

N323

Week 2 (Unit 1): Ticket to Enter

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1. Provide 2 examples of an open-ended question. (Videbeck & ATI)

a. “What brings you here today?”

b. “Tell me what has been happening to you?”

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

a. “How many hours did you sleep last night?”

b. Have you been thinking about suicide?”

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

a. Accepting: “Yes”, “I follow what you said”. Nodding

b. Broad openings: “Is there something you’d like to talk about?”

c. Giving information: “My name is...”, “Visiting hours are...”

d. Making observations: “You appear tense”

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. Denial – Spending money freely when broke

b. Displacement – Person who is mad at their boss and goes home and yells at their spouse

c. Regression – Adult throws a temper tantrum like a 4-year-old if they are not the center of attention

d. Substitution – Person who would like their own child opens a daycare and just takes care of other children

e. Undoing – Person who cheats on their partner brings them flowers

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. Not assuming sexual orientation or gender

b. Asking what preferred name and pronouns the patient uses

c. Transgender inclusive patient education materials

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: 0-18 in between people, the distance of space comfortable between parents and young children, or in nursing rather the space occupied when providing medical treatment

b. Personal zone: 18-36 in between people, distance between friends and family when they are talking, or perhaps a nurse crouched next to a patient talking to them

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?

- **Intake and output, daily weights**

c. Can you name some nursing interventions that are the **highest** priority?

- **Establishing a weight goal and daily nutritional requirements**

10. What are some symptoms of alcohol withdrawal?

- **Vomiting, anxiety, nausea, confusion, tachycardia, fever, hypertension, heavy sweating, headache, tremors**

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

- **Adequate IV fluids**
- **Intake and Output**
- **Monitoring vital signs**
- **Psychiatric assessment**
- **Oxygen therapy**

12. **T 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.