

## Unit 1: Ticket to Enter

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Date: 8/25/25

1. Provide 2 examples of an open-ended question. (Videbeck & ATI)
  - a. Can you tell me a little bit about your past medical history such as surgeries?
  - b. Can you tell me about your list of medications if able?

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

- a. What is your favorite color?
  - b. Do you have any pain today?
2. Name 4 therapeutic communication techniques and give an example to support these. (Videbeck p. 100-103)
    - a. Accepting – nodding or replying yes.
    - b. Broad openings – Is there something you would like to talk about?
    - c. Consensual validation – Tell me whether my understanding of it agrees with yours.
    - d. Encouraging comparison – Was it something like....
    - e. Encouraging description of perceptions – Tell me why you feel anxious, what is happening?
  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 – dealing with anxiety by reaching out to others
    - b. Sublimation – dealing with unacceptable feelings or impulses by unconsciously substituting acceptable forms of expression
    - c. Suppression – voluntarily denying unpleasant thoughts and feelings
    - d. Repression – unconsciously putting unacceptable ideas, thoughts, and emotions out of awareness
    - e. Regression – sudden use of childlike or primitive behaviors that do not correlate with the person's current developmental level

f. Displacement – shifting feelings related to an object, person, or situation to another less threatening object, person, or situation

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. Collect information on intake
  - b. Often need informed consent for the identified name if the name is other than on the medical record.
  - c. If you use the wrong pronoun apologize and move on or “I apologize, I did not use the correct pronouns for you. I am going to try that again.....”
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: 0-18in (may be comfortable for parents with young children, people who desire person contact or people whispering) ex: inserting an IV
  - b. Personal zone 18-36in (Mostly comfortable between family and friends.) ex: providing education
  - c. Social zone 4-12ft (acceptable for communication in social, work, and business settings) ex: teaching a class
  - d. Public zone 12-25ft (this is an acceptable distance between a speak and an audience, small groups, an other informal functions) ex: addressing a large audience
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?
    - The client may be presenting with anorexia nervosa.
  - b. What should the nurse monitor when caring for this patient?
    - The nurse should monitor the clients vital signs, electrolyte levels, weight, and any signs of dehydration along with her mental status.

- c. Can you name some nursing interventions that are the **highest** priority?
- Create a trust relationship with food while also balancing a therapeutic lifestyle.
  - Provide a good education
  - Create a eating plan and schedule.

10. What are some symptoms of alcohol withdrawal?

- Anxiety
- Restlessness
- Nausea
- Vomiting
- Irritability
- Sweating
- Loss of appetite.

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

- Watch and monitor his ABCs
- Create a safe environment
- Provide and support a calm and soothing environment.
- Give any medications that are order by the provider to help the client.
- Assess mental stability and status.

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.