

Unit 1: Ticket to Enter

Student: Laura Duncan

Date: 3/25/25

1. Provide 2 examples of an open-ended question. (Videbeck & ATI)

- a. What else can I get for you?
- b. What are some ways we can assist you in your recovery?

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

- a. Would you like juice?
- b. On a scale of 0-10, what is your pain?

2. Name 4 therapeutic communication techniques and give an example to support these. (Videbeck p. 100-103)

- a. Accepting - "yes"
- b. Broad openings - "Is there something you'd like to begin?"
- c. Placing event in time or sequence - "Was this before or after?"
- d. Giving information - "my name is"

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)

Compensation  
- A person who is shy learns computer skills to avoid socialization

- a. Displacement - An adolescent angrily punches a punching bag after losing a game.
- b. Regression - A young child temporarily wets the bed when they learn that their pet died.
- c. Denial - A person initially says "No, that can't be true" when there is a diagnosis.
- d. Dissociation - A patient blocks out the distracting noise of their children while driving in traffic.

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 (Don't assume)
- b. Use patient's preferred pronoun
- c. If you use the wrong pronouns, apologize

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. Personal zone - Sharing popcorn at the movie theater
- b. Intimate zone - Hugging another individual

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

b. What should the nurse monitor when caring for this patient?

Diet, affect, Activity, + mood

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

Develop/maintain a trusting nurse/client relationship, Monitor, promote cognitive-behavioral therapies

10. What are some symptoms of alcohol withdrawal?

Anxiety, tremors, Headaches, Nausea, Sweating, insomnia, mild hypertension, and etc.

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

1. Monitor ABCs
2. Fall prevention
3. Fluid Administration

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.