

**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: a psycho-social intervention that aims to reduce symptoms of various mental health conditions, primarily depression and anxiety disorders. CBT can be used for patients suffering from PTSD in helping to reduce their levels of anxiety and address and adverse behaviors they may experience when triggered.**
- b. **Dialectical behavioral therapy: a type of talk therapy for people who experience emotions very intensely. This type of therapy can be very helpful for those with borderline personality disorder, helping them address their intense emotions.**
- c. **Guided imagery: Using guided imagery can help decrease the symptoms of anxiety by using visualization techniques to improve relaxation within the body and mind. Guided imagery, as stated, can help patients with generalized anxiety disorder to reduce stress, improve self-esteem, improve sleep, improve motivation, and even help in improving other underlying medical symptoms.**
- d. **Play therapy: a range of methods of capitalizing on children's natural urge to explore and harnessing it to meet and respond to the developmental and later also their mental health needs. Play therapy techniques are useful in addressing treatment resistance, feelings of shame around OCD symptoms, negative self-concept, and issues of psychosocial adjustment.**
- e. **Exposure therapy: a type of therapy in which you're gradually exposed to the things, situations, and activities you fear. This therapy can also be very effective in PTSD patients as well as those with intense phobias. The repeated exposure to the perceived threat or traumatic event helps them to feel less threatened and minimize their reaction when such event is triggered.**

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. Risk for self-mutilation**

**b. The client will independently control urges for self-harming behaviors**

11. A patient with Anti-social personality disorder can be diagnosed at age \_\_\_\_\_ **18** \_\_\_\_\_?

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

- **It is important because it helps provide structure and decrease negative behaviors**