

N323

Week 2 (Unit 1): Ticket to Enter

Student: Jessica Runde

Date: 1/15/2024

1. Provide 2 examples of an open-ended question. (Videbeck & ATI)
 - a. **Can you tell me more about your feelings?**

- b. **Can you tell me more about yourself?**

Provide 2 examples of a closed-ended question. (Videbeck & ATI)

- a. **Are you feeling okay today?**

- b. **Are you hurting?**

2. Name 4 therapeutic communication techniques and give an example to support these. (Videbeck p. 100-103)

- a. **General leads**

- a. **When using general leads, the nurse will say things to a patient such as “go on,” “and then what happened,” etc. to let the patient know that you are still listening and to gain more information.**

- b. **Giving information**

- a. **When using giving information as a therapeutic communication, the nurse is telling the patient facts and information that they should know.**
 - b. **“My name is Jessica” and “Lunch will be served at 1130” are examples.**

- c. **Exploring**

- a. **When exploring is used as a therapeutic communication technique, it is to try and get the patient to give more information.**
 - b. **For example: “tell me more about that” or “describe it a little bit more for me.”**

- d. **Silence**

- a. **This is used for when the nurse is allowing the client to take time to think about everything that they have just been told or for what is going on. The nurse will still keep eye contact with the patient when they are providing silence.**

3. True or **False**: A 19-year-old female is admitted to an acute mental health facility for treatment. During treatment, the patient has a right to maintain possession of her belongings.
4. Name 5 Defense Mechanisms and give a short example (ATI textbook pages 19 & 20)
 - a. **altruism**
 - i. **example: A person volunteering without wanting to receive any type of reward.**
 - b. **denial**
 - i. **example: A person who is informed that they have cancer, and they deny it because they do not want to believe it.**
 - c. **sublimation**
 - i. **example: A person who is angry with their parents will go on a run to relieve some stress.**
 - d. **regression**
 - i. **example: After a tragic accident happens a child may start to wet the bed.**
 - e. **displacement**
 - i. **example: A person just lost their job so they go home and punch the couch to let out some anger.**
5. T or **F**: The nurse knows that if a patient reports that he/she is having homicidal thoughts of harming another individual the nurse should not report this due to confidentiality rights.
6. **T** or **F**: Patients have the right to refuse medication or treatment.
7. Give 3 examples of Gender Identity Care (PowerPoint: Week 2 Slide 25-26).
 - a. **Surgical Procedures**
 - b. **Therapy or counseling**
 - c. **Mental Health**
8. What is the difference between the intimate zone and the personal zone? Give an example of nursing care that is within each zone. (PowerPoint Week 2: Therapeutic Communications slide 12 and Videbeck p. 97).
 - a. **Intimate zone is anywhere from 0-18 inches while personal zone is anywhere from 18-36 inches.**
 - b. **An example of nursing care within an intimate zone would be if the nurse gives the patient a pat on the shoulder/back or a hug.**

- c. **An example of nursing care within the personal zone would be if the nurse is standing by the patient's bedside when communicating.**
9. A 17-year-old female wrestler in high school who has restrictive eating patterns is using laxatives to make weight and presents with a BMI of 16.5. Her parents are concerned about her obsession with body weight and missing meals. The patient reports that she is overweight, and fat compared to her peers. (ATI: Chapter 19 and PowerPoint: Week 2- eating disorders slides 17-21)
- a. What eating disorder is the patient likely presenting with? **Anorexia nervosa**
- b. What should the nurse monitor when caring for this patient? **The patient's weight, the patient's intake and output, patient's vital signs, patient's cardiovascular system, do a full body assessment on the patient.**
- c. Can you name some nursing interventions that are the **highest** priority? **Closely monitoring the patient during mealtimes to make sure that they eat their food and do not purge. Also, taking the client's vitals is important to know if anything serious is happening or about to happen.**
10. What are some symptoms of alcohol withdrawal? **Sweating, anxiety, unable to sleep, nausea and vomiting, shakes, high blood pressure, high pulse**
11. You are caring for a 54-year-old male patient with acute intoxication. What are some nursing interventions that you should incorporate into your plan of care? Name 3-5
- Monitor the patient's breathing, give the patient fluid so that they do not get dehydrated, monitor the patient's vital signs, talk to the patient with therapeutic communication, monitor the patient ABGs and electrolytes, keep patient lying on their side**
12. **TRUE** or F: A patient presents with a COWS score of 32 and is displaying signs of anxiety, rhinorrhea, insomnia, piloerection, pupil dilation, nausea, vomiting, and body aches. The nurse knows the patient is in Opiate withdrawal.