

N323 Mental & Behavioral Health

Proctored ATI Remediation

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Main Category: Management of Care

Subcategory: CLIENT RIGHTS

Topic: Legal and Ethical Issues: Informed Consent for Electroconvulsive Therapy

- A psychiatric advance directive that includes the client's treatment preferences in the event that an involuntary admission is necessary.
- Ethics are philosophical & involve values & morals. There is frequently no clear-cut, simple resolution to an ethical dilemma.
- Resource for Nurses: Code of Ethics for Nurses, found at the American Nurses Association.

Subcategory: COLLABORATION WITH INTERDISCIPLINARY TEAM

Topic: Depressive Disorders: Priority Findings to Share with Treatment Team

- Client whose manifestations are not responsive to pharmacological treatment.
- Clients for whom the risks of other treatments outweigh the risks of ECT.
- Clients who are suicidal or homicidal & for whom there is a need for rapid therapeutic response.

Subcategory: ESTABLISHING PRIORITIES

Topic: Personality Disorders: Priority Finding for a Client Who Has Borderline Personality Disorder

- Inflexibility/maladaptive responses to stress.
- Compulsiveness & lack of social restraint.
- Inability to emotionally connect in social & professional relationships.

Topic: Personality Disorders: Priority Strategy for Plan of Care

- Self-assessment is vital for nurses caring for clients who have personality disorders & should be performed prior to care.
- Milieu management focuses on appropriate social interaction within a group context.
- Safety is always a priority concern because some clients who have a personality disorder are at risk for self-injury or violence.

Main Category: Safety and Infection Control

Subcategory: USE OF RESTRAINTS/SAFETY DEVICES

Topic: Legal & Ethical Issues: Applying Restraints

- Remove the client from seclusion or restraint as soon as the crisis is over.
- Seclusion & restraint do not usually lead to positive behavior change.
- Less restrictive interventions: verbal, PRN medications, decreasing stimulation, close observation & one to one supervision.

Main Category: Health Promotion and Maintenance

Subcategory: HEALTH PROMOTION/DISEASE PREVENTION

Topic: Anger Management: Risk Factors for Violent Behavior

- Past history of aggression, poor impulse control, & violence.
- Poor coping skills, and limited support systems.
- Living in a violent environment.

Main Category: Psychosocial Integrity

Subcategory: ABUSE/NEGLECT

Topic: Family & Community Violence: Counseling a Client Who is Experiencing Partner Violence

- Stress debriefing: tertiary crisis intervention strategy that assists individuals who have experienced a

traumatic event.

- Facilitator will provide anticipatory guidance for manifestations that can still occur.
- Teach stress management techniques & provide referrals.

Subcategory: BEHAVIORAL INTERVENTIONS

Topic: Psychoanalysis, Psychotherapy, & Behavioral Therapies: Use of Positive Reinforcement

- Modeling: therapist or other role models who imitate this modeling to improve behavior.
- Operant conditioning: positive reinforcement.
- Systemic desensitization: therapy that is planned, progressive, or graduated exposure to anxiety-provoking stimuli in real-life situations.

Subcategory: COPING MECHANISMS

Topic: Stress & Defense Mechanisms: Recognizing Defense Mechanisms

- Cognitive reframing: client is helped to look at irrational cognitions in a more realistic light & to restructure those thoughts in a more positive way.
- Breathing exercises are used to decrease rapid breathing & promote relaxation.
- Priority restructuring: client learns to prioritize differently to reduce the number of stressors affecting them.

Subcategory: FAMILY DYNAMICS

Topic: Eating Disorders: Planning Care for a Client Who Has Anorexia Nervosa

- Develop & maintain a trusting nurse/client relationship through consistency & therapeutic communication.
- Use a positive approach & support to promote the client's self-esteem & positive self-image.
- Establish realistic goals for weight loss or gain.

Subcategory: MENTAL HEALTH CONCEPTS

Topic: Creating & Maintaining a Therapeutic & Safe Environment: The Working Phase of the Client-Nurse Relationship

- Maintain the relationship according to the contract.
- Promote the client's self-esteem.
- Remind the client about the date of termination.

Subcategory: SUBSTANCE USE & OTHER DISORDERS & DEPENDENCIES

Topic: Medications for Substance Use Disorders: Initial Medication to Administer for Acute Alcohol Withdrawal

- Diazepam (Valium); benzodiazepines; Schedule IV; anticonvulsant, antianxiety, sedative/hypnotics, skeletal muscle relaxants.
- Lorazepam (Ativan); benzodiazepines; Schedule IV; anesthetic adjuncts, antianxiety agents, sedative/hypnotics.
- Chlordiazepoxide (Librium); benzodiazepines; Schedule IV; antianxiety agents, sedative/hypnotics.

Topic: Substance Use & Addictive Disorders: Caring for a Client Who Has Opioid Use Disorder

- Encourage the client to participate in a 12-step program.
- Inform clients that the methadone dose must be slowly tapered to produce detoxification.
- Inform the client that the medication must be administered from an approved treatment center.

Subcategory: THERAPEUTIC COMMUNICATION

Topic: Anxiety Disorders: Management of Posttraumatic Stress Disorder

- Provide a safe, non-threatening, routine environment.
- Use multiple strategies to decrease anxiety (music, guided imagery, massage, relaxation therapy, breathing techniques).
- Assess clients for suicidal ideation, & take precautions as needed.

Topic: Suicide: Responding to a Client Who Has Major Depressive Disorder

- Monitor the client's ability to perform ADLs, & encourage independence as much as possible.
- Make time to be with the client, even if they do not speak.
- Counseling to assist with problem-solving, increasing coping abilities, changing negative thinking to positive, increasing self-esteem, assertiveness training, & using available community resources.

Main Category: Basic Care and Comfort

Subcategory: NON-PHARMACOLOGICAL COMFORT INTERVENTIONS

Topic: Psychoanalysis, Psychotherapy, & Behavioral Therapies: Identifying Therapeutic Recommendations for a Client Who Paranoid Personality Disorder

- A firm yet supportive approach & consistent care.
- Offer the client realistic choices to enhance the client's sense of control.
- Feelings of being threatened or having no control can cause a client to act out toward the nurse.

Main Category: Pharmacological and Parenteral Therapies

Subcategory: ADVERSE EFFECTS/CONTRAINDICATIONS/SIDE EFFECTS/INTERACTIONS

Topic: Medications for Psychotic Disorders: Evaluating Understanding of Risperidone

- Second-generation (atypical) antipsychotic prototype drug.
- Metabolic syndrome complications (DM, dyslipidemia, weight gain).
- Anticholinergic effects (urinary hesitancy, dry mouth).

Subcategory: DOSAGE CALCULATION

Topic: Dosage Calculation: Administering Hydroxyzine

- Adults: antianxiety 25 – 100 mg PO 4x daily.
- Children: 2 mg/kg/day divided every 6-8 hours.
- IM Adults: antiemetic preoperative sedation 25-100 mg single dose.

Subcategory: MEDICATION ADMINISTRATION

Topic: Medications for Psychotic Disorders: Teaching About Benztropine

- May cause drowsiness or dizziness.
- Assess for orthostatic hypotension.
- Could decrease perspiration.

Main Category: Reduction of Risk Potential

Subcategory: LABORATORY VALUES

Topic: Eating Disorders: Expected Laboratory Values

- Hypokalemia: low potassium.
- BUN: elevated due to dehydration.
- ECG changes: prolonged QT interval.

Topic: Medications for Psychotic Disorders: Identifying a Laboratory Finding to Report for a Client Who is Taking Risperidone

- Elevated prolactin level.
- Extrapyramidal symptoms.
- Agitation, dizziness, sedation, sleep disruption.

Subcategory: POTENTIAL FOR COMPLICATIONS OF DIAGNOSTIC TESTS/TREATMENTS/PROCEDURES

Topic: Brain Stimulation Therapies: Pre-procedure Medication for Electroconvulsive Therapy

- Atropine sulfate/glycopyrrolate to decrease secretions.
- Etomidate or propofol for anesthetics.
- Succinylcholine to paralyze the client's muscles during the seizure activity.