

Question #

Student Name:

Based on the "Topic" and "Subtopic," I missed a question about:

Depression



I have reviewed each of the excerpts/activities listed under the Packet > Remediation Content

List five or more bullet points with your "take-aways" from this packet.

(What is most important for you to remember as you prepare for the NCLEX and future patient care?)

- Most healthcare providers mistake depression for natural aging or confuse it with dementia or delirium delaying proper treatment
- Depression in older adults may appear as irritability, agitation, forgetfulness chronic pain or suspiciousness.
- In older adults depression is the biggest risk factor for suicide especially when combined with chronic illness, loss of independence or loneliness.
- Some illnesses like stroke thyroid disorders or hepatitis and drugs can induce depression
- SSRIs are often first line for older adults but this may increase risk of falls and fractures.

Question #

Based on the "Topic" and "Subtopic," I missed a question about:

Resources for serious mental illness



I have reviewed each of the excerpts/activities listed under the Packet > Remediation Content

List five or more bullet points with your "take-aways" from this packet.

(What is most important for you to remember as you prepare for the NCLEX and future patient care?)

- Community treatment improve independence, functioning and quality of life but services are often fragmented and difficult to navigate
- Day programs offer structure, therapeutic activities, social skills training ADL's supports and peer contact.
- Psychiatric and medical somatic services focus on medication management and physical health monitoring usually provided by psychiatrists, APRN's or PA's
- Housing services range from supervised group homes or independent living.
- Guardianship and powership is legal arrangements to ensure financial and treatment decisions are made when judgment is impaired

Question #

Student Name:

Based on the "Topic" and "Subtopic," I missed a question about:

Self care deficit neurocognitive disorder

I have reviewed each of the excerpts/activities listed under the Packet > Remediation Content

List five or more bullet points with your "take-aways" from this packet.

(What is most important for you to remember as you prepare for the NCLEX and future patient care?)

- Prioritize basic needs first and ensure nutrition, hydration, sleep, elimination and hygiene are consistently met
- Identify what the patient can do independently and provide assistants only when needed
- Give instruction one at a time, lay out items in order + allow time to complete
- Use frequent routine toileting to reduce incontinence
- Avoid laxatives if possible; high fiber foods in the diet are more effective for promoting regular bowel movement.

Question #

Based on the "Topic" and "Subtopic," I missed a question about:

Dementia Varcrosis Foundation

I have reviewed each of the excerpts/activities listed under the Packet > Remediation Content

List five or more bullet points with your "take-aways" from this packet.

(What is most important for you to remember as you prepare for the NCLEX and future patient care?)

- DSM 5 classifies Dementia as a major or mild ~~neurocognitive~~ neurocognitive disorder depending on severity of impairment
- Mild forgetfulness with aging is expect but dementia involves significant impairment in memory, judgment, reasoning and daily functioning.
- Brain atrophy, amyloid plaques and neurofibrillary tangles of tau protein disrupt neuron communication and caused degeneration
- Symptoms begin with subtle memory loss then worsens to impaired judgement, disorientation, language issues and behavioral changes
- Progressive ~~memory~~ ^{cognitive} decline that interferes with independence is often cause by Alzheimer's disease

Question #

Student Name:

Based on the "Topic" and "Subtopic," I missed a question about:

Guideline for working w/ patients w/ dementia

I have reviewed each of the excerpts/activities listed under the Packet > Remediation Content

List five or more bullet points with your "take-aways" from this packet.

(What is most important for you to remember as you prepare for the NCLEX and future patient care?)

- Agitation may signal pain, hunger, fear, stress or toileting need so always look for the underlying cause
- Encourage self care within their ability like finger foods or simplified task to reduce frustration
- When patient becomes agitated, calmly divert their attention to another activity instead of arguing or forcing logic
- Adapt the environment to patient w/ dementia rather than the pt to the environment.
- Eliminating unrealistic expectations and allowing the patient to do as much as they are able is to believe to reduce patient stress and frustration

Question #

Based on the "Topic" and "Subtopic," I missed a question about:

Intervention: Dementia

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List five or more bullet points with your "take-aways" from this packet.

(What is most important for you to remember as you prepare for the NCLEX and future patient care?)

- Provide finger foods, cut meals into small portions, reduce distraction and offer frequent small meals.
- Keep patient active during the day, minimize evening stimulation, create a calm bedtime routine and use reassurance if they awake at night
- Remove hazards, avoid restraints and provide safe supervised walks to prevent wandering or falls
- Speak slowly and reassuringly, avoid confrontations, break task into simple steps and be consistent in care to decrease anxiety and confusion
- Promote independence with safety by encouraging patients to do as many ADL's as possible.

Question #

Student Name:

Based on the "Topic" and "Subtopic," I missed a question about:

Managing relapse



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List five or more bullet points with your "take-aways" from this packet.

(What is most important for you to remember as you prepare for the NCLEX and future patient care?)

- The prodromal phase is time between onset of symptom and the need for tx. It can be short as a week or as long as a month
- After the acute phase of illness, recovery is based on helping the patient learn symptoms, triggers, the early signs of relapse, and effective symptom management techniques
- Anxiety and depression are often overlooked as major contributors to poor health related practices of people with schizophrenia.
- Symptom management techniques can include listening to music, taking to self going to bed, prayer or talk to family members/friends
- 6 steps of symptom management techniques are identify problem symptom, identify current symptom management techniques, identify specific support system, discuss additional symptom management techniques, eliminate non-productive symptom management and develop new symptom management plan.

Question #

Based on the "Topic" and "Subtopic," I missed a question about:

Clinical manifestations of schizophrenia



I have reviewed each of the excerpts/activities listed under the Packet > Remediation Content

List five or more bullet points with your "take-aways" from this packet.

(What is most important for you to remember as you prepare for the NCLEX and future patient care?)

- Positive symptoms frequently occur during psychotic episode when an individual loses touch with reality
- Positive symptoms are hallucinations, delusions, positive formal thought disorder and bizarre behavior
- Negative symptoms are affective flattening, Abulia, anhedonia, attention and avolition apathy.
- Delusions may involve grandiose, nihilistic, persecutory, somatic, sexual and religious themes
- poverty of content is a form of disorganized speech which involves the use of vocabularies to convey information is severely retarded despite a fair amount of spoken words

Question #

Student Name:

Based on the "Topic" and "Subtopic," I missed a question about:

Understanding severe and persistent mental illness



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List five or more bullet points with your "take-aways" from this packet.

(What is most important for you to remember as you prepare for the NCLEX and future patient care?)

- Outpatient commitment was designed to provide mandatory treatment in a less restrictive setting typically after patient leaves the hospital or prison
- Anosognosia is the inability of a person to recognize deficits from the illness due to the illness itself
- Stigma about mental illness is a significant problem. It causes others to assume that people with mental illness are less than human, dangerous and somehow responsible for their condition
- Mental health courts are designed to assist people whose crime are secondary to mental illness and divert people with SPMI's to treatment instead of imprisonment
- Factors such as poverty, passivity, impaired hygiene and anxiety also reduce interaction and interfere with relationships

Question #

Based on the "Topic" and "Subtopic," I missed a question about:

Stages of Schizophrenia



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List five or more bullet points with your "take-aways" from this packet.

(What is most important for you to remember as you prepare for the NCLEX and future patient care?)

- Prodromal phase often begins in adolescence and begins with lack of energy or motivation and withdrawal.
- Quiet, passive behavior and individual prefers to be alone is typical of the prodromal phase.
- Acute phase signs and symptoms sometimes vary widely, but disturbances in thought perception, emotion and behavior are very apparent.
- Other common symptoms in prodromal phase is blunt affect, excessive interest in philosophy or religion, self care and personal hygiene decline and multiple physical problems
- Psychotherapies allow the individual self-expression, antipsychotic drug therapy control symptoms and therapeutic relationship maintained over the years.

Question #

Student Name:

Based on the "Topic" and "Subtopic," I missed a question about:

Treatment relevant dimension of schizophrenia

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List five or more bullet points with your "take-aways" from this packet.

(What is most important for you to remember as you prepare for the NCLEX and future patient care?)

- Cognitive symptoms include impairment in memory, disruption in social learning and inability to reason, solve problems or focus attention
- Positive symptoms appear early in the first phase of illness and often precipitate hospitalization and responds well to antipsychotic medication
- Erotomania is the false belief that another person, usually a stranger, high class ~~celebrity~~ or famous is in love with him or her
- Recognition of depression with schizophrenia is crucial because it can increase the likelihood of suicide and substance use disorder as well as impaired function
- Command hallucinations must be assessed carefully because the voice may command the person to hurt self or others.

Question #

Based on the "Topic" and "Subtopic," I missed a question about:

Psych drugs

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List five or more bullet points with your "take-aways" from this packet.

(What is most important for you to remember as you prepare for the NCLEX and future patient care?)

- Benzodiazepines among older adult can cause an increased risk for falls impaired cognition and addiction with acute withdrawal symptoms between doses or on abrupt cessation of the medication.
- Short acting anti-anxiety agent are preferred for older adults because of their lower potential buildup leading to sedation and depression.
- Although alprazolam may be used on a long term basis for panic in older adults most benzodiazepines should be used less than 30 days
- If taking lithium and patient is with a diagnosis of bipolar disorder must have their blood tested frequently for lithium content
- Divalproex sodium is most often prescribed for bipolar and it has fewer side effects than lithium.

Question #

Student Name:

Marcela Guevara

Based on the "Topic" and "Subtopic," I missed a question about:

PSYCH / Anxiety + mood disorders



I have reviewed each of the excerpts/activities listed under the Packet > Remediation Content

List five or more bullet points with your "take-aways" from this packet.

(What is most important for you to remember as you prepare for the NCLEX and future patient care?)

- A nurse who offers both support, information + who engages the patient in rational thought or healthy diversion will minimize negative effects (Adults in crisis)
- Raising self-esteem is important technique for a pt in crisis because it helps pt regain feelings of self worth. (mood-disorder techniques)
- Exploration of solution is essential because crisis intervention is geared towards solving the immediate crisis. (mood disorder techniques)
- Crisis intervention involve simple, innovation, accessible, practical + immediate actions that ensure a persons safety + well being. (Crisis intervention)
- Anxiety disorders, particularly panic disorder + posttraumatic stress disorder are associated w/ increase rates of suicidal ideation, attempts, + complete suicide (Psychiatric diagnosis)

Question #

Based on the "Topic" and "Subtopic," I missed a question about:

PSYCH / Substance use + addiction



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(What is most important for you to remember as you prepare for the NCLEX and future patient care?)

- Disulfiram is most effective in pt w/ significant internal motivation for long term change who have someone willing to oversee daily med ingestion (Disulfiram: makes drinking painful)
- Effective relapse prevention strategies include identify + coping w/ high risk situation + triggers, enhance self-efficacy, lapse management, social support + cognitive restructuring. (Relapse prevention)
- Readiness to change includes, precontemplation, contemplation, preparation action, maintenance, termination. (Readiness to change)
- Clonidine assist substance users through detoxification by partially block withdrawal symptoms (substance use + addiction clonidine)
- Opioid withdrawal management includes GI medication, acetaminophene + benzodiazepines (withdrawal)

Question #

Student Name:

Based on the "Topic" and "Subtopic," I missed a question about:

importance of nurses self care in mental health

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(What is most important for you to remember as you prepare for the NCLEX and future patient care?)

- Lateral violence can stem from compassion fatigue leading to behaviours like withholding information, sarcasm and nonverbal disapproval
- Secondary traumatic stress affects nurses who witness other's trauma leading to emotional stress strain
- Exposure to suffering is constant in nursing leading to emotions like sadness anxiety, frustration or guilt especially in acute care or end of life setting
- Agency intervention such as support groups, validation of experiences and stress management programs improve nurse retention and satisfaction
- Resiliency and self awareness are essential managing stress, building peer connection and practicing health promotion activities help prevent burnout.

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