

CHAPTER 2 PSYCHIATRIC NURSING

TRUE/FALSE

1. In nursing schools in the late 19th century and early 20th century in this country, nurses for clients with medical problems and nurses for clients with mental problems were usually educated separately.

ANS: T PTS: 1

2. In the 19th century, nurses who were trained to work with people who were physically ill had nurses as teachers, while those nurses who were trained to work with people who were mentally ill had physicians as teachers.

ANS: T PTS: 1

3. Various societies at times throughout history have treated people who were mentally ill with reverence.

ANS: T PTS: 1

4. Mental illness has always been viewed as an illness or a disease.

ANS: F PTS: 1

5. The term *lunatic* came from the idea in the Middle Ages and Renaissance that the lunar body controlled people who are mentally ill.

ANS: T PTS: 1

6. People who were mentally ill in the Middle Ages and Renaissance period were treated with kindness.

ANS: F PTS: 1

7. Insulin shock for the treatment of mental illness was used only in Europe and not in the United States.

ANS: F PTS: 1

8. Advances in neuroscience most likely will eliminate the need for psychiatric nurses and their work with communities and individuals to assess dysfunction and assist clients in the area of improved coping skills.

ANS: F PTS: 1

COMPLETION

1. The theory that a source of infection causes insanity and that removal of the infection can cure the person is known as the _____ Theory.

ANS: Septic Foci

PTS: 1

2. The theory that persons are mentally ill by virtue of having bad character is known as the _____ Theory.

ANS: Moral Degeneracy

PTS: 1

3. The theory that dirt and putrefaction are the principal causes of ill health, and that justified removing people who were ill or insane from the rest of society, is known as the _____ Theory.

ANS: Miasmatic

PTS: 1

MULTIPLE CHOICE

1. Hippocrates and the Greeks and Romans of his time believed that emotional stability was influenced by:
- family interaction
 - sin, God, and the devil
 - blood, bile, and phlegm
 - sloth and wastefulness

ANS: C

The Greek and Roman cultures developed the idea of “humors”: blood, black bile, yellow bile, and phlegm. Hippocrates believed that excesses of black bile caused melancholy. Through bloodletting, the excess could be removed. This was a primitive treatment of mental illness.

PTS: 1 DIF: Knowledge REF: Care of the Mentally Ill| Early Civilization

2. In the Middle Ages and Renaissance, mental illness was viewed with:
- fear
 - indifference
 - repulsion
 - reverence

ANS: A

During the Middle Ages and Renaissance, mental illness was viewed with fear. Affected individuals were thought to be influenced by the moon.

PTS: 1 DIF: Knowledge
REF: Care of the Mentally Ill| Middle Ages and Renaissance

3. William Battie is recognized in the history of care for people who were mentally ill for the:
- belief in the contamination theory of mental illness
 - idea that body “humors” influence emotional states
 - idea that attendants and nurses should be carefully trained
 - insistence on privatized care for people who are mentally ill

ANS: C

William Battie recommended that those who worked as attendants and nurses to people who were mentally ill should be carefully selected and trained. He believed that demonstrating a caring attitude was an important aspect of treatment.

PTS: 1 DIF: Knowledge
REF: Care of the Mentally Ill| Eighteenth and Early Nineteenth Centuries

4. Which phrase provides the BEST definition of *asylums*?
- areas for basic incarceration to segregate people who are insane
 - custodial care under the direction of physicians
 - private care facilities akin to sanatoriums
 - public institutions to provide humane, rational treatment

ANS: D

Asylums were large public institutions that were to promote human and rational methods of treatment of people who were mentally ill. They were self-sufficient communities. Everything for daily living was available on the grounds of the institution. This included laundry services, cooking facilities, and so on.

PTS: 1 DIF: Knowledge
REF: Care of the Mentally Ill| Eighteenth and Early Nineteenth Centuries

5. In the 1800s, “inmates” (clients) in asylums for people who were mentally ill often never left once they were committed, due to a number of factors that included which of the following?
- Life in the asylum was significantly better than living in society.
 - Asylums were designed as permanent residences for people who were mentally ill.
 - Inmates who were “good” workers were needed to maintain the asylum.
 - Inmates were unable to afford to pay an attorney to have their commitment overturned.

ANS: C

Inmates were frequently not released from the asylums because they were good workers. While they were given time to read and relax, they provided the major workforce for the daily chores to be completed at the asylums.

PTS: 1 DIF: Comprehension
REF: Care of the Mentally Ill| Nineteenth Century

6. The individual credited as an advocate for mental health reform, humane treatment, and safe environments for people who are mentally ill is:
- Lucille Brown
 - Dorothea Dix
 - Lavinia Dock
 - Isabel Hampton Robb

ANS: B

Dorothea Dix believed that people who are mentally ill should be treated humanely. She also believed that people who are mentally ill should be treated in a safe environment. She fought to include activities such as dance for the inmates.

PTS: 1 DIF: Knowledge REF: Care of the Mentally Ill| Nineteenth Century

7. A popular treatment of people who were mentally ill in asylums during the first half of the 20th century was:
- baths of different temperatures and types
 - psychotropic medication
 - individual psychotherapy
 - family therapy

ANS: A

People who were mentally ill during the first half of the 20th century were treated with baths of different temperatures and types. Hot baths were used for melancholy, and cold baths were used for mania.

PTS: 1

DIF: Knowledge

REF: Nursing Education| Eighteenth and Nineteenth Centuries

8. Which of the following publications presented the first theoretical framework for the practice of psychiatric care?
- Interpersonal Relations in Nursing*
 - Perspectives in Psychiatric Care*
 - The Dynamic Nurse-Patient Relationship*
 - The Future of Nursing*

ANS: A

Hildegard Peplau published *Interpersonal Relations in Nursing*. This book served as the first theoretical framework for the practice of psychiatric nursing. Peplau's framework focused on the interaction between nurse and client. She identified three phases of the relationship: introductory, working, and termination phases.

PTS: 1

DIF: Knowledge

REF: Nursing Education| The Role of Nursing Theory and Scholarship

9. Which publication was the result of work to integrate mental health principles into basic nursing curricula?
- Interpersonal Relations in Nursing*
 - Perspectives in Psychiatric Care*
 - The Dynamic Nurse-Patient Relationship*
 - The Future of Nursing*

ANS: D

The Future of Nursing by Lucille Brown, director of the Department of Studies in the Professions at Russell Sage Foundation, was the result of work to integrate mental health principles into basic nursing curricula. Through the years, this document has come to be known as the Brown Report. Brown recommended that psychiatric hospitals should not conduct their own schools, but should develop affiliation agreements with nursing-established programs.

PTS: 1

DIF: Knowledge

REF: Nursing Education| The Role of Nursing Theory and Scholarship

10. Which statement reflects the current perspective of psychiatric nursing?
- Psychiatric nurses don't do real nursing.
 - Psychiatric nursing is a new area of interest.
 - Psychiatric nursing is a specialty within nursing.
 - Psychiatric nursing is the only area of nursing with standards of practice.

ANS: C

The current perspective of psychiatric nursing is that it is a specialty within nursing. This specialty includes subspecialties for advance practice registered nurses. Subspecialties focus on such areas as mental health services for the child, adolescent, adult, elderly, and the patient who is chronically ill, to name a few.

PTS: 1

DIF: Comprehension

REF: Nursing Education| The Role of Nursing Theory and Scholarship

11. Under whose leadership was psychiatric nursing included in the training of general nurses in the 20th century?
- Dorothea Dix
 - Effie Taylor
 - Edward Cowles
 - Hildegard Peplau

ANS: B

Effie Taylor, the nursing director of the Phipps Clinic at Johns Hopkins was the first director to include psychiatric nursing practice into a nursing school's curricula. All students were trained in the care of people who were mentally ill.

PTS: 1 DIF: Knowledge REF: Nursing Education| Twentieth Century

12. In 1955, what organization first required that nursing programs include theory and clinical experiences in psychiatric nursing to receive national accreditation?
- The Joint Commission, formerly known as the Joint Commission on Accreditation of Hospitals (JCAHO)
 - American Hospital Association
 - American Nurses Association
 - National League for Nursing

ANS: D

The National League for Nursing mandated that theory and clinical experiences were a requirement for a school of nursing to be nationally accredited. This ruling ensured that graduates from accredited programs were educationally prepared to provide appropriate nursing care for persons who were mentally ill.

PTS: 1 DIF: Knowledge REF: Current Trends and Issues| Table 2-2

13. The basic-level psychiatric mental health nurse is one who has demonstrated clinical skills within the specialty of psychiatric nursing, and whose education is at least at which of the following levels?
- licensed practical nursing
 - associate degree
 - baccalaureate degree
 - master's degree

ANS: C

The education for the basic-level of psychiatric nursing is the baccalaureate degree. Graduates of this degree have both theoretical and practical knowledge in the treatment of people who are mentally ill.

PTS: 1 DIF: Comprehension REF: Current Trends and Issues

14. At the basic level of practice of psychiatric nursing, the nurse is qualified to:
- diagnose mental disorders using the DSM-IV
 - assist clients to regain or improve coping
 - treat mental disorders
 - prescribe simple medications under supervision

ANS: B

Nurses at the basic level of psychiatric nursing are qualified to assist clients who are mentally ill to regain or improve coping. These nurses work with individuals, families, communities, and groups to promote health. They are able to assess dysfunction while assisting the client to regain or improve coping and prevent further disability.

PTS: 1 DIF: Comprehension
REF: Psychiatric Mental Health Nursing: Areas of Practice: Basic Level Functions

15. At the advanced practice level of psychiatric nursing, the nurse has skills beyond basic nursing. The advanced practice nurse has skills in:
- diagnosis and treatment
 - psychoanalysis
 - positron emission tomography (PET) scanning
 - psychological testing

ANS: A

At the advanced practice level, the nurses may focus on the full range of activities from mental health promotion to illness care. Their additional education provides them with the skills needed for diagnosis and treatment of mental disorders. In many states, APRNs have prescriptive authority for drugs.

PTS: 1 DIF: Comprehension
REF: Psychiatric Mental Health Nursing: Areas of Practice: Advanced Level Functions

16. You notice in the chart that a nurse's name is followed by the letters "APRN." To qualify for these letters, the nurse must be certified at a national level and has to have at least which of the following levels of education?
- associate degree
 - baccalaureate degree
 - master's degree
 - doctoral degree

ANS: C

An advanced practice registered nurse (APRN) is a licensed registered nurse with at least a master's degree preparation. According to the American Nurses Association (ANA) Standards of Practice, APRNs must have psychiatric nursing training and be nationally certified as a clinical specialist in psychiatric mental health nursing. Some psychiatric APRNs are certified as nurse practitioners.

PTS: 1 DIF: Comprehension
REF: Current Trends and Issues: Mental Health Advanced Practice Registered Nurse

17. According to the American Nurses Association (ANA) Standards of Practice, the psychiatric mental health nurse focuses on the:
- diagnosis of psychiatric disorders
 - diagnosis of human responses to mental problems
 - treatment of client social welfare problems
 - treatment of biochemical disorders

ANS: B

According to the American Nurses Association (ANA) Standards of Practice, the psychiatric mental health nurse focuses on the diagnosis of human responses to mental illness. Their patients include individuals, families, groups, and communities. Issues related to all levels of prevention can be addressed by the psychiatric mental health nurse.

PTS: 1 DIF: Comprehension REF: Current Trends and Issues

18. Which of the following concerns is considered a major contemporary issue that requires the psychiatric mental health nurse to address both psychiatric mental health issues and larger social issues?
- addictions

- b. aging
- c. chronic illness
- d. schizophrenia

ANS: A

Addiction is a major contemporary issue of concern to both psychiatric nursing and society. Other issues of major concern include domestic violence, homelessness, and poverty. Funding to address these issues has not been sufficient. These issues are among the priority issues to be addressed according to Healthy People 2010.

PTS: 1 DIF: Knowledge REF: Future Directions

19. Case management for persons who are demented and live alone is one of the roles of which type of psychiatric nurse?
- a. day-care center director
 - b. psychiatric unit nurse
 - c. home health psychiatric nurse
 - d. advanced practice nurse

ANS: C

Home health psychiatric nurses are involved in case management for persons who are demented and live alone. Services provided by home health psychiatric nurses include primary prevention, secondary prevention, and tertiary prevention.

PTS: 1 DIF: Comprehension
REF: Future Directions| Community-Based Roles in Psychiatric Nursing

20. According to the American Nurses Association, “Behaviors and mental states that indicate the client is a danger to self or others or has severe disability” are considered to be:
- a. something only advanced practice nurses can deal with
 - b. phenomena of concern for the psychiatric mental health nurse
 - c. outside the scope of the psychiatric mental health nurse
 - d. best treated by medication and restraints if needed

ANS: B

A major phenomena of concern for the psychiatric mental health nurse is the assessment of behaviors and mental states that indicate the client is a danger to him- or herself, is a danger to others, or has severe disability. If one of these three situations exist, the client may be admitted on an involuntary admission in many states. The admission is focused on providing the individual with appropriate mental health care.

PTS: 1 DIF: Comprehension REF: Future Directions

21. The developing philosophy of managed care and cost containment is affecting current treatment of mental illness in which of the following ways?
- a. Many persons with mental illness do not receive treatment.
 - b. Almost all persons treated for mental illness receive adequate care.
 - c. Persons discharged from short-term hospital stays receive appropriate follow-up care.
 - d. Limited hospitalization for stabilization on medication is the most cost-effective treatment.

ANS: A

Many persons with mental illness do not receive treatment. The reasons include factors related to managed care and cost containment. Many persons are underdiagnosed and undertreated. Current data shows that barely half of the persons with depression receive treatment and that less than half of that treatment is judged to be adequate. In addition, length of stay in acute care settings has decreased as a direct result of reduction of funding for mental health treatment. However, recently legislation addressing mental health parity has been passed in some states.

PTS: 1

DIF: Comprehension

REF: Future Directions

22. Delivery of mental health nursing care in the future will MOST likely:
- be offered only as part of short-term, acute-care inpatient treatment programs
 - require advanced practice credentialing as the entry level
 - focus exclusively on prevention programs
 - occur in community-based settings that require nurses to perform a variety of roles

ANS: D

In the future the majority of mental health care will occur in community-based settings. These settings include schools, homes, religious institutions, and halfway houses. A major focus will be on primary prevention of mental illness. Issues related to secondary and tertiary prevention will also be addressed.

PTS: 1

DIF: Comprehension

REF: Future Directions

23. In 1963, which major piece of legislation regarding care of people who are mentally ill was passed?
- The Brown Report
 - The National Mental Health Act
 - The Community Mental Health Centers Act
 - The Mental Health Parity Act

ANS: C

In 1963, the Community Mental Health Centers Act was passed. The act was part of President John F. Kennedy's New Frontier. The act supported the notion of the "least restrictive environment" for the treatment of mental illness. This was the beginning of deinstitutionalization.

PTS: 1

DIF: Knowledge

REF: Nursing Education| Twentieth Century

24. Ida Jean Orlando is noted for publishing which document in 1961?
- Perspectives in Psychiatric Care*
 - The Dynamic Nurse-Patient Relationship*
 - Interpersonal Relationships in Nursing*
 - Mental Health Services and Practice*

ANS: B

In 1961, Ida Jean Orlando published *The Dynamic Nurse-Patient Relationship*. It was the culmination of a 5-year project funded by the National Institute of Mental Health (NIMH). Factors that supported or impeded the integration of mental health principles into basic nursing curricula were identified.

PTS: 1

DIF: Knowledge

REF: Nursing Education| The Role of Nursing Theory and Scholarship