

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

1. What are the different types of stress reduction you can teach a patient?
  - Deep breathing exercises
  - mindfulness and meditation
  - Guided imagery
  - Physical activity
  - Journaling
  - Adequate sleep and nutrition
  - Time management and setting realistic goals
  
2. Name 2-3 adaptive coping mechanisms.
  - a. Problem Solving
  - b. Seeking social support
  - c. Relaxation techniques
  
3. Name 2-3 maladaptive mechanisms that can contribute to worsening symptoms (least helpful).
  - a. Substance abuse
  - b. Avoidance or withdrawal
  - c. Self-harm behaviors
  
4. What are the symptoms of a panic attack?
  - Sudden intense fear or sense of doom
  - Palpitations or rapid hear rate
  - Shortness of breath or feeling of choking
  - Chest pain
  - Dizziness or lightheadedness
  - Trembling or shaking
  - Sweating
  - Nausea
  - Feeling detached from reality
  - Fear of losing control or dying

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

- a. Stay with the patient and provide reassurance
  - b. Speak in a calm, slow, and simple manner
  - c. Assist the patient with slow, deep breathing
5. What patient education would you provide for a patient starting on an antidepressant?
- Medication may take 2-6 week to reach full effect
  - Take medication exactly as prescribed; do not stop abruptly
  - Side effects may occur early but often improve with time
  - Report worsening depression, suicidal thoughts, or unusual behavior
  - Avoid alcohol
  - Continue medication even if symptoms improve unless told otherwise by your doctor.
6. What are the black box warnings for children and adolescents for SSRIs?
- Increased risk of suicidal thoughts and behaviors, especially when starting therapy or changing doses.
  - Close monitoring is required during the first few weeks of treatment
7. Define the terms below and give an example of use for a mental health disorder in Unit 2.
- a. Cognitive behavioral therapy: Focuses on changing distorted thinking patterns and behaviors. EXAMPLE: Used for anxiety disorders and depression.
  - b. Dialectical behavioral therapy: Combine CBT with emotional regulation and distress tolerance. EXAMPLE: Used for borderline personality disorder
  - c. Guided imagery: Uses mental visualization to promote relaxation and reduce anxiety. EXAMPLE: Used for generalized anxiety disorder.
  - d. Play therapy: Allows children to express emotions through play. EXAMPLE: Used for children with anxiety or trauma
  - e. Exposure therapy: Gradual exposure to feared objects or situations. EXAMPLE: Used for phobias and obsessive-compulsive disorder.
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.

**False**

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.

**True**

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.

a. Nursing diagnosis: Risk for self-directed violence

b. Outcome: Patient will verbalize feelings and use coping skills instead of self-harm

11. A patient with Anti-social personality disorder can be diagnosed at age\_18 yrs old\_\_\_?

12. Why is important to know how to demonstrate limit-setting when caring for personality disorders?

-Prevents manipulation and boundary violations

-Promotes consistency and safety

-Helps the patient learn appropriate behaviors and consequences

-Reduces staff splitting and maintains therapeutic relationships