

## Ticket To Enter: Week 4-6 Unit 2

1. What are the different types of stress reduction you can teach a patient?
  - a. Physical
  - b. Cognitive
  - c. Behavioral
  - d. Social support
  - e. Lifestyle approaches
  
2. Name 2-3 adaptive coping mechanisms.
  - a. Problem-solving
  - b. Relaxation techniques
  
3. Name 2-3 maladaptive mechanisms that can contribute to worsening symptoms (least helpful).
  - a. Substance usage
  - b. Overeating or restrictive eating
  
4. What are the symptoms of a panic attack?
  - a. Sudden intense fear or sense of doom
  - b. Palpitations, rapid heart rate, or chest pain
  - c. Shortness of breath or feeling smothered
  - d. Sweating, chills, or hot flashes
  - e. Trembling or shaking

- f. Dizziness, lightheadedness, or faintness
- g. Nausea or abdominal distress
- h. Numbness or tingling sensations
- i. Fear of losing control or dying

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

- a. Stay with the client and stay calm
- b. Provide a clear and quiet environment
- c. Clear communication and breathing

5. What patient education would you provide for a patient starting on an antidepressant?

- a. May take a little bit for the meds to start working
- b. Be consistent
- c. Don't stop randomly
- d. Avoid alcohol
- e. Follow-up appointments

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

- a. Increased risk of suicidal thoughts and behaviors
- b. Watch them closely

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

- a. Cognitive behavioral therapy: A structured, short-term therapy that focuses on identifying and changing negative thought patterns and behaviors. Example: A patient with major depressive disorder learns to challenge thoughts
  - b. Dialectical behavioral therapy: A type of CBT that emphasizes mindfulness, emotional regulation, distress tolerance, and interpersonal effectiveness. Example: A patient with borderline personality disorder uses DBT skills to manage emotions with self-harm
  - c. Guided imagery: A relaxation technique where patients use visualization to imagine calm, positive scenarios. Example: A patient with generalized anxiety disorder visualizes being on a peaceful beach to reduce stress before a medical procedure.
  - d. Play therapy: A therapeutic approach that uses play activities to help children express feelings and resolve psychological issues. Example: A child with post-traumatic stress disorder (PTSD) uses dolls and drawings in play therapy to express trauma-related fears.
  - e. Exposure therapy: A behavioral therapy where patients are gradually and safely exposed to feared situations or objects to reduce avoidance and anxiety. Example: A patient with a phobia of elevators gradually practices riding in elevators with therapist support.
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.
- Priority: Risk for self-mutilation related to impulsivity and unstable mood.
  - Outcome: Patient will remain free from self-harm during hospitalization and verbalize at least two alternative coping strategies by discharge.
11. A patient with Anti-social personality disorder can be diagnosed at age \_\_\_\_\_?
- 18 but must have a history of conduct disorder before age 15.
12. Why is important to know how to demonstrate limit-setting when caring for personality disorders?
- Limit-setting is important because patients with personality disorders (especially borderline and antisocial types) may test boundaries, manipulate, or act impulsively. Clear, consistent limits:
    - Promote safety for the patient and others.
    - Provide structure and predictability.
    - Reduce manipulation and splitting behaviors.
    - Support therapeutic relationships by keeping interactions professional and consistent.