolving door for clients
- D. The cost of holding clients in the ED for over 48 hours

Answer: B

Rationale: The practice of boarding is frustrating to health care personnel in EDs since it may interfere with the acute care and emergencies that are required in that setting. Clients become dissatisfied with care, and their families feel as though clients are not receiving the care needed to move through the crisis and some believe an increase in suicide. Provision of an adequate number of psychiatric inpatient beds could better meet the needs of clients and might even decrease homelessness, incarceration, and violence. The revolving door phenomenon is the increase in short-stay admissions repeatedly. Having to obtain a temporary detaining order improves the transition into inpatient care. Cost is not the immediate issue of the nurse.

Question format: Multiple Choice

Chapter 1: Foundations of Psychiatric–Mental Health Nursing

Cognitive Level: Apply

Client Needs: Safe and Effective Care Environment: Management of Care

Integrated Process: Communication and Documentation

Learning Objective: 4

Reference: p. 3–4, Mental Illness in the 21st Century

7. The nurse is working in an inpatient mental health facility and caring for several clients. Which client is most likely to experience the revolving door phenomenon?

- A. A client living with both parents that adheres to prescribed medication regimen

- B. A client with a dual diagnosis of heroin use disorder and bipolar I disorder
- C. A client that has depression on antidepressants receiving electroconvulsive therapy.
- D. A client with an acute situational crisis due to a natural disaster

Answer: B

Rationale: A client with a dual diagnosis including a substance use disorder and a mood disorder is most likely to continue to require inpatient services. Many people have a dual problem of both severe mental illness and a substance use disorder. Use of alcohol and drugs exacerbates symptoms of mental illness, again making rehospitalization more likely. Substance use disorders cannot be dealt within 3 to 5 days typical for admissions in the current managed care environment. A client adhering to a medication regimen and having family support will not likely require readmission frequently. A client with depression and receiving electroconvulsive therapy may receive this on an outpatient basis and not require admission. An acute situational crisis will pass over a period of time with appropriate cognitive behavioral therapy that is used on an outpatient basis.

Question format: Multiple Choice

Chapter 1: Foundations of Psychiatric–Mental Health Nursing

Cognitive Level: Analyze

Client Needs: Safe and Effective Care Environment: Management of Care

Integrated Process: Nursing Process

Learning Objective: 4

Reference: p. 4, Revolving Door

8. The nurse is caring for clients in an outpatient facility for those that have persistent or severe mental health disorders. Which factor(s) does the nurse assess that indicates the outcome of nontreatment of this client population? Select all that apply.

- A. Seeking assistance from other mental health providers
- B. Criminal behavior and incarceration

- C. Deterioration of personal relationships
- D. Worsening of the untreated mental health disorder
- E. Physical health disorders

Answer: B, C, D, E

Rationale: Nontreatment of mental health disorders will cause many factors to surface since the underlying disorder is not being controlled with medication, therapy, or support. Criminal behavior and incarceration may occur since the behavior may include taking risks that would be otherwise controlled with medication and therapy. The deterioration of relationships with friends and family will occur through self-isolation or that others may not want to be around the escalating mentally ill client. Without treatment, the condition will worsen until the client is not able to function within societal norms. Since the client is not able to care for their mental health, they will be unlikely to care for their physical needs. Seeking assistance from other mental health providers would indicate the client is attending to their mental health needs.

Question format: Multiple Select

Chapter 1: Foundations of Psychiatric–Mental Health Nursing

Cognitive Level: Apply

Client Needs: Physiological Integrity: Basic Care and Comfort

Integrated Process: Nursing Process

Learning Objective: 4

Reference: p. 5, Community-Based Care

9. Which significant change in the treatment of people with mental illness occurred in the 1950s?
- A. Community support services were established.
 - B. Legislation dramatically changed civil commitment procedures.
 - C. The Patient’s Bill of Rights was enacted.
 - D. Psychotropic drugs became available for use.

Answer: D

Rationale: The development of psychotropic drugs, or drugs used to treat mental illness, began in the 1950s. Community support, client rights, and commitment procedures were addressed more directly in later decades.

Question format: Multiple Choice

Chapter 1: Foundations of Psychiatric–Mental Health Nursing

Cognitive Level: Understand

Client Needs: Safe and Effective Care Environment: Management of Care

Integrated Process: Nursing Process

Learning Objective: 3

Reference: p. 4, Development of Psychopharmacology

10. Prior to the period of the enlightenment, which treatment of the mentally ill was prevalent?

- A. Creating large institutions to provide custodial care
- B. Focusing on religious education to improve their souls
- C. Placing the mentally ill on display for the public's amusement
- D. Providing a safe refuge or haven offering protection

Answer: C

Rationale: In 1775, visitors at St. Mary of Bethlehem were charged a fee for viewing and ridiculing the mentally ill, who were seen as animals, less than human. Custodial care was not often provided as persons who were considered harmless were allowed to wander in the countryside or live in rural communities, and more dangerous lunatics were imprisoned, chained, and starved. In early Christian times, primitive beliefs and superstitions were strong. The mentally ill were viewed as evil or possessed. Priests performed exorcisms to rid evil spirits, and in the colonies, witch hunts were conducted with offenders burned at the stake. It was not until the period of enlightenment when persons who were mentally ill were offered asylum as a safe refuge or haven offering protection at institutions.

Question format: Multiple Choice

Chapter 1: Foundations of Psychiatric–Mental Health Nursing

Cognitive Level: Remember

Client Needs: Safe and Effective Care Environment: Management of Care

Integrated Process: Nursing Process

Learning Objective: 3

Reference: p. 3–4, Period of Enlightenment and Creation of Mental Institutions

11. The nurse is caring for a young adult client that is unable to work due to chronic schizophrenia and the inability to procure the required medications for treatment. Which referral to the case manager will the nurse make to assist the client in obtaining the needed medications?

- A. Social Security Administration
- B. A private insurance company
- C. Medicaid services
- D. Permanent inpatient psychiatric placement

Answer: C

Rationale: The nurse will make a referral to Medicaid services so that the client will be able to purchase medications. Medicaid is jointly funded by the federal and state governments and covers low-income individuals and families. Medicaid covers people receiving either SSI or SSDI until they reach 65 years of age, though people receiving SSDI are not eligible for 24 months. Social security will take some time for approval so that the client will be able to receive Medicare benefits. This may be denied until a proven need is provided. Permanent placement in an inpatient psychiatric facility is not warranted if the client is able to care for themselves in the community. The client that is not working will not be able to afford private insurance.

Question format: Multiple Choice

Chapter 1: Foundations of Psychiatric–Mental Health Nursing

Cognitive Level: Apply

Client Needs: Safe and Effective Care Environment: Management of Care

Integrated Process: Communication and Documentation

Learning Objective: 2

Reference: p. 6, Cost Containment and Managed Care

12. A client is experiencing a “revolving door effect” due to their mental health disorder. Which is the meaning behind this phenomenon?

- A. An overall reduction in incidence of severe mental illness
- B. Shorter and more frequent hospital stays for persons with severe and persistent mental illness
- C. Flexible treatment settings for the mentally ill
- D. Most effective and least expensive treatment settings

Answer: B

Rationale: The revolving door effect refers to shorter, but more frequent, hospital stays. Clients are quickly discharged into the community where services are not adequate; without adequate community services, clients become acutely ill and require rehospitalization. The revolving door effect does not refer to flexible treatment settings for the mentally ill. This phenomenon is known to be costly and inefficient. The revolving door effect does not relate to the incidence of severe mental illness; it is associated with the ongoing treatment of chronic illness.

Question format: Multiple Choice

Chapter 1: Foundations of Psychiatric–Mental Health Nursing

Cognitive Level: Remember

Client Needs: Safe and Effective Care Environment: Management of Care

Integrated Process: Communication and Documentation

Learning Objective: 4

Reference: p. 4, Revolving Door