

Unit 1: Ticket to Enter

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1. Provide 2 examples of an open-ended question. (Videbeck & ATI)
 - a. “Can you tell me more about how you’ve been feeling?”
 - b. “What are some goals you have for you recovery?”

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

- a. “Are you having any pain right now?”
 - b. “ Did you take any medications this morning?”
2. Name 4 therapeutic communication techniques and give an example to support these. (Videbeck p. 100-103)
 - a. Giving information: My name is...
 - b. Giving recognition: Good morning Mr. S....
 - c. Making observations: You appear tense...
 - d. Offering self: I’ll sit with you awhile...
 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. **False**
 4. Name 5 Defense Mechanisms and give a short example (ATI textbook pages 19 & 20)
 - a. Altruism: A woman who has recently lost her child volunteers at a children's hospital to comfort other families.
 - b. suppression: A student feeling anxious about an exam while at work, telling themselves, “I’ll deal with it when I get home.”
 - c. regression: An older adult admitting to a hospital starts sucking their thumb, demanding attention.
 - d. denial: A patient diagnosed with cancer says, “The doctor must be wrong, I feel fine.”
 - e. projection: A student who is angry with their teacher says, “My teacher doesn’t like me.”

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. **False**

6. T or F: Patients have the right to refuse medication or treatment. **True**

7. Give 3 examples of Gender Identity Care (PowerPoint: Week 2 Slide 25-26).
 - a. provide nonjudgmental care
 - b. become aware of unconscious bias
 - c. respect patients decisions

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: foley catheter care

 - b. Personal zone: the nurse sits 2-3 feet away from the patient while asking about symptoms.

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?
Vital signs, cardiac status, electrolyte and lab values, fluid balance, weight, and mental status

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

Correct electrolyte imbalances, ensure hydration and nutrition, monitor cardiac function, self-harm and suicidal thoughts, supervise meals and bathroom use, develop a structured meal plan and gradual weight restoration, use a trusting non-judgmental approach, involve family in education about the disorder and healthy coping strategies, encourage therapy

10. What are some symptoms of alcohol withdrawal?

Tremors, nausea, vomiting, irritability, anxiety, headache, sweating, insomnia, increased heart rate and blood pressure, seizures, and hallucinations

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

Ensure safety, administer fluids and other supportive medications such as thiamine, provide a non-judgmental environment, and monitor vital signs and neurological 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. **True**