

## Unit 5: Ticket To Enter

1. Sexual Assault never occurs during marriage.
  - a. False
2. What are some nursing actions to include in care during the interview and examination of a patient reporting sexual assault?
  - a. Provide privacy, safety, and a calm, nonjudgmental environment; allow a support person if desired.
  - b. Obtain informed consent for every step (exam, evidence collection, photos, labs) and explain procedures before touching.
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?
  - a. A caregiver violently shakes an infant or young child. The head whips back and forth, causing the brain to move inside the skull, cause bleeding, swelling, and brain injury.
6. History of being a victim of abuse and substance use disorders are characteristics of \_\_\_\_\_ perpetrator/abuser \_\_\_?
7. Name the three phases of violence and define them.
  - a. Tension-building phase
  - b. Acute battering (crisis) phase.
  - c. Honeymoon (calm) phase.
8. T or F: The nurse is not required to report suspected child abuse.
  - a. False.
9. Slide 19: What are some vulnerable characteristics of those who are victims of violence?
  - a. Low self-esteem or poor self-image
  - b. Dependence on others for care (children, older adults, disabled individuals)
  - c. Pregnancy
  - d. Social isolation or lack of support system

- e. Financial dependence on the abuser
  - f. History of previous abuse or trauma
  - g. Cognitive impairment (dementia, developmental disabilities)
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.
- a. False
11. What are the different types of medications used to treat insomnia? You should be familiar with the names.
- a. Benzodiazepine hypnotics
  - b. Non-benzodiazepine “Z-drug” hypnotics
  - c. Melatonin receptor agonist
  - d. Orexin receptor antagonists
  - e. Sedating antidepressants
12. What nursing education should you provide the patient on good sleep hygiene?
- a. Go to bed and wake up at the same time every day, even on weekends.
  - b. Create a relaxing bedtime routine
  - c. Use the bed only for sleep and sex
  - d. Avoid caffeine, nicotine, and alcohol for several hours before bedtime.
  - e. Avoid heavy meals and vigorous exercise right before sleep.
  - f. Keep the bedroom dark, quiet, and cool.
  - g. Limit daytime naps; if needed, keep them short
  - h. If unable to sleep after ~20 minutes, get out of bed, do a quiet activity, then return to bed when sleepy.
13. What is the difference between sleepwalking and sleep terror disorder? What education would you provide to the patient?
- a. Sleepwalking (somnambulism): A Person gets up and walks or performs simple activities during deep NREM sleep
  - b. Sleep terror disorder (night terrors): Sudden arousal from sleep with a scream, intense fear, sweating, and rapid heart rate.
  - c. Education:
    - i. Maintain safety: lock doors/windows, clear floor hazards, and use gates near stairs.
    - ii. Do not shake or startle them awake; gently guide them back to bed.
    - iii. Keep a consistent sleep schedule and reduce stress.
    - iv. Avoid sleep deprivation, caffeine, and overstimulation before bed.
    - v. Reassure families that children often outgrow these disorders, but frequent or dangerous episodes should be evaluated by a provider.

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.