

7. Give 3 examples of Gender Identity Care (PowerPoint: Week 2 Slide 25-26).

- a. Used preferred name and pronouns at all times
- b. Provide privacy and respect
- c. Avoid assumptions about sexual orientation

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 is used for hands-on care.
Ex: Wound care, Bathing
- b. Personal zone is used for conversation and education.
Ex: Discharge instructions

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?

Weight, vital signs, Cardiac status, Intake/output

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

Daily wt, cardiac status, supervised meals

10. What are some symptoms of alcohol withdrawal?

- Tremors
- Anxiety
- Sweating
- Headache
- Nausea/vomiting
- Tachycardia
- Seizures
- Hallucinations
- Delirium tremens

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

Airway/monitor respiratory status
Frequent vital signs and neurologic checks
Fall and safety precautions.

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

Unit 1: Ticket to Enter

Student: Cheyenne Wilken

Date: _____

1. Provide 2 examples of an open-ended question. (Videbeck & ATI)
- Can you tell me more about how you've been feeling today?
 - What brought you to the hospital today?

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

- Are you having pain right now?
- Did you take your medication this morning?

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

- Active listening: maintaining eye contact
- Restating: If patient says they feel overwhelmed at work, you say it sounds like work has been stressful for you.
- Clarification: When you say you feel "off" can you explain what you mean.
- Open-ended questions: What helps you cope when you feel overwhelmed.

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)

- Denial (Refusing to accept reality)
- Projection (Blaming others for your feelings)
- Rationalization (making excuses)
- Regression (Returning to bad behavior)
- Displacement (Redirecting emotions on someone else)

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. False

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

True