Ticket To Enter: Week 4-6 Unit 2

1. What are the different types of stress reduction you can teach a patient?

   - Relaxation breathing / deep breathing exercises
   - Guided imagery / visualization
   - Progressive muscle relaxation
   - Meditation, prayer, mindfulness
   - Exercise or yoga
   - Journaling or expressive writing
   - Listening to music, art therapy

2. Name 2-3 adaptive coping mechanisms.

   a. Talking to a supportive person

   b. Relaxation techniques such as breathing

3. Name 2-3 maladaptive mechanisms that can contribute to worsening symptoms (least helpful).

   a. Substance abuse

   b. Self harm or aggression

4. What are the symptoms of a panic attack? Chest pain, sob, sweating

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

   a. Stay with patient, remain calm, use short simple sentences
   b. Provide a quiet, non-stimulating environment (reduce stimuli)
   c. Guide patient to slow breathing (grounding techniques)

5. What patient education would you provide for a patient starting on an antidepressant? Take medication as prescribed, report sucidal thought immediately.

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

Increased risk of suicidal thoughts and behaviors especially during the first few weeks of therapy or when doses are adjusted.

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

a. Cognitive behavioral therapy: Focuses on identifying and restructuring distorted thoughts - *used for depression, anxiety disorders.*

b. Dialectical behavioral therapy: Combines CBT with mindfulness and emotional regulation - *effective for borderline personality disorder, self-harm.*

c. Guided imagery: Patient uses imagination to promote relaxation - *helpful in PTSD, anxiety, or pain management.*

d. Play therapy: Uses play to help children express feelings - *used in childhood trauma, anxiety, behavioral issues.*

e. Exposure therapy: Gradual exposure to feared object/situation to reduce anxiety - *used for phobias and OCD.*

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.
   False
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.
   True
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. **Diagnosis:** *Risk for self-mutilation related to impulsivity and emotional instability.*
    b. **Outcome:** *Patient will verbalize 2 alternative coping strategies to manage stress without self-harm by end of week.*
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?

    - *Provides clear, consistent boundaries to reduce manipulation and impulse behavior.*
    - *Promotes patient safety and structure*
    - *Helps staff maintain therapeutic, professional relationships*
    - *Prevents splitting behavior and staff conflict*