



# 999 Practice Questions with Rationale for Mental Health and Psychiatric Nursing

*Solomon Barroa RN*

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Mental Health is essential to every person. It enables productivity and quality of life. Every person has encountered a stressful situation from family, friends, school, workplace, and leisure areas. All aspects of human life contain challenges and never ending changes in everyday life situations. These changes result to adaptation, learning, and wisdom. A person who is unable to cope with this changes or challenges usually demonstrates anxiety or depression along with other symptoms of mental disorder. Mental health professionals such as psychiatrists, nurses, case workers, and psychiatric aides then provide treatment to the affected person. This book contains practice questions with rationales broadly and explicitly covering mental health and Psychiatric Nursing including theories of personality, defense mechanisms, psychosocial tasks, developmental disorders, anxiety disorders, affective disorders, organic brain syndromes, mood disorders, personality disorders, eating disorders, substance abuse disorders, schizophrenia, sexual issues, psychopharmacology, psychotherapy, therapeutic techniques of communication, and other important topics. It is not intended to reflect the exact questions of the Board examination. The author's intention is to provide effective review material for the reader. Various levels of difficulty are reflected in this book. There are easy and difficult questions. Sample Questions: 1. A client with manipulative behavior blocks the nurse reliever from walking in the hallway. The client requested and asked for various things. Which of the following courses of action is best for the nurse to do? (a. ignore inappropriate behavior b. refer requests to the primary nurse c. provide negative reinforcement for inappropriate behavior d. encourage the client to verbalize feelings of inadequacy) 2. Chlorpromazine was administered to a client with schizophrenia. Which of the following symptoms will be resolved effectively by this drug? (Select all that apply) (a. pressured speech b. absence of energy c. lack of motivation to perform task d. loose associations e. grandeur delusion f. social withdrawal g. visual hallucination) 3. The nurse is speaking to a male client with personality disorder. The client said "Why should I speak with you? It won't help me anyway." Which of the following is an appropriate response from the nurse? (a. "I am here to speak to you about your concerns and needs" b. "Your doctor told me that speaking is part of your daily therapy" c. "Why do you think that speaking to me won't help you?" d. "Why do you even think that way. It's not good for you") 4. An elderly client with dementia went to the hallway and attempted to open the door to the fire escape. The nurse noticed that it's 4 am from the clock in the hallway. Which of the following response is best for the nurse? (a. "This is the door to the fire escape. Why do you want to go out?" b. "You look confused. Would you like to talk to me about it?" c. "This is the door for the fire escape. Are you looking for the toilet?" d. "You look like something is bothering you. Would you like to go back to your room so we can talk about it?") See the answers inside..

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