

1. A nurse places a client in a seclusion room until he admits to starting a fight in the day room earlier. What does the nurse's behavior constitute?
  - a. Assault
  - b. Battery
  - c. False imprisonment
  - d. Malpractice
2. During the orientation phase of the nurse client relationship what takes places?
  - a. Rapport is established
  - b. Information regarding the client is obtained from the chart
  - c. One's feelings are examined
  - d. Identity problem solving skills
3. What is nursing behavior consistent with therapeutic communication?
  - a. Offering opinions
  - b. Active listening
  - c. Speaking in period of silence
  - d. Approving of behavior
4. Which statement by the nurse demonstrates an understanding of nonverbal communication?
  - a. It's always easier to understand nonverbal communication
  - b. If a client avoids others, I'm sure he is depressed
  - c. Most communication is verbal, not nonverbal
  - d. It is important to check for congruent verbal and nonverbal responses
5. Which statement about mental illness is accurate?
  - a. Mental illness changes with culture, time, and history and the group defining it
  - b. It is the inability to reach the level of love and belonging in Maslow's hierarchy of needs
  - c. Mental illness is demonstrating irrational illogical behavior
  - d. It is a matter of individual nonconformity to social norms
6. What percent of communication is nonverbal?
  - a. 10-20
  - b. 30-40
  - c. 50-60
  - d. 70-80
7. What is the primary reason the client should be included in his/her treatment planning, if possible?
  - a. To be involved in the objectives/goal planning for care
  - b. To hear what each team member has to say about the prognosis
  - c. To read the medical record
  - d. It provides an opportunity to discuss staff roles
8. What would be criteria for an involuntary mental health admission?
  - a. The client reports past suicidal attempts
  - b. The client is unable to provide for basic needs
  - c. The client is homeless and doesn't feel safe
  - d. The client refuses admission

9. The nurse is preparing the client for electroconvulsive therapy the following day, the teaching should include what information regarding side effects?
- You may experience memory loss and disorientation immediately after treatment
  - Agitation and confusion are side effects of ECT
  - Tachycardia and dysrhythmia often occur but you are constantly monitored
  - There are no side effects that should concern you
10. What is the most significant trigger for the development of a nurse focused countertransference situation?
- The degree of authority the nurse has
  - The nature of the client's diagnosis
  - The similar histories of the nurse and client
  - The similarities between the client and the nurse's mother
11. A client uses the defense mechanism sublimation in dealing with her alcohol problem, how is this expressed?
- The client states she does not have a problem
  - She states she tries hard not think about it
  - The client blames other for her problem
  - The client speaks with adolescents about the dangers of substance abuse
12. Which nursing intervention demonstrates the ethical principle of autonomy?
- Refusing to administer a placebo
  - Staying with the client who is very anxious
  - Taking a course to increase knowledge about client's rights
  - Respecting the client's decision to not have treatment
13. What tasks are included during the working phase of the nurse client relationship? Select all
- Provide education about the disorder
  - Promote symptom management
  - Summarize goals and objectives
  - Gather more information/data
14. The client states that you remind him of his very stern aunt. This statement is an example of what type of an issue that can happen in therapy?
- Countertransference
  - Transference
  - Making a judgement
  - Giving recognition
15. The nurse is caring for a client for an admission diagnosis of potential for self-harm. The nurse is now in the evaluation process, what happens during this step of the nursing process?
- A contract is obtained that the client will not harm self
  - The client's prognosis will be discussed at this point
  - Interventions reviewed to determine if they have assisted the client of meeting outcomes
  - A concept map is developed

16. How is the defense mechanism reaction formation demonstrated?
- An individual would like to be in a stable loving relationship but insists she will never settle down or marry
  - An individual is afraid of animals and becomes a veterinarian to please her parents. She presents at a career fair about the satisfaction of her career
  - An individual learns about the death of a dear friend from college and becomes busy planning a reunion with others from school
  - An individual argues and the following day brings her a gift
17. A client becomes agitated and shouts at the nurse "if you come any closer, I will hit you" what is the best response by the nurse?
- You need to stay calm you are responsible for your behavior
  - I am not planning to come any closer "what is happening now"?
  - I am going to get your medication try and relax while I am gone
  - I am calling for assistance, you have until then to get it together
18. A client tries to embarrass a nurse by making a sexually explicit comment. How should the nurse respond to the client?
- I am going to leave now
  - I am no longer going to continue this conversation
  - That comment was inappropriate
  - Let's talk about the weather
19. Which response by the nurse indicates an understanding of therapeutic communication technique giving a board opening?
- Yes, I see go on...
  - Please explain what you mean
  - You seem upset
  - What would you like to talk about?
20. The nurse is caring for a client who has difficulty hearing. What should the nurse do to facilitate therapeutic communication?
- Stand within 3 feet when talking to the client
  - Use monosyllabic words when possible
  - Ask close ended questions
  - Make sure the client can visualize lip movement
21. The nurse is explaining milieu therapy to a new nurse in a psychiatric unit. What would be reviewed with the employee? Select all
- We continuously monitor the environment for safety
  - If a client becomes hostile, we can restrain or seclude
  - When we admit a client, we orientate and explain the group therapy schedule
  - You will be taught crisis prevention techniques

22. The nurse is asked to explain informed consent. What is the most accurate explanation?
- a. It is the right of all voluntary clients to have and be explained the treatment process
  - b. All clients have the right to understand the treatment process before consenting to treatment
  - c. It is the process by which consent is obtained for a procedure to be carried out for an incompetent patient
  - d. It is solely the nurses responsible to determine if the client is competent to sign the consent for treatment
23. What communication technique is persistent questioning of a client?
- a. Probing
  - b. Focusing
  - c. Presenting reality
  - d. Offering self
24. The nurse states "I will stay with you until you go for your ECT treatment" what is the therapeutic communication technique?
- a. Accepting
  - b. Giving recognition
  - c. Offering self
  - d. Formulating a plan
25. The nurse understands that to assess a client's spiritual needs the nurse assesses which of the following first?
- a. Assess the clients need for appropriate clergy
  - b. Complete a spiritual assessment questionnaire
  - c. Assess the effects of spiritual needs on the clients' care
  - d. Self-assess for their own spiritual beliefs and values
26. During an intradisciplinary team meeting a short-term outcome is established for a client with depressive symptoms. Which goal is most appropriate?
- a. The client will make statements that he feels less depressed by the end of the first day of admission
  - b. The client will express and demonstrate increased energy by the third day of admission
  - c. The client will reduce self-rating on depression scale by 10% by second day of admission
  - d. The client will demonstrate increased interaction with other clients by discharge
27. To address the cultural needs of a client what action will the nurse take?
- a. Provide the same care to all clients to prevent misunderstanding
  - b. Read literature of the culture of the client
  - c. Ask the other nurses regarding specific culture needs
  - d. Ask the client what cultural needs are important to him
28. The client expresses the loneliness she feels to the nurse. Which response by the nurse demonstrates the existence of a therapeutic relationship?
- a. Have you thought about ways to locate other lonely people
  - b. You need to get involved in community activities
  - c. Loneliness can be a painful and difficult emotion
  - d. Let's see if we have any common interests

29. A female client asks about her male nurses' girlfriend and social activities. What is the best response by the nurse?
- a. The nurse shares information to be polite
  - b. The nurse limits information and focuses on a client centered conversation**
  - c. The nurse asks to be assigned to same gender clients
  - d. The nurse explains that if she continues, she cannot work with her
30. A client is threatening to harm other clients and his visitor. The visitor is removed from the unit. The nurse has instructed staff to stay with him and prescribes medication for agitation is prepared. He refuses both and he tries to hit the nurse. What statement by the nurse to other staff members is accurate?
- a. Its okay to defend yourself when you have been assaulted
  - b. Medication can be given but only after he agrees to take it
  - c. We do not have to tolerate this behavior I will call for the crisis prevention team**
  - d. For safety we can first restrain the client and I will immediately get the order
31. What is the initial essential condition of getting acquainted based on the nurse's acceptance, warmth, and non-judgmental attitude?
- a. Rapport
32. The nurse is assessing a client who graduates from college with a 4.0 GPA. She is now obsessing about her incompetence in her new job. The nurse understands which therapy challenges the client to evaluate their thought process and how it relates to their feelings?
- a. Intrapersonal/Interpersonal**
  - b. Minulea therapy
  - c. Cognitive behavior
  - d. Psychoanalytic
33. The client asks the nurse about the purpose of group therapy. What is the best response by the nurse?
- a. Group therapy will help you gain insight and self-esteem,
  - b. You may understand family dynamics and improve relationships
  - c. This is for you to meet others and communicate with them on the unit
  - d. Interaction with others and feedback often help in gaining insight**
34. The nurse is assessing the client's spiritual needs. Which of the following demonstrates the nurses understanding of the initial action related to the client's belief assessment?
- a. Arranging a visit by the hospital chaplain
  - b. Offering to pray with the client
  - c. Asking the role spirituality has in his life**
  - d. Initiating care based on documented religion
35. The client demonstrating symptoms of extreme anxiety and is pacing rapidly about the unit. What is the best approach by the nurse?
- a. Continue to observe the client for increased agitation
  - b. Walk with the client and ask about his feelings**
  - c. Medicate the client to prevent escalation
  - d. Instruct all other clients to avoid the situation
36. What is the primary preventative technique to ensure client safety?
- a. Place the client in a private room

- b. Observe the client every 15 minutes
  - c. Explain the safety rules to the client
  - d. Search the clients belongings for safety hazards
37. The client tells you she is going to return to school next semester. What is the most therapeutic response by the nurse?
- a. I think that is a wonderful idea
  - b. Your parents will be so proud
  - c. Can you afford that
  - d. Tell me more about your plan
38. The client states "who is he? I don't understand. What is the meaning of all this?" Which statement would be best to clarify the client's question?
- a. Did he tell you what he meant?
  - b. Who is he?
  - c. I don't understand, please explain what you mean
  - d. How you feel about him?
39. What is the situation in which the HIPAA privacy room can be breached?
- a. A duty to harm a clients potential victim of harm
  - b. Informing the clients family when the client is threatening self harm
  - c. Informing the spiritual counselor of the clients desire for self harm
  - d. After the client harms others this law does not apply
40. What nontherapeutic techniques may be used if the nurse becomes uncomfortable during a nurse client interaction?
- a. Silence will be used
  - b. The nurse may change the subject
  - c. Probing technique may be used
  - d. Exploring is a nontherapeutic technique that may be used
41. 17:17