Kneisl, *Contemporary Psychiatric-Mental Health Nursing*, 3/e Test Bank
Chapter 2

Question 1

Type: MCMA

The nurse's new job description at the generalist level of practice reflects the definition of psychiatric–mental health nursing and the *Psychiatric–Mental Health Nursing Standards of Practice* (ANA, APNA, ISPN). In which of the following areas might the nurse plan programs and intervention to fulfill employment expectations?

Standard Text: Select all that apply.

1. Stress management strategies

2. Early diagnosis of psychiatric disorders

3. Parenting classes for new parents

4. Family and group psychotherapy

5. Medication teaching for anti-anxiety medications

Correct Answer: 1,3,4,5

Rationale 1: **Stress management strategies** address health, wellness, and care of mental health problems and are appropriate for psychiatric–mental health nursing at the generalist level of practice.

Rationale 2: **Early diagnosis of psychiatric disorders** is generally not consistent with the definition or practice of psychiatric–mental health nursing especially at the generalist level.

Rationale 3: **Parenting classes for new parents** provide teaching that is consistent with the prevention of mental health problems and is consistent with psychiatric–mental health nursing at the generalist level of practice.

Rationale 4: **Family and group psychotherapy** is consistent at the advanced practice registered nurse level but not the generalist level.

Rationale 5: **Medication teaching for anti-anxiety medications** promotes quality of care for persons with psychiatric disorders and is vital for psychiatric–mental health nursing practice at the generalist level of practice.

Global Rationale:

Cognitive Level: Applying
Client Need: Psychosocial Integrity
Client Need Sub:
Nursing/Integrated Concepts: Nursing Process: Planning

Kneisl, *Contemporary Psychiatric-Mental Health Nursing*, 3/e Test Bank

Learning Outcome: Apply knowledge of current practice and professional performance standards to the delivery of contemporary psychiatric–mental health nursing.

Question 2
Type: MCSA

The nurse is serving on a committee charged with reviewing the roles and responsibilities of the nurses on the psychiatric unit. Which publication should the nurse bring to the first meeting?

1. *Diagnostic and Statistical Manual of Mental Disorders*

2. American Nurses Credentialing Center certification requirements

3. American Nurses Association, *Code of Ethics*

4. *Psychiatric–Mental Health Nursing Standards of Practice*

Correct Answer: 4

Rationale 1: The *Psychiatric–Mental Health Nursing Standards of Practice* delineates psychiatric–mental health nursing roles and functions and serves as guidelines for providing quality care. The *Diagnostic and Statistical Manual of Mental Disorders* is used by the mental health care team, particularly the psychiatrist, to diagnose clients with mental disorders and is not specific to nursing care issues. The *Code of Ethics* helps to clarify right and wrong actions by the nurse, but does not clarify roles and nursing care actions. Certification requirements outline steps toward certification that acknowledge knowledge and expertise, but do not delineate roles and responsibilities.

Rationale 2: The *Psychiatric–Mental Health Nursing Standards of Practice* delineates psychiatric–mental health nursing roles and functions and serves as guidelines for providing quality care. The *Diagnostic and Statistical Manual of Mental Disorders* is used by the mental health care team, particularly the psychiatrist, to diagnose clients with mental disorders and is not specific to nursing care issues. The *Code of Ethics* helps to clarify right and wrong actions by the nurse, but does not clarify roles and nursing care actions. Certification requirements outline steps toward certification that acknowledge knowledge and expertise, but do not delineate roles and responsibilities.

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and wrong actions by the nurse, but does not clarify roles and nursing care actions. Certification requirements outline steps toward certification that acknowledge knowledge and expertise, but do not delineate roles and responsibilities.

Global Rationale:

Cognitive Level: Applying
Client Need: Safe Effective Care Environment
Client Need Sub:
Nursing/Integrated Concepts: Nursing Process: Evaluation
Learning Outcome: Apply knowledge of current practice and professional performance standards to the delivery of contemporary psychiatric–mental health nursing.

Question 3
Type: MCSA

The psychiatric–mental health nurse reflecting on professional role activities is referred to the standards of professional performance by a colleague. To which organization should the nurse look for guidance?

1. North American Nursing Diagnosis Association

2. American Nurses Credentialing Center

3. National League for Nursing

4. American Nurses Association

Correct Answer: 4

Rationale 1: The American Nurses Association will be the best resource as professional performance is addressed in standards 7–15 of ANA's *Psychiatric–Mental Health Nursing Standards of Practice*. The National League for Nursing primarily addresses nursing education, while the American Nurses Association Credentialing Center focuses on certification. The North American Nursing Diagnosis Association develops a classification system for nursing diagnoses.

Rationale 2: The American Nurses Association will be the best resource as professional performance is addressed in standards 7–15 of ANA's *Psychiatric–Mental Health Nursing Standards of Practice*. The National League for Nursing primarily addresses nursing education, while the American Nurses Association Credentialing Center focuses on certification. The North American Nursing Diagnosis Association develops a classification system for nursing diagnoses.

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Global Rationale:

Cognitive Level: Analyzing
Client Need: Safe Effective Care Environment
Client Need Sub:
Nursing/Integrated Concepts: Nursing Process: Evaluation
Learning Outcome: Apply knowledge of current practice and professional performance standards to the delivery of contemporary psychiatric–mental health nursing.

Question 4
Type: MCSA

The psychiatric–mental health nurse is working with the new graduate nurse who is orienting to the psychiatric unit. Which comment by the new graduate indicates further clarification of the generalist-nursing role is needed?

1. "I would feel better if you would look at my documentation that addresses progress toward treatment goals."

2. "I will spend time each day evaluating the effectiveness of the therapeutic milieu."

3. "I am a little nervous about conducting psychotherapy with clients."

4. "I am doing some reading on how to incorporate complementary interventions into treatment plans."

Correct Answer: 3

Rationale 1: The intent to conduct psychotherapy with clients is not consistent with the role of the nurse at the generalist level of practice as outlined in the *Psychiatric–Mental Health Nursing Standards of Practice* and indicates a need for role clarification. Evaluation of the therapeutic milieu, documenting progress toward treatment goals, and incorporating complementary interventions are consistent with the roles of the psychiatric–mental health nurse practicing at the generalist level.

Rationale 2: The intent to conduct psychotherapy with clients is not consistent with the role of the nurse at the generalist level of practice as outlined in the *Psychiatric–Mental Health Nursing Standards of Practice* and indicates a need for role clarification. Evaluation of the therapeutic milieu, documenting progress toward treatment goals, and incorporating complementary interventions are consistent with the roles of the psychiatric–mental health nurse practicing at the generalist level.

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treatment goals, and incorporating complementary interventions are consistent with the roles of the psychiatric–mental health nurse practicing at the generalist level.

Rationale 4: The intent to conduct psychotherapy with clients is not consistent with the role of the nurse at the generalist level of practice as outlined in the *Psychiatric–Mental Health Nursing Standards of Practice* and indicates a need for role clarification. Evaluation of the therapeutic milieu, documenting progress toward treatment goals, and incorporating complementary interventions are consistent with the roles of the psychiatric–mental health nurse practicing at the generalist level.

Global Rationale:

Cognitive Level: Applying
Client Need: Safe Effective Care Environment
Client Need Sub:
Nursing/Integrated Concepts: Nursing Process: Evaluation
Learning Outcome: Apply knowledge of current practice and professional performance standards to the delivery of contemporary psychiatric–mental health nursing.

Question 5
Type: MCSA

The client on the psychiatric unit is asking questions about prevention of sexually transmitted diseases. Given the *Psychiatric–Mental Health Nursing Standards of Practice,* which action would be most appropriate for the nurse to take at this time?

1. Consult with the mental health care team.

2. Teach safer sexual practices.

3. Investigate the questions in individual psychotherapy.

4. Notify the attending psychiatrist.

Correct Answer: 2

Rationale 1: The psychiatric–mental health nurse employs strategies to promote health and a safe environment and teaches safer sexual practices to the client who is asking for the information. Notifying the psychiatrist and consulting with the mental health care team is not necessary as health teaching is within the independent practice of the RN. Conducting individual psychotherapy is not within the practice standards for the generalist nurse.

Rationale 2: The psychiatric–mental health nurse employs strategies to promote health and a safe environment and teaches safer sexual practices to the client who is asking for the information. Notifying the psychiatrist and consulting with the mental health care team is not necessary as health teaching is within the independent practice of the RN. Conducting individual psychotherapy is not within the practice standards for the generalist nurse.

Rationale 3: The psychiatric–mental health nurse employs strategies to promote health and a safe environment and teaches safer sexual practices to the client who is asking for the information. Notifying the psychiatrist and

consulting with the mental health care team is not necessary as health teaching is within the independent practice of the RN. Conducting individual psychotherapy is not within the practice standards for the generalist nurse.

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Global Rationale:

Cognitive Level: Applying
Client Need: Health Promotion and Maintenance
Client Need Sub:
Nursing/Integrated Concepts: Nursing Process: Implementation
Learning Outcome: Apply knowledge of current practice and professional performance standards to the delivery of contemporary psychiatric–mental health nursing.

Question 6
Type: MCSA

The client asks the nurse if certain changes can be made in the unit milieu. Which action by the nurse indicates understanding of the nursing role in the therapeutic milieu?

1. The nurse refers the client's requests to the psychiatric social worker.

2. The nurse discusses the desired changes with the client.

3. The nurse refers the client's requests to the psychosocial rehabilitation worker.

4. The nurse instructs the client that no changes can be made.

Correct Answer: 2

Rationale 1: The psychiatric–mental health nurse has major responsibility for the milieu; therefore, it is appropriate to discuss requested changes in order to gather information regarding the effectiveness of the milieu. The psychiatric social worker identifies community resources and may perform counseling. It is non-therapeutic to instruct the client that no changes can be made before gathering data in relation to the client's requests. The psychosocial rehabilitation worker teaches day-to-day skills for living and may provide case management services.

Rationale 2: The psychiatric–mental health nurse has major responsibility for the milieu; therefore, it is appropriate to discuss requested changes in order to gather information regarding the effectiveness of the milieu. The psychiatric social worker identifies community resources and may perform counseling. It is non-therapeutic to instruct the client that no changes can be made before gathering data in relation to the client's requests. The psychosocial rehabilitation worker teaches day-to-day skills for living and may provide case management services.

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Global Rationale:

Cognitive Level: Applying
Client Need: Safe Effective Care Environment
Client Need Sub:
Nursing/Integrated Concepts: Nursing Process: Evaluation
Learning Outcome: Compare and contrast the differences and similarities among the roles of the psychiatric–mental health nurse and other members of the mental health team.

Question 7
Type: MCSA

The nurse assesses that the mental health client has problems choosing productive, safe leisure activities. Which member of the mental health team should the nurse consult with?

1. Recreational therapist

2. Occupational therapist

3. Attending psychiatrist

4. Clinical psychologist

Correct Answer: 1

Rationale 1: The recreational therapist plans and guides recreational activities to provide socialization, healthful recreation, and desirable interpersonal and intrapsychic experiences and will be the member of the healthcare team to take the lead in the implementation of this portion of the treatment plan. While all members of the team work together, the psychiatrist is responsible for the diagnosis and treatment of the mental illness. The occupational therapist teaches self-help activities and helps prepare the client for employment. The clinical psychologist's foci are psychotherapy, behavior modification, and psychological testing.

Rationale 2: The recreational therapist plans and guides recreational activities to provide socialization, healthful recreation, and desirable interpersonal and intrapsychic experiences and will be the member of the healthcare team to take the lead in the implementation of this portion of the treatment plan. While all members of the team work together, the psychiatrist is responsible for the diagnosis and treatment of the mental illness. The occupational therapist teaches self-help activities and helps prepare the client for employment. The clinical psychologist's foci are psychotherapy, behavior modification, and psychological testing.

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Global Rationale:

Cognitive Level: Applying
Client Need: Safe Effective Care Environment
Client Need Sub:
Nursing/Integrated Concepts: Nursing Process: Implementation
Learning Outcome: Compare and contrast the differences and similarities among the roles of the psychiatric–mental health nurse and other members of the mental health team.

Question 8
Type: MCSA

Upon arrival on the psychiatric unit this morning, which activity should be the nurse's focus? The nurse should do which of the following?

1. Review psychological testing results for all clients.

2. Schedule the individual therapy sessions for all clients.

3. Identify community resources for clients to be discharged this morning.

4. Assess each client for whom the nurse will be providing care.

Correct Answer: 4

Rationale 1: The nurse is responsible for implementing the nursing process and nursing care for clients. The psychiatric social worker has major responsibility for the identification of post-discharge community resources. The clinical psychologist's primary foci are psychotherapy and psychological testing.

Rationale 2: The nurse is responsible for implementing the nursing process and nursing care for clients. The psychiatric social worker has major responsibility for the identification of post-discharge community resources. The clinical psychologist's primary foci are psychotherapy and psychological testing.

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Global Rationale:

Cognitive Level: Applying
Client Need: Safe Effective Care Environment
Client Need Sub:
Nursing/Integrated Concepts: Nursing Process: Planning
Learning Outcome: Compare and contrast the differences and similarities among the roles of the psychiatric–mental health nurse and other members of the mental health team.

Question 9
Type: MCSA

Due to a staff member's absence, the nurse is reviewing staff assignments for the day. Which task can the nurse delegate to the psychosocial rehabilitation worker?

1. Conflict resolution teaching to a small group of clients

2. Comparison of physician's orders with the medication records

3. Routine medication administration to a stable client

4. Assessment of a long-term client

Correct Answer: 1

Rationale 1: The psychiatric rehabilitation worker teaches clients practical, day-to-day skills for living in the community, which might include conflict resolution. Medication administration, comparison of physician orders with medication records, and assessment fall within the nursing role and cannot be delegated.

Rationale 2: The psychiatric rehabilitation worker teaches clients practical, day-to-day skills for living in the community, which might include conflict resolution. Medication administration, comparison of physician orders with medication records, and assessment fall within the nursing role and cannot be delegated.

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Global Rationale:

Cognitive Level: Applying
Client Need: Safe Effective Care Environment
Client Need Sub:
Nursing/Integrated Concepts: Nursing Process: Implementation
Learning Outcome: Compare and contrast the differences and similarities among the roles of the psychiatric–mental health nurse and other members of the mental health team.

Question 10
Type: MCSA

The client's treatment plan includes teaching related to possible side effects of psychotropic medications. Which member of the mental health team should plan to implement the teaching?

1. The psychosocial rehabilitation worker

2. The primary therapist

3. The psychiatrist

4. The nurse

Correct Answer: 4

Rationale 1: The nurse is responsible for the nursing care of the client including medication administration and teaching. While the psychiatrist may also do some teaching, he/she is primarily responsible for the diagnosis and medication prescription. The primary therapist is most likely a clinical psychologist or psychiatric social worker who would not have the educational preparation or license consistent with medication teaching. The psychosocial rehabilitation worker is an unlicensed member of the team and would not have the role of medication teaching.

Rationale 2: The nurse is responsible for the nursing care of the client including medication administration and teaching. While the psychiatrist may also do some teaching, he/she is primarily responsible for the diagnosis and medication prescription. The primary therapist is most likely a clinical psychologist or psychiatric social worker

who would not have the educational preparation or license consistent with medication teaching. The psychosocial rehabilitation worker is an unlicensed member of the team and would not have the role of medication teaching.

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Rationale 4: The nurse is responsible for the nursing care of the client including medication administration and teaching. While the psychiatrist may also do some teaching, he/she is primarily responsible for the diagnosis and medication prescription. The primary therapist is most likely a clinical psychologist or psychiatric social worker who would not have the educational preparation or license consistent with medication teaching. The psychosocial rehabilitation worker is an unlicensed member of the team and would not have the role of medication teaching.

Global Rationale:

Cognitive Level: Applying
Client Need: Safe Effective Care Environment
Client Need Sub:
Nursing/Integrated Concepts: Nursing Process: Planning
Learning Outcome: Compare and contrast the differences and similarities among the roles of the psychiatric–mental health nurse and other members of the mental health team.

Question 11
Type: MCSA

The mental health team nurse is having some role issues regarding how best to facilitate client progress toward therapeutic goals. What is the priority action by the nurse in order to aid the team as they assist the client?

1. Acknowledge the diversity of the mental health team.

2. Recognize that conflict is natural and expected.

3. Determine personal values, biases, and goals.

4. Attend all mental health team meetings.

Correct Answer: 3

Rationale 1: The priority nursing action is to determine personal values, biases, and goals; these, especially if out of the awareness of the nurse, may be a factor in team dynamics. Acknowledging the diversity of the team, recognizing that conflict is natural, and attending all mental health team meetings are appropriate actions, but not the priority.

Rationale 2: The priority nursing action is to determine personal values, biases, and goals; these, especially if out of the awareness of the nurse, may be a factor in team dynamics. Acknowledging the diversity of the team,

recognizing that conflict is natural, and attending all mental health team meetings are appropriate actions, but not the priority.

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Global Rationale:

Cognitive Level: Applying
Client Need: Safe Effective Care Environment
Client Need Sub:
Nursing/Integrated Concepts: Nursing Process: Implementation
Learning Outcome: Analyze the factors that influence the success with which the mental health team achieves collaboration among its members and with clients and their significant others.

Question 12
Type: MCSA

The nurse reflecting on the nursing role within the mental health team, understands that the main purpose of delivering care using a multidisciplinary team is to do which of the following?

1. Maximize the efficiency of the health care team with each team member learning from the others.

2. Increase the opportunity for interpersonal interaction among the client, family, and team members.

3. Facilitate the case management process by delivering care using a multidisciplinary health care team.

4. Make the best use of the different abilities of mental health team members in order to facilitate client progress.

Correct Answer: 4

Rationale 1: The purpose of partnering and collaborating with other disciplines is to make the best use of the different abilities of mental health team members in order to facilitate client progress toward therapeutic goals. While client-centered interpersonal interaction within a therapeutic relationship is a vital piece of the treatment plan, interpersonal interaction unto itself may not be the needed focus. Facilitating the case management process and maximizing efficiency of the health care team are not primary purposes of a team approach. All care must be focused on the clients and their needs.

Rationale 2: The purpose of partnering and collaborating with other disciplines is to make the best use of the different abilities of mental health team members in order to facilitate client progress toward therapeutic goals.

While client-centered interpersonal interaction within a therapeutic relationship is a vital piece of the treatment plan, interpersonal interaction unto itself may not be the needed focus. Facilitating the case management process and maximizing efficiency of the health care team are not primary purposes of a team approach. All care must be focused on the clients and their needs.

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Rationale 4: The purpose of partnering and collaborating with other disciplines is to make the best use of the different abilities of mental health team members in order to facilitate client progress toward therapeutic goals. While client-centered interpersonal interaction within a therapeutic relationship is a vital piece of the treatment plan, interpersonal interaction unto itself may not be the needed focus. Facilitating the case management process and maximizing efficiency of the health care team are not primary purposes of a team approach. All care must be focused on the clients and their needs.

Global Rationale:

Cognitive Level: Analyzing
Client Need: Safe Effective Care Environment
Client Need Sub:
Nursing/Integrated Concepts: Nursing Process: Evaluation
Learning Outcome: Analyze the factors that influence the success with which the mental health team achieves collaboration among its members and with clients and their significant others.

Question 13
Type: MCSA

Observation of the behavior of the mental health team seems to indicate that one team member is primarily interested in client progress as a measure of their knowledge and expertise. Given the nurse's knowledge of game theories, this team member might be functioning as which of the following?

1. Rivalist

2. Leader

3. Enabler

4. Maximizer

Correct Answer: 4

Rationale 1: The maximizer is one who is primarily interested only in his or her own gain. A rivalist would be a person whose primary interest is "defeating" other team members. An enabler is one who facilitates the

continuation of what are usually inappropriate behaviors in others and usually not associated with game theory. A leader would function more in the role of a cooperator, one who is interested in helping both themselves and their partners.

Rationale 2: The maximizer is one who is primarily interested only in his or her own gain. A rivalist would be a person whose primary interest is "defeating" other team members. An enabler is one who facilitates the continuation of what are usually inappropriate behaviors in others and usually not associated with game theory. A leader would function more in the role of a cooperator, one who is interested in helping both themselves and their partners.

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Global Rationale:

Cognitive Level: Analyzing
Client Need: Safe Effective Care Environment
Client Need Sub:
Nursing/Integrated Concepts: Nursing Process: Evaluation
Learning Outcome: Analyze the factors that influence the success with which the mental health team achieves collaboration among its members and with clients and their significant others.

Question 14
Type: MCMA

The nurse is planning activities to enhance collaboration within the mental health care team. Which activities will be helpful toward this goal?

Standard Text: Select all that apply.

1. Identification of ways to minimize diversity among team members

2. Discussion of decisions that require team unity

3. Identification of ways to ignore individual power bases

4. Review of interpersonal communication skills

5. Discussion of decisions that can be made autonomously

Correct Answer: 2,5

Rationale 1: **Identification of ways to minimize diversity among team members.** Effective collaboration on a team involves the ability to value diversity and turn differences into assets. An inability to value diversity may be a detriment to the team's efforts.

Rationale 2: **Discussion of decisions that require team unity.** Unity should be balanced with autonomy. Identification of parameters for nursing collaboration would be useful toward the goal.

Rationale 3: **Identification of ways to ignore individual power bases.** Team members should recognize rather than ignore personal power bases and share power with others. Ignoring this element may decrease the effectiveness of collaboration.

Rationale 4: **Review of interpersonal communication skills**. Effective communication and processing skills will enhance effective collaboration.

Rationale 5: **Discussion of decisions that can be made autonomously.** Unity should be balanced with autonomy. Collaboration is not required for all decisions.

Global Rationale:

Cognitive Level: Analyzing
Client Need: Safe Effective Care Environment
Client Need Sub:
Nursing/Integrated Concepts: Nursing Process: Planning
Learning Outcome: Analyze the factors that influence the success with which the mental health team achieves collaboration among its members and with clients and their significant others.

Question 15
Type: MCSA

The nurse is admitting a client to the psychiatric unit. Which nursing action is correct?

1. Instruct the client that all information gathered during the assessment will be shared with the mental health team.

2. Alert the client that the psychiatrist will do all the intake assessment to maximize the efficiency of the team.

3. Discuss with the client information that is to be shared with family members and the mental health team.

4. Instruct the client that the mental health team will decide what the client needs to do in treatment.

Correct Answer: 3

Rationale 1: Discussing with the client information that is to be shared with family members and the mental health team is an action that promotes a partnership with the client and enhances effectiveness of treatment. The nurse should communicate to the client that decisions related to the sharing of information would take into consideration any agreement regarding disclosure that exists between the nurse and the client and how the receiving party will use the information in the client's best interest. Not all information is significant to the client's reason for treatment. The nurse should communicate circumstances where significant information will be shared. In the spirit of collaboration, the mental health team should involve the client. This assures that clients are informed consumers of mental health services. While the psychiatrist will assess the client from the medical perspective, the nurse must assess the client's responses to the mental disorder in order to plan appropriate nursing care.

Rationale 2: Discussing with the client information that is to be shared with family members and the mental health team is an action that promotes a partnership with the client and enhances effectiveness of treatment. The nurse should communicate to the client that decisions related to the sharing of information would take into consideration any agreement regarding disclosure that exists between the nurse and the client and how the receiving party will use the information in the client's best interest. Not all information is significant to the client's reason for treatment. The nurse should communicate circumstances where significant information will be shared. In the spirit of collaboration, the mental health team should involve the client. This assures that clients are informed consumers of mental health services. While the psychiatrist will assess the client from the medical perspective, the nurse must assess the client's responses to the mental disorder in order to plan appropriate nursing care.

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Global Rationale:

Cognitive Level: Applying
Client Need: Safe Effective Care Environment

Kneisl, *Contemporary Psychiatric-Mental Health Nursing*, 3/e Test Bank
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Client Need Sub:
Nursing/Integrated Concepts: Nursing Process: Implementation
Learning Outcome: Analyze the factors that influence the success with which the mental health team achieves collaboration among its members and with clients and their significant others.

Question 16
Type: MCSA

The correct response of the nurse who is asked if Florence Nightingale had any impact on the role of the nurse in psychiatric–mental health nursing should be which of the following?

1. "No, Nightingale focused her ideas on nursing education rather than direct client care."

2. "Yes, Nightingale was among the first to note that the influence of nurses has psychological components."

3. "No, Nightingale emphasized the physical environment for healing."

4. "Yes, Nightingale developed the idea of the therapeutic relationship."

Correct Answer: 2

Rationale 1: Although it is true that in the context of her time Nightingale emphasized the physical environment, she did have an impact on psychiatric–mental health nursing. Nightingale was among the first to note that the influence of nurses on their clients goes beyond physical care and has psychological and social components; hence, the value of making her famous evening rounds to say goodnight. Nightingale focused her ideas on both direct client care and nursing education. Hildegard Peplau is credited with theory related to the therapeutic nurse–client relationship.

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direct client care and nursing education. Hildegard Peplau is credited with theory related to the therapeutic nurse–client relationship.

Global Rationale:

Cognitive Level: Applying
Client Need: Psychosocial Integrity
Client Need Sub:
Nursing/Integrated Concepts: Nursing Process: Implementation
Learning Outcome: Describe how the role of the psychiatric–mental health nurse changed over the years from that of custodian to a multifaceted role.

Question 17
Type: MCSA

The nurse planning a brief presentation about the "first American psychiatric nurse" will research which of the following?

1. Hildegard Peplau

2. Harriet Bailey

3. Linda Richards

4. Gwen Tudor (Will)

Correct Answer: 3

Rationale 1: Linda Richards, "the first American psychiatric nurse," opened the first American school for psychiatric nurses and spent a significant part of her career developing better nursing care in psychiatric hospitals. Hildegard Peplau developed the first systematic theoretic framework in psychiatric nursing. Harriet Bailey wrote the first psychiatric nursing text, *Nursing Mental Diseases*. Gwen Tudor (Will) was the first nurse to publish an article in the journal *Psychiatry*. While the last three nurses made significant contributions, the title of "first American psychiatric nurse," falls to Linda Richards.

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Question 18
Type: MCSA

The nurse is reflecting on psychiatric nursing care in the 19th century. Which nursing diagnosis is most consistent with the focus of psychiatric nursing care during the 19th century?

1. Ineffective individual coping

2. Self-care deficit

3. Anxiety

4. Altered thought processes

Correct Answer: 2

Rationale 1: During the 19th century, psychiatric nurses attended mainly to the physical needs of clients and did not pursue systematic interpersonal work with them. Psychiatric nursing practice was primarily custodial. Nursing care that systematically addresses anxiety, coping, and altered-thought processes did not come about until the mid 20th century.

Rationale 2: During the 19th century, psychiatric nurses attended mainly to the physical needs of clients and did not pursue systematic interpersonal work with them. Psychiatric nursing practice was primarily custodial. Nursing care that systematically addresses anxiety, coping, and altered-thought processes did not come about until the mid 20th century.

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Global Rationale:

Cognitive Level: Analyzing
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Question 19
Type: MCSA

On which dimension would the nurse most likely focus data collection if the nurse was assessing the client from primarily a 19th century perspective?

1. Spiritual

2. Physical

3. Social

4. Emotional

Correct Answer: 2

Rationale 1: Up until the early to mid-20th century, psychiatric nurses attended primarily to the physical needs of the clients and did not pursue interpersonal work with them. Psychiatric nursing care during this period emphasized a physical environment that would promote recovery. More holistic care (including emotional-social-spiritual dimensions) is a product of more recent history.

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Question 20
Type: MCSA

The nursing student is asked which historical event was most significant in the development of psychiatric nursing as a specialty and psychotherapeutic roles for nurses. Which response by the nursing student indicates understanding of important events related to development of the psychiatric nursing role?

1. Release of the report *Nursing for the Future*

2. Passage of the Community Mental Health Centers Act

3. Publication of *Commonsense Psychiatry*

4. Passage of the National Mental Health Act

Correct Answer: 4

Rationale 1: The National Mental Health Act of 1946 is probably the most significant piece of legislation affecting the development of psychiatric–mental health nursing. Within this act, psychiatric nursing was added to psychiatry, psychology, and social work as a field in which the highest priority became the preparation of clinically capable persons for positions of leadership. *Commonsense Psychiatry,* written by Adolf Meyer, had great impact on psychiatry; however, it did not have a noticeable influence on psychiatric nursing. *Nursing for the Future* eliminated single-focus schools of psychiatric nursing. The Community Mental Health Centers Act of 1963 encouraged the closing of large mental hospitals and further encouraged the trend toward expanded nursing roles at the graduate level.

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Question 21
Type: MCMA

The nurse is writing a scholarly paper on early nursing leaders who made major contributions to the development of the multifaceted psychiatric nursing role of today. The nurse should include which of the following nurses when writing the paper?

Standard Text: Select all that apply.

1. Florence Nightingale

2. Frances Sleeper

3. Linda Richards

4. Gwen Tudor (Will)

5. Hildegard Peplau

Correct Answer: 4,5

Rationale 1: **Florence Nightingale.** Noted that the influence of nurses went beyond physical care; however, she emphasized physical care and made no other significant contributions to the role of the psychiatric nurse.

Rationale 2: **Frances Sleeper.** Advocated the use of psychiatric nurses as psychotherapists.

Rationale 3: **Linda Richards.** Worked toward better nursing care in psychiatric hospitals; however, had minimal impact on the current role of psychiatric nurses. Nurses of her era focused on more custodial physical nursing care.

Rationale 4: **Gwen Tudor (Will).** Designed a nursing intervention that demonstrated that nurses can promote emotional growth in clients and that the psychotherapeutic nursing role can be taught to others.

Rationale 5: **Hildegard Peplau.** Published *Interpersonal Relations in Nursing,* the first systematic theoretic framework in psychiatric nursing, a milestone in the development of the psychiatric nursing roles and practice.

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Question 22
Type: MCMA

The psychiatric-mental health nurse is planning a personal program of continuing education to better meet the challenges of the future in psychiatric nursing practice. What areas should be included in the nurse's plan for continuing education?

Standard Text: Select all that apply.

1. Psychiatric nursing care in nontraditional settings

2. Psychopharmacology

3. Genetic research

4. Psychobiology

5. Physical health of psychiatric clients

Correct Answer: 1,2,3,4,5

Rationale 1: **Psychiatric nursing care in nontraditional settings.** Settings continue to expand from hospitals and traditional settings to alternative and nontraditional settings.

Rationale 2: **Psychopharmacology.** Newer psychopharmacologic agents with fewer side effects continue to grow.

Rationale 3: **Genetic research** resulted in significant knowledge related to the genetic basis of inherited mental disorders that must be integrated into various areas of psychiatric nursing practice.

Rationale 4: **Psychobiology.** As there has been a knowledge explosion in psychobiology, the greatest challenge for psychiatric nursing is the integration of psychobiologic knowledge into clinical practice while maintaining a focus on caring.

Rationale 5: **Physical health of psychiatric clients** is a sometimes overlooked dimension of care especially among the severely and persistently mentally ill clients living in community settings is a new area of focus and challenge for psychiatric nurses.

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Question 23
Type: MCSA

While caring for the client with a mental illness, which action by the psychiatric–mental health nurse best indicates use of Hildegard Peplau's nursing theory?

1. Establishing a therapeutic nurse-client relationship

2. Intervening to enhance the client's abilities to perform self-care

3. Assessing client's interactions with their environment

4. Evaluating the effectiveness of the client's coping and adaptation skills

Correct Answer: 1

Rationale 1: Peplau conceptualized the one-to-one nurse–client relationship in which the client can accomplish developmental tasks and practice healthy behaviors. Dorothea Orem identified the goal of self-care and focused on the client's abilities to perform self-care to maintain life, health, and well-being. Martha Rogers' work gave

psychiatric nurses a mandate to use holistic principles and to consider human beings and environmental interactions. Sister Callista Roy's adaptation theory related the notion of coping or adapting to stimuli as humans interact with their environment.

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Learning Outcome: Discuss the nursing theory concepts and principles that have shaped psychiatric–mental health nursing most directly.

Question 24
Type: MCSA

If psychiatric nurses used Orem's theory for structuring much of their nursing practice, a major focus area for assessment would be the client's ability to do which of the following?

1. Adapt and function to meet various role expectations.

2. Care about self and participate in self-healing.

3. Implement self-care to meet psychosocial needs.

4. Enter into a therapeutic one-to-one relationship with the nurse.

Correct Answer: 3

Rationale 1: Orem's theory of self-care identifies universal self-care requisites and categories that encompass both physical and psychosocial human needs. Orem focuses on abilities to perform self-care to maintain life, health, and well-being. Peplau conceptualizes the one-to-one nurse–client relationship. Roy's adaptation theory identifies modes of human adapting, including the area of role function. Watson's theory of human caring emphasizes self-caring and self-healing.

Rationale 2: Orem's theory of self-care identifies universal self-care requisites and categories that encompass both physical and psychosocial human needs. Orem focuses on abilities to perform self-care to maintain life, health, and well-being. Peplau conceptualizes the one-to-one nurse–client relationship. Roy's adaptation theory identifies modes of human adapting, including the area of role function. Watson's theory of human caring emphasizes self-caring and self-healing.

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Learning Outcome: Discuss the nursing theory concepts and principles that have shaped psychiatric–mental health nursing most directly.

Question 25
Type: MCSA

The psychiatric–mental health nurse is asked to develop an intervention for the nursing unit based on Watson's theory of caring. Given this assignment, which intervention is most appropriate for the nurse to implement?

1. One-to-one debriefing sessions each week with individual unit nurses and the unit manager

2. Clarification of values and cultural beliefs that might pose barriers to caring for clients

3. Identification of additional coping skills for new nurses on the unit

4. Discussion of the impact of recent changes in hospital policy on the nursing staff

Correct Answer: 2

Rationale 1: Watson's theory of human caring emphasizes sensitivity to self and values clarification regarding personal and cultural beliefs that might pose barriers to transpersonal caring. Identification of coping skills for new nurses is consistent with Roy's theory of adaptation. Discussion of the impact of change on the nursing staff is consistent with Rogers's theory that considers humans and environmental interactions and change. One-to-one debriefing sessions are more consistent with Peplau's theory; however, this intervention could be used in a variety of theoretical approaches.

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Question 26
Type: MCSA

The unit manager is consistently advocating for self-awareness among the psychiatric–mental health nursing staff in order to promote quality care. From which theoretical base is the unit manager operating?

1. Jean Watson's theory of human caring

2. Dorothea Orem's theory of self-care

3. Martha Rogers's principles of homeodynamics

4. Sister Callista Roy's adaptation theory

Correct Answer: 1

Rationale 1: Jean Watson's theory of human caring emphasizes sensitivity to self and values clarification regarding personal and cultural beliefs that might pose as barriers to transpersonal caring. Roy's adaptation theory (coping and adapting to environmental stimuli), Rogers's principles of homeodynamics (human and environmental interaction), and Orem's theory of self-care (matching nursing systems of care with clients' levels of self-care functioning) have different emphases.

Rationale 2: Jean Watson's theory of human caring emphasizes sensitivity to self and values clarification regarding personal and cultural beliefs that might pose as barriers to transpersonal caring. Roy's adaptation theory (coping and adapting to environmental stimuli), Rogers's principles of homeodynamics (human and environmental interaction), and Orem's theory of self-care (matching nursing systems of care with clients' levels of self-care functioning) have different emphases.

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Learning Outcome: Discuss the nursing theory concepts and principles that have shaped psychiatric–mental health nursing most directly.

Question 27
Type: MCSA

Upon the client's arrival on the patient care unit, the nurse begins implementation of the nursing process. Of which nursing theorist should the nurse's practice be most reflective?

1. Ida Jean Orlando

2. Jean Watson

3. Dorothea Orem

4. Hildegard Peplau

Correct Answer: 4

Rationale 1: Some say that the phases of Peplau's therapeutic nurse–client relationship are ancestors of the phases of the nursing process. While Orem, Watson, and Orlando guide the nurse in areas for assessment, analysis, planning, intervention, evaluation, etc., they do not identify specific phases or steps of the nurse–client interaction process.

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Learning Outcome: Discuss the nursing theory concepts and principles that have shaped psychiatric–mental health nursing most directly.

Question 28
Type: MCMA

The nursing student asks the nurse the reason that knowledge of nursing theories is important. The nurse should respond that nurses use nursing theories to do which of the following?

Standard Text: Select all that apply.

1. Organize assessment data.

2. Generate goals.

3. Evaluate outcomes.

4. Plan interventions.

5. Generate nursing actions.

Correct Answer: 1,2,4,5

Rationale 1: **Organize assessment data.** Nurses use theories to assist them to organize and think about human responses and data in meaningful ways.

Rationale 2: **Generate goals.** Nurses use theories to generate goals that have meaning for clients and reflect desired outcomes to promote health and well-being.

Rationale 3: **Evaluate outcomes.** Nurses use theories to assist in the identification of areas for evaluation of client progress toward goals.

Rationale 4: **Plan interventions.** Nurses use theories to plan interventions that address human responses as they interact with both the internal and external environments.

Rationale 5: **Generate nursing actions.** Nurses use theories to provide guidance in the focus for nursing actions that promote health as defined by each theory**.**

Global Rationale:

Cognitive Level: Applying
Client Need: Psychosocial Integrity
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Learning Outcome: Explain why you should be capable of functioning in all theories of care.

Question 29
Type: MCSA

If the nurse is using the nursing theory that has shaped psychiatric–mental health most directly, which nursing action is priority?

1. Assessing the client's abilities in areas of self-care

2. Teaching effective coping skills

3. Establishing a therapeutic nurse–client relationship

4. Encouraging the client's sensitivity and caring for self

Correct Answer: 3

Rationale 1: The interpersonal theory of psychiatric–mental health nursing and the therapeutic relationship originated by Peplau remains the theory that has shaped psychiatric–mental health nursing most directly. While assessing self-care abilities, encouraging sensitivity and caring for self, and teaching effective coping skills are important areas for nursing action, all efforts are supported by a therapeutic nurse–client relationship.

Rationale 2: The interpersonal theory of psychiatric-mental health nursing and the therapeutic relationship originated by Peplau remains the theory that has shaped psychiatric–mental health nursing most directly. While assessing self-care abilities, encouraging sensitivity and caring for self, and teaching effective coping skills are important areas for nursing action, all efforts are supported by a therapeutic nurse–client relationship.

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Question 30
Type: MCSA

When planning nursing care, the nurse understands that the main value of having knowledge of a variety of nursing theories is to be able to do which of the following?

1. Promote consideration and use of nursing research.

2. Build the skill and effectiveness of the nurse's practice.

3. Enhance collaboration and understanding between the nurse and the mental health care team.

4. Implement individualized nursing interventions depending on what is best for the client's situation.

Correct Answer: 4

Rationale 1: Approaches associated with two or more nursing theories provide the nurse with enhanced capability to implement nursing interventions and care that is individualized for clients and their situation—the whole purpose of nursing care. Building the skill and effectiveness of the nurse, enhancing collaboration, and promoting consideration and use of nursing research are nurse-centered responses and fall much lower on the priority scale than individualized, client-centered care.

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Learning Outcome: Explain why you should be capable of functioning in all theories of care.