

Neeb's Mental Health Nursing 5th Edition Test Bank

Chapter 1. History of Mental Health Nursing

Multiple Choice

1. The act of developing a clean environment is a factor in providing effective health care as demonstrated by:

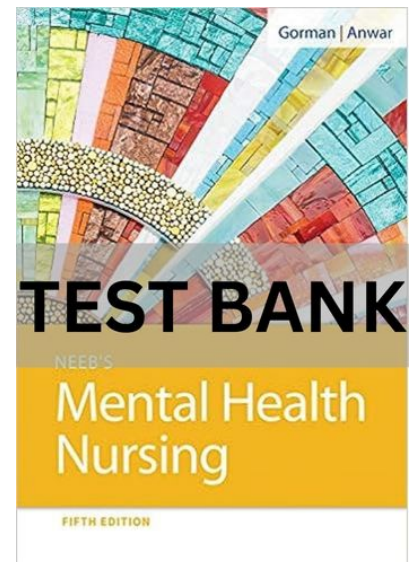
- A. Nightingale.
- B. Benner.
- C. Swanson.
- D. King.

2. What is the name of the publication written by Florence Nightingale?

- A. *Nursing Sanitation Notes*
- B. *Nursing 101*
- C. *Notes on Nursing*
- D. *Nursing Notes*

3. A long-term goal for inpatient mental health treatment is generally to:

- A. Return the patient to the community.
- B. Locate a facility for long-term care.
- C. Be arrested and placed in prison.
- D. Be completely cured of the disorder.



Neeb's Mental Health Nursing 5th Edition Test Bank

4. The mentally ill were once housed in mental institutions known as:

- A. Hospitals.
- B. Long-term care facilities.
- C. Asylums.
- D. Free-standing treatment centers.

5. Which nursing theorists promoted the interpersonal theory between the nurse and the patient?

- A. Hildegard Peplau
- B. Hattie Bessent
- C. Mary Mahoney
- D. Linda Richards

Neeb's Mental Health Nursing 5th Edition Test Bank

Multiple Choice Answers

1. The act of developing a clean environment is a factor in providing effective health care as demonstrated by:

- A. Nightingale.
- B. Benner.
- C. Swanson.
- D. King.

Ans: A

Page: 2

	Rationale
A.	The relationship between sanitary conditions and healing became known and accepted due to Nightingale's observations and diligence. Her commitment to improved outcomes at a military hospital was directly related to introducing sanitation methods.
B.	Benner did not emphasize developing a clean environment as a factor in providing effective health care.
C.	Swanson did not emphasize developing a clean environment as a factor in providing effective health care.
D.	King did not emphasize developing a clean environment as a factor in providing effective health care.

Integrated Processes: Teaching/Learning

Content Area: Community Health

Cognitive Level: Application

Client Need: Safe and Effective Care Environment: Safety and Infection Control

Ref: Chapter 1: History of Mental Health Nursing; The Trailblazers; Florence Nightingale

2. What is the name of the publication written by Florence Nightingale?

- A. *Nursing Sanitation Notes*
- B. *Nursing 101*
- C. *Notes on Nursing*
- D. *Nursing Notes*

Neeb's Mental Health Nursing 5th Edition Test Bank

Ans: C

Page: 3

	Rationale
A.	Although Florence Nightingale did write a book on the relationship of sanitary techniques to medical facilities, it was called <i>Notes on Hospitals</i> , not Nursing Sanitation Notes.
B.	Florence Nightingale did not write <i>Nursing 101</i> .
C.	Florence Nightingale wrote the book <i>Notes on Nursing</i> , which was the most respected nursing textbook of its day.
D.	Florence Nightingale did not write <i>Nursing Notes</i> .

Integrated Processes: Teaching/Learning

Content Area: Nursing Trends

Cognitive Level: Knowledge

Client Need: Health Promotion and Maintenance: Health Promotion/Disease Prevention

Ref: Chapter 1: History of Mental Health Nursing; The Trailblazers; Florence Nightingale

3. A long-term goal for inpatient mental health treatment is generally to:

- A. Return the patient to the community.
- B. Locate a facility for long-term care.
- C. Be arrested and placed in prison.
- D. Be completely cured of the disorder.

Ans: A

Page: 8

	Rationale
A.	People who had formerly required long hospital stays were now able to leave the institutions and return to their communities due to appropriate medications and deinstitutionalization.
B.	Locating a facility for long-term care is not a long-term goal for inpatient mental health treatment.
C.	Being arrested and placed in prison is not a long-term goal for inpatient mental health treatment.
D.	The long-term goal is not to be completely cured of the disorder but control unwanted behaviors.

Integrated Processes: Nursing Process: Planning

Content Area: Mental Health

Cognitive Level: Comprehension

Client Need: Safe and Effective Care Environment: Coordinated Care

Neeb's Mental Health Nursing 5th Edition Test Bank

Ref: Chapter 1: History of Mental Health Nursing; The Breakthroughs

4. The mentally ill were once housed in mental institutions known as:

- A. Hospitals.
- B. Long-term care facilities.
- C. Asylums.
- D. Free-standing treatment centers.

Ans: C

Page: 7

	Rationale
A.	Hospitals are not mental institutions but can handle patients with psychological needs according to the size of the hospital and its resources.
B.	Long-term care facilities are not mental institutions.
C.	Early on, these special facilities were called asylums, which Webster's online dictionary defines as "an institution for the care of the needy or sick and especially of the insane."
D.	Free-standing treatment centers are not mental institutions but can handle patients that need detoxification (detox centers) or help managing a crisis (crisis centers).

Integrated Processes: Teaching/Learning

Content Area: Mental Health

Cognitive Level: Comprehension

Client Need: Psychosocial Integrity: Therapeutic Environment

Ref: Chapter 1: History of Mental Health Nursing; The Facilities; Asylums

5. Which nursing theorists promoted the interpersonal theory between the nurse and the patient?

- A. Hildegard Peplau
- B. Hattie Bessent
- C. Mary Mahoney
- D. Linda Richards

Neeb's Mental Health Nursing 5th Edition Test Bank

Ans: A

Page: 5

	Rationale
A.	In her book <i>Interpersonal Relations in Nursing</i> (1952), Peplau brought together interpersonal theories from psychiatry and melded them with theories of nursing and communication.
B.	Dr. Hattie Bessent is credited with the development and directorship of a grant that researched minority nurses who were choosing to upgrade to master's and doctorate levels of practice.
C.	Mary Mahoney is considered to be America's first African American professional nurse.
D.	Linda Richards worked to upgrade nursing education, opened a nursing school, and taught the care of the mentally ill.

Integrated Processes: Communication and Documentation

Content Area: Nursing Trends

Cognitive Level: Knowledge

Client Need: Safe and Effective Care Environment: Coordinated Care

Ref: Chapter 1: History of Mental Health Nursing; The Trailblazers; Hildegard Peplau

Neeb's Mental Health Nursing 5th Edition Test Bank

Fill-in-the-Blank

6. The first psychiatric program of study was established by which nursing leader? _____

7. Which nurse theorist was the first American-trained nurse credited with teaching how to provide care for people with mental illness? _____

8. The greatest advance in the early years of mental health care was the introduction of _____.

9. The legislation that provided funding for improving the care of the mentally ill is known as the National Mental Health Act of what year? _____.

10. One of the goals of the American Nurses association (ANA) is to promote _____ of nursing care in the United States.

11. _____ has always been called the “founder of nursing.”

Neeb's Mental Health Nursing 5th Edition Test Bank

12. A schoolteacher by the name of _____ helped established asylums and psychiatric hospitals for the mentally ill.

13. The first psychotropic drug category was known as _____.

14. The first major federal law to address mental illness was called the _____ - _____ Act.

Neeb's Mental Health Nursing 5th Edition Test Bank

Fill-in-the-Blank Answers

6. The first psychiatric program of study was established by which nursing leader? _____

Ans: Effie Jane Taylor

Page: 4

Rationale: In 1913, the first psychiatric program for nurses was established by Effie Jane Taylor. Ms. Taylor also believed in patient-centered care.

Integrated Processes: Teaching/Learning

Content Level: Nursing Trends

Cognitive Level: Knowledge

Client Need: Psychosocial Integrity: Mental Health Concepts

Ref: Chapter 1: History of Mental Health Nursing; The Trailblazers; Effie Jane Taylor

7. Which nurse theorist was the first American-trained nurse credited with teaching how to provide care for people with mental illness? _____

Ans: Linda Richards

Page: 4

Rationale: Linda Richards wanted to upgrade the nursing education field and opened the Boston City Hospital Training School for Nurses to teach the specialty of caring for the mentally ill.

Integrated Processes: Teaching/Learning

Content Area: Nursing Trends

Cognitive Level: Knowledge

Client Need: Psychosocial Integrity: Mental Health Concepts

Ref: Chapter 1: History of Mental Health Nursing; The Trailblazers; Linda Richards

8. The greatest advance in the early years of mental health care was the introduction of _____.

Neeb's Mental Health Nursing 5th Edition Test Bank

Ans: phenothiazines

Page: 7

Rationale: With the discovery of phenothiazines, people living with mental disorders could control unwanted behaviors (to a degree) and were able to function more independently.

Integrated Processes: Teaching/Learning

Content Area: Mental Health: Pharmacology

Cognitive Level: Knowledge

Client Need: Physiological Integrity: Pharmacological Therapies; Expected Actions/Outcomes

Ref: Chapter 1: History of Mental Health Nursing; The Breakthroughs; Psychotropic Medications

9. The legislation that provided funding for improving the care of the mentally ill is known as the National Mental Health Act of what year? _____.

Ans: 1946

Page: 10

Rationale: The National Mental Health Act of 1946 provided money for training nurses and several other disciplines to improve treatment for the mentally ill.

Integrated Processes: Teaching/Learning

Content Area: Mental Health: Treatment

Cognitive Level: Knowledge

Client Need: Psychosocial Integrity: Mental Health Concepts

Ref: Chapter 1: History of Mental Health Nursing; The Law; The National Mental Health Act of 1946

10. One of the goals of the American Nurses association (ANA) is to promote _____ of nursing care in the United States.

Ans: standardization

Page: 8

Rationale: The ANA has developed standards for a number of different nursing practices areas in the United States, including psychiatric nursing.

Integrated Processes: Teaching/Learning