Unit 5: Ticket To Enter

Hadley Jones

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1. T or F: Sexual Assault never occurs during marriage.
2. What are some nursing actions to include in care during the interview and examination of a patient reporting sexual assault?

   1. It would be important to provide privacy for the client to feel safe and supported by the nurse.

   2. Maintain consent from the patient and follow proper etiquette when examining them.

3. Who is at the highest risk of becoming a victim of violence?
   a. An elderly Caucasian woman who lives in an assisted living facility.
   b. A 13-year-old male who is home-schooled.
   c. A 24-year-old pregnant mother reporting financial stress and instability with her current fiancé.
   d. An African American who is taking care of his parents.

4. A nurse suspects child abuse of a 7-year-old patient who came into the Emergency Room. Which type of injury would you suspect is most at risk of child abuse?
   a. A broken clavicle from falling off his bicycle.
   b. A bump on the head after falling off a slide.
   c. A red and blistered circular burn located around the buttocks.

5. What are the symptoms of baby shaken syndrome and how does it occur?
   - Symptoms: irritability, fussiness, lethargy, poor appetite, vomiting.
   - Occurs: A baby is shaken violently, which can cause the brain to move within the skull, leading to swelling and bleeding that can cause irreversible damage.

6. History of being a victim of abuse and substance use disorders are characteristics of <u>Abusers/perpetrators?</u>
7. Name the three phases of violence and define them.
   a. <u>Tension-Building Phase:</u> The victim experiences anxiety and seeks to appease the abuser as anger and tension rise.
   b. <u>Acute Battering Phase:</u> When physical, emotional, or sexual abuse actually takes place.
   c. <u>Honeymoon Phase:</u> Over time, the abuser progressively rebuilds tension after expressing regret, apologizing, and promising reform.

8. T or F: The nurse is not required to report suspected child abuse.
9. Slide 19: What are some vulnerable characteristics of those who are victims of violence?

- The female partner, the partner who tries to leave the relationship, the pregnant partner, and older adults or adults who are not independent are considered vulnerable.

10. T or F: Dementia has a fast onset that occurs in hours to 3 days and delirium has a slow progress that is reversible.

11. What are the different types of medications used to treat insomnia? You should be familiar with the names.
    a. Benzodiazepines: temazepam, triazolam
    b. Z-drugs: zolpidem, zaleplon, estazolam
    c. Melatonergic Hypnotics: ramelteon, melatonin
    d. Serotonergic Hypnotics: trazodone, mirtazapine
    e. Antidepressants: trazodone, doxepin, mirtazapine

12. What nursing education should you provide the patient on good sleep hygiene? (See Slide 40)

    - Avoid alcohol for several hours before you go to bed.
    - Get up at the same time every week, as this can benefit your sleep.
    - Doing something that relaxes you, if unable to fall asleep, can help you become more tired.

13. What is the difference between sleepwalking and sleep terror disorder? What education would you provide to the patient?
    - Sleepwalking: During non-REM sleep, the person walks or engages in activities; often, they have no memory thereof. Education would include returning to bed on their own or being guided back.
    - Sleep terror disorder: Abrupt awakenings from deep sleep accompanied by shouting, extreme panic, and a fast heartbeat, often with no subsequent memory. Education would include having no memory of the dream or amnesia for the episode.

14. A nurse is providing education to the husband of a patient diagnosed with dementia who is progressively becoming worse. What nursing action is appropriate? (Select all that apply)

    a. To ensure medication safety, the husband should be educated to monitor medication.
    b. Ensure the husband is not suffering from caregiver role strain and provide resources for assistance as needed.
    c. Educate the importance of consistency with daily activities and one task at a time.
    d. Educate the husband to monitor his wife's weight weekly and to offer finger foods due to poor food intake.