

Ticket To Enter: Weeks 4, 5, 6 (Unit 2)

1. What are the different types of stress reduction you can teach a patient?
 - **Cognitive, behavioral, journal writing, priority restructuring, biofeedback, mindfulness, assertiveness training, a personalized technique**
2. Name 2-3 adaptive coping mechanisms.
 - a. **Exercise**
 - b. **Meditation**
3. Name 2-3 maladaptive mechanisms that can contribute to worsening symptoms (least helpful).
 - a. **Avoiding stressful or unpleasant things**
 - b. **Self-harm**
4. What are the symptoms of a panic attack?
 - **Palpitations, shortness of breath, chest pain, nausea, chills/hot flashes, choking/smothering sensation, feeling of dying/insanity, behavioral changes, feelings of depersonalization**

Name 3 nursing actions that can help during severe to panic level anxiety.

- a. **Maintaining a calm, nonthreatening manner while working with the patient**
 - b. **Administering medications as ordered by the provider to help relax or calm the patient**
 - c. **Assure the patient is safe by staying with them and not leaving them alone**
5. What patient education would you provide for a patient starting on an antidepressant?
 - **Observe for manifestations and notify the provider if effects occur**
 - **Avoid hazardous activities**

- **Avoid frequent use of alcohol and other central nervous system (CNS) depressants**
- **Take the medication as prescribed**

6. What are the black box warnings for children and adolescents for SSRIs?

- **A black box warning means the drug is found to have serious or life-threatening side effects**
- **In children and adolescents, they are to be more cautious when taking such medications, and should be monitored carefully due to them being at higher risk for self-harm**

7. Define the terms below and give an example of use for a mental health disorder in Unit 2.

- a. Cognitive behavioral therapy:
- b. Dialectical behavioral therapy:
- c. Guided imagery:
- d. Play therapy:
- e. Exposure therapy:

8. T or F: A ritualistic behavior performed by an individual with OCD helps reduce anxiety. The nurse knows this is a permanent relief of symptoms.

9. T or F: A nurse is role-playing as a store clerk. This nursing action is beneficial in helping the patient with social skills development.

10. A nurse is developing a nursing diagnosis for a patient with borderline personality disorder. Give an example of a priority nursing diagnosis and give one outcome.

- a.
- b.

11. A patient with Anti-social personality disorder can be diagnosed at age _____?

12. Why is important to know how to demonstrate limit-setting when caring for personality disorders?

