

# Neeb's Mental Health Nursing 4th Edition Test Bank

## Chapter 1: History of Mental Health Nursing

### Multiple Choice

Identify the choice that best completes the statement or answers the question.

- \_\_\_\_\_ 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 in-patient 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.
- \_\_\_\_\_ 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

### Completion

Complete each statement.

6. Phenothiazines were discovered in what year? \_\_\_\_\_.
7. The first psychiatric program of study was established by which nursing leader? \_\_\_\_\_
- \_\_\_\_\_

## Neeb's Fundamentals of Mental Health Nursing

# Test Bank



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## **Neeb's Mental Health Nursing 4th Edition Test Bank**

8. Who was the nurse theorist who was the first American-trained nurse credited with teaching how to provide care for people with mental illness? \_\_\_\_\_
9. The greatest advance in the early years of mental health care was the introduction of \_\_\_\_\_.
10. The legislation that provided funding for improving the care of the mentally ill is known as the National Mental Health Act of what year? \_\_\_\_\_.
11. Which nursing organization established the first certification of psychiatric nursing? \_\_\_\_\_
12. One of the goals of the American Nurses Association (ANA) is to promote \_\_\_\_\_ of nursing care in the United States.
13. \_\_\_\_\_ has always been called the “founder of nursing.”
14. A schoolteacher by the name of \_\_\_\_\_ established asylums and a psychiatric hospital for the mentally ill.
15. Special facilities designed to care for the mentally ill in the past were known as \_\_\_\_\_.
16. The first psychotropic drug category was known as \_\_\_\_\_.
17. Each state adopts its own set of rules and guidelines that govern the nurses’ performance. These rules are known as the \_\_\_\_\_ Practice Act.
18. The first major federal law to address mental illness was called the \_\_\_\_\_ Act.

### **Multiple Response**

*Identify one or more choices that best complete the statement or answer the question.*

- \_\_\_\_\_ 19. What trends contributed to the deinstitutionalization of mental health facilities to outpatient care (select all that apply):
- A. Cost of the facilities.
  - B. The increased use of phenothiazines.
  - C. Staff cost.
  - D. Establishment of Outpatient clinics.

# **Neeb's Mental Health Nursing 4th Edition Test Bank**

## **Chapter 1: History of Mental Health Nursing Answer Section**

### **MULTIPLE CHOICE**

1. ANS: A  
Florence Nightingale's commitments to improved outcomes at a military hospital were directly related to introducing sanitation methods.  
  
PTS: 1 REF: Chapter 1: History of Mental Health Nursing; Nightingale; page 4  
KEY: Integrated Processes: Teaching/Learning | Content Area: Community Health | Cognitive Level: Application | Client Need: Safe and Effective Care Environment: Safety and Infection Control
2. ANS: C  
Florence Nightingale wrote the book *Notes on Nursing*, which specified the importance of a clean environment.  
  
PTS: 1 REF: Chapter 1: History of Mental Health Nursing; Nightingale; page 4  
KEY: Integrated Processes: Teaching/Learning | Content Area: Nursing Trends | Cognitive Level: Knowledge | Client Need: Health Promotion and Maintenance: Health Promotion/Disease Prevention
3. ANS: A  
To eventually return the patient to the community by creating a good support system and appropriate medication if needed is generally the long-term goal.  
  
PTS: 1 REF: Chapter 1: History of Mental Health Nursing; The Breakthroughs; page 9  
KEY: Integrated Processes: Nursing Process: Planning | Content Area: Mental Health | Cognitive Level: Comprehension | Client Need: Safe and Effective Care Environment: Management of Care: Coordinated Care
4. ANS: C  
Asylums were known as a refuge for the mentally ill as well as the poor in the past.  
  
PTS: 1 REF: Chapter 1: History of Mental Health Nursing; Asylums; page 8  
KEY: Integrated Processes: Teaching/Learning | Content Area: Mental Health | Cognitive Level: Comprehension | Client Need: Psychosocial Integrity: Therapeutic Environment
5. ANS: A  
Dr. Peplau brought together theories from psychiatry and merged them with theories for nursing and communication.  
  
PTS: 1 REF: Chapter 1: History of Mental Health Nursing; Hildegard Peplau; page 6-7  
KEY: Integrated Processes: Communication and Documentation | Content Area: Nursing Trends | Cognitive Level: Knowledge | Client Need: Safe and Effective Care Environment: Coordinated Care

### **COMPLETION**

6. ANS:  
1955  
Phenothiazine is a group of psychotropics that have a calming effect on patients with psychotic through processes.  
  
PTS: 1 REF: Chapter 1: History of Mental Health Nursing; The Breakthroughs; page 9

## **Neeb's Mental Health Nursing 4th Edition Test Bank**

KEY: Integrated Processes: Teaching/Learning | Content Area: Mental Health Pharmacology | Cognitive Level: Knowledge | Client Need: Physiological Integrity: Pharmacological and Parenteral Therapies: Expected Actions/Outcomes

7. ANS:

Effie Jane Taylor

In 1913 the first psychiatric program for nurses was established. Ms. Taylor also believed in patient-centered care.

PTS: 1

REF: Chapter 1: History of Mental Health Nursing; Effie Jane Taylor; page 6

KEY: Integrated Processes: Teaching/Learning

8. ANS:

Linda Richards

Linda Richards wanted to upgrade the nursing education field and the Boston city hospital training school for nurses to teach the specialty of caring for the mentally ill.

PTS: 1

REF: Chapter 1: History of Mental Health Nursing; Linda Richards; page 5

KEY: Integrated Processes: Teaching/Learning | Content Area: Nursing Trends | Cognitive Level: Knowledge | Client Need: Psychosocial Integrity: Mental Health Concepts

9. ANS:

phenothiazines

This medication controlled psychotic symptoms and led to reductions in the population in mental health institutions.

PTS: 1

REF: Chapter 1: History of Mental Health Nursing; The Breakthroughs; page 9

KEY: Integrated Processes: Teaching/Learning | Content Area: Mental Health: Pharmacology | Cognitive Level: Knowledge | Client Need: Physiological Integrity: Pharmacological and Parenteral Therapies

10. ANS:

1946

Money was provided by this legislation for research and training for the improvement of care for patients with mental health issues.

PTS: 1

REF: Chapter 1: History of Mental Health Nursing; The Laws; page 12

KEY: Integrated Processes: Teaching/Learning | Content Area: Mental Health: Treatment | Cognitive Level: Knowledge | Client Need: Psychosocial Integrity: Mental Health Concepts

11. ANS:

ANA

The American Nurses Association (ANA) developed the certification criteria for psychiatric nurses. The ANA has developed standards for professional nursing.

PTS: 1

REF: Chapter 1: History of Mental Health Nursing; Nursing Organizations and Recommendations; page 9

KEY: Integrated Processes: Teaching/Learning | Content Area: Nursing Trends | Cognitive Level: Comprehension | Client Need: Safe and Effective Care Environment: Coordinated Care

12. ANS:

standardization

The ANA has developed standards for a number of different specialties.

PTS: 1

REF: Chapter 1: History of Mental Health Nursing; Nursing Organizations and Recommendations; page 9

## **Neeb's Mental Health Nursing 4th Edition Test Bank**

KEY: Integrated Processes: Teaching/Learning | Content Area: Nursing Trends | Cognitive Level: Knowledge | Client Need: Safe and Effective Care Management: Management of care: establishing priorities

13. ANS:

Florence Nightingale

Florence Nightingale observed that a clean environment improved the health of the soldiers in the Crimean War. As a result, deaths from infection decreased.

PTS: 1

REF: Chapter 1: History of Mental Health Nursing; Trailblazers; page 3

KEY: Integrated Processes: Teaching/Learning | Content Area: Nursing Trends | Cognitive Level: Knowledge | Client Need: Safe and Effective Care Environment: Safety and Infection Control

14. ANS:

Dorothea Dix

Dorothea Dix was not a nurse but was concerned about the treatment of the mentally ill and prisoners.

PTS: 1

REF: Chapter 1: History of Mental Health Nursing; Trailblazers; page 5

KEY: Integrated Processes: Teaching/Learning | Content Area: Nursing Trends | Cognitive Level: Knowledge | Client Need: Safe and Effective Care Environment: Management of Care: Advocacy

15. ANS:

asylums

In the early days of health care asylums were special facilities designed for care of the needy including prisoners and the mentally ill.

PTS: 1

REF: Chapter 1: History of Mental Health Nursing; Asylums; page 8

KEY: Integrated Processes: Teaching/Learning | Content Area: Mental Health | Cognitive Level: Knowledge | Client Need: Psychosocial Integrity: Mental Health Concepts

16. ANS:

phenothiazines

Phenothiazine medications were introduced in the 1950s. These drugs had a calming and tranquilizing effect and treated psychotic thought processes.

PTS: 1

REF: Chapter 1: History of Mental Health Nursing; Psychotropic Medications; page 9

KEY: Integrated Processes: Teaching/Learning | Content Area: Mental Health: Pharmacology | Cognitive Level: Knowledge | Client Need: Physiological Integrity: Pharmacological and Parenteral Therapies: Expected Actions/Outcomes

17. ANS:

Nurse

The Nurse Practice Act of each state is based on federal guidelines. Each state has its own Nurse Practice Act.

PTS: 1

REF: Chapter 1: History of Mental Health Nursing; Nursing Organizations and Recommendations; page 10

KEY: Integrated Processes: Teaching/Learning | Content Area: Nursing Licensure/Legal | Cognitive Level: Knowledge | Client Need: Safe and Effective Care Environment: Legal Rights and Responsibilities

18. ANS:

Hill-Burton

The Hill-Burton Act of 1946 provided much needed funding for psychiatric care in the United States.

# **Neeb's Mental Health Nursing 4th Edition Test Bank**

PTS: 1

REF: Chapter 1: History of Mental Health Nursing; The Laws; page 11

KEY: Integrated Processes: Teaching/Learning | Content Area: Mental Health: Legal | Cognitive Level: Knowledge | Client Need: Safe and Effective Care Environment: Coordinated Care

## **MULTIPLE RESPONSE**

19. ANS: A, B, C, D

All of the above led to the deinstitutionalization of mental health facilities.

PTS: 1

REF: Chapter 1: History of Mental Health Nursing; The Facilities; page 9

KEY: Integrated Processes: Teaching/Learning | Content Area: Mental Health | Cognitive Level: Synthesis | Client Need: Safe and Effective Care Environment: Advocacy

## **Chapter 2: Basics of Communications**

### **Multiple Choice**

*Identify the choice that best completes the statement or answers the question.*

- \_\_\_\_\_ 1. Which question by the nurse would gain the most information from a patient experiencing a marital crisis?
- A. "Do you hate your spouse?"
  - B. "Do you get along with your in-laws?"
  - C. "Do you talk out your problems with your spouse?"
  - D. "What is it like at home with your spouse?"
- \_\_\_\_\_ 2. Mrs. R., the mother of a young schizophrenic patient, seeks you out and begins to cry. She expresses concern over her daughter's behavior. Your best response to this woman is:
- A. "What is it that concerns you the most, Mrs. R.?"
  - B. "Well, you know, that is part of the illness."
  - C. "Here is a book on schizophrenia. This will help you."
  - D. "Are you afraid your daughter will always be like this?"
- \_\_\_\_\_ 3. Linda is pacing the floor and appears extremely anxious. The day shift nurse approaches Linda in an attempt to lessen her anxiety. The most therapeutic statement by the nurse would be:
- A. How about watching a football game?
  - B. Tell me how you are feeling today.
  - C. What do you have to be upset about now?
  - D. Ignore the client.
- \_\_\_\_\_ 4. A patient states, "I don't know what the pills are for or why I am taking them, so I don't want them." What therapeutic communication would help this patient?
- A. Ask for what you need
  - B. Silence
  - C. Using general leads
  - D. Giving information
- \_\_\_\_\_ 5. To practice effectively in mental health, the nurse should be able to:
- A. Solve his or her own personal problems without assistance from others.