
NUR 2488 Mental Health Nursing
Final Exam
Key Concepts

Introduction in Psychiatric Nursing

Understand milieu therapy- can you describe it in a clinical setting? (2-4 questions about Milieu's)

Describe the difference between mental health and mental illness – Definitions only

Maslow's Hierarchy of needs (pg 31) (2 questions)

Freud- what did he contribute to psychiatric setting? (1 question)

Review table 3-2 (pg 38)

Therapeutic Communication

Be able to give examples of verbal and non-verbal communication (question listing ways of non-verbal communication – select all style – “listening” was one option, check on that for sure)

Understanding therapeutic and non-therapeutic techniques of communication (same type of scenarios from exam 2)

Review table 8-1, 8-2, 8-3

Phases of the Nurse-Patient Relationships

Describe relationship during each phase (Know discharge phase)

Boundaries with patients

Describe active listening (Select all apply question for this)

Review table 9-1

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Legal, Ethical, and Cultural

Give examples of negligence, Autonomy, Justice, Beneficence, Fidelity, and Veracity (Very few questions on this, I think only one if I remember right– the same question was on there regarding the physician who chose to treat the guy with insurance and discharge the other guy – what's this an example of?)

Rights for Voluntary and Involuntary Admission (2-3 questions on this)

Informed Consent/Confidentiality/HIPAA (I don't remember anything for this)

Psychiatric Nursing Assessment – priority interventions, nursing dx, etc. (pg 101)

Mood Disorders

Primary vs. Secondary Depression (2-3 Questions, know secondary depression)
Review tables 15-2, 15-8 & 15-9 (Foods that interact)

First-line treatment for Depression – Can you name them? (1 select all apply, I think)

Patient teaching for Nortriptyline, TCAs vs. SSRIs vs. MAOIs – know examples from classes of meds/benefits/risks/adverse effects/pt. teaching (Review table 15-7)

(4-5 questions on these meds) – Such as What's main difference between TCA and SSRI. What foods to avoid if any. (There's like two questions about what has Tyramine in it; and which med do you need to avoid tyramine?)

Review box 15-2

Suicidal Ideation – Assessment, Risk Factors & Interventions (pg 437) (1 question, know signs such as paying off debt, skipping doctors appointments, etc.)

Understanding the differences between covert and overt messages

Table 23-1, 23-2

Lithium Levels & Toxicity (know lithium levels – 1-2 questions on that) What happens in lithium toxicity. – Make sure you know difference between this and the tyramine interaction – I got these two mixed up)

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Review table 16-5

Anxiety Disorders

Anxiety Levels & Stages (1-2 questions)

Review table 11-1, 11-2, 11-9 & 11-10

Benzodiazepines – commonly given & teaching needed for patients (Know this! Several Benzo questions regarding alcohol withdrawal and anxiety)

Table 11-4- Understand and Describe Defense Mechanisms

Discuss the benefits of buspirone (1 question, why this med over Diazepam)

Understand PTSD- symptoms, medications used, and nursing interventions for clients (1-2?)

Thought Disorders

Positive and Negative Symptoms of Schizophrenia

EPS/Tardive Dyskinesia- identify and describe (2-3 questions regarding s/s TD)

Neuroleptic Malignancy Syndrome- be able to describe (1 question – know s/s)

Review box 17-2, 17-3

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Review table 17-8 & 17-9

Personality, Somatoform, and Eating Disorders

Describe personality disorders (2-3 questions)

Review table 13-2

Highest nursing priority with these dx (Do know priority nursing diagnoses)

What comorbidities exist with anorexia? With bulimia? Differences between presentation of clients? (2-3 questions)

Review box 14-1, 14-2 & 14-3

Conversion Disorder (For sure 1 question – know what this is, and s/s)

Review table 12-1

Conduct Disorder (1-2 questions that have this in it – Know what it is)

Understanding limit setting and boundaries for clients for inappropriate behaviors (When to set limits and for what disorders... such as the borderline personality disorder person, the narcissist, and the histrionic person)

Addiction, Abuse and Violence (Know what is CNS depression vs CNS stimulant)

Signs of Alcohol Withdrawal (Is HR high or low, is BP high or low, diaphoresis or no?)

Alcohol Dependence – know associated dx, priority dx

Nursing Interventions & assessment tools

Review box 19-4

Review table 19-11

Describe nursing interventions for client after traumatic event occurred (Pt in crisis what is priority nursing intervention)

Identify intoxication signs of alcohol, opioids (2-3 questions)

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Review table 24-1

Cognitive and Degenerative Disorders

Alzheimer's - Understand Pathology (1-2 questions on this)

Alzheimer's – Meds used (1-2 questions)

Review table 18-5 & 18-6

Nursing Interventions for Alzheimer's Patients (1-2 questions)

Review box 18-2

Impulsive Behaviors- (Define Impulsive behavior – for sure 1 question on this)

Review table 27-3

Symptoms associated with delirium and dementia- describe them, understanding the difference between them (1-2 questions)

Patients in Crisis, Grief, Complementary Therapy

Discuss factors that influence the grieving process (1-2 questions)

Describe alarm, exhaustion, fight or flight (1-2 questions)

Identify forms of complementary therapies (1 question)

Stress Reduction Techniques (1-2 questions)

Review box 10-1 & table 10-1

Crisis - Environmental Disasters & Situational Crisis – Know Examples

Crisis Nursing Interventions – Highest Priority/ Nursing Assessment Priority during Crisis (1-2 questions)

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Review table 20-1, 20-2

Primary, Secondary and Tertiary Nursing Care (1 question about the community – what can the nurse accomplish in community vs hospital – the difference)

Nursing Interventions – Grief

Caring for a Dying Patient (What does the family REQUIRE was the question)

Table 25-3