

Ticket To Enter: Week 4-6 Unit 2

1. What are the different types of stress reduction you can teach a patient? Pg. 230 Txtbook
–Tips for managing stress are:
 1. Keep a positive attitude and believe in yourself.
 2. Accept that there are events you can not control.
 3. Talk about your feelings to others, and express your feelings through laughing and crying.
 4. Learn to relax.
 5. Exercise regularly.
 6. Eat a well-balanced diet.
 7. Limit intake of caffeine and alcohol
 8. Get enough sleep and rest.
 9. Set realistic goals and expectations, and find an activity that is personally meaningful.
 10. Introduce stress management techniques into your daily routine, such as relaxation, guided imagery, and medication.

2. Name 2-3 adaptive coping mechanisms. Pg. 19 ATI book
 - a. Regression (A young child temporarily wets the bed when they learn that their pet died.)
 - b. Displacement (An adolescent angrily punches a punching bag after losing a game.)

3. Name 2-3 maladaptive mechanisms that can contribute to worsening symptoms (least helpful). Pg. 19&20 ATI book
 - a. Suppression (A person who has lost their job states they will worry about paying bills next week.)
 - b. Denial (A parent who is informed that their child was killed in combat tells everyone one month later that the child is coming home for the holidays.)

4. What are the symptoms of a panic attack? Pg. 230
–The person has overwhelmingly intense palpitations, sweating, tremors, shortness of breath, sense of suffocation, chest pain, nausea, abdominal distress, dizziness, paresthesia, chills, or hot flashes.

Name 3 nursing actions that can help during severe to panic level anxiety. Pg. 231 in Txtbook

- a. Deep breathing and relaxation
 - b. Medications like benzodiazepines, SSRI and tricyclic antidepressants, and antihypertensives.
 - c. Cognitive behavioral therapy
5. What patient education would you provide for a patient starting on an antidepressant? ATI Pg. 76

–Patient education for a patient on an antidepressant:

1. Do not discontinue medication suddenly.
 2. Therapeutic effects are not immediate, and it can take several weeks or more to reach full therapeutic benefits.
 3. Avoid hazardous activities like driving or operating heavy machinery and equipment due to the potential adverse effect of sedation.
 4. Notify the provider of any thoughts of suicide.
 5. Avoid alcohol while taking an antidepressant.
6. What are the black box warnings for children and adolescents for SSRIs?

Potentially fatal serotonin syndrome can result if St. John's wort is taken with SSRIs or other types of antidepressants. Foods containing tyramine should be avoided.

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 faulty thinking, learned patterns of unhelpful behavior, resulting in distress and/or psychological problems for the individual.

I: Example: Clients learn to calm their mind, relax their body, face their fears, and use problem-solving skills to cope with difficult situations.

b. Dialectical behavioral therapy: A specific type of cognitive behavioral therapy designed to treat clients who experience emotions very intensely.

I: Example: Clients learn mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness.

c. Guided imagery: a mind-body relaxation technique that uses controlled, positive mental imagery to promote healing, reduce stress, and manage pain.

I: Example: A patient visualizes a quiet, cool, shaded spot in the woods, hearing birds and leaves falling, and feels grounded.

- d. Play therapy: A structured, evidenced-based therapeutic approach that uses play as a medium for communication, allowing them to process emotions, trauma, and behavioral issues in a safe environment.

I: Example: Creating stories or using books to identify with character and process difficult life events and trauma.

- e. Exposure therapy: A treatment approach designed to combat the avoidance behavior that occurs with PTSD, that helps the client face troubling thoughts and feelings, and regain a measure of control over their thoughts and feelings.

I: Example: The client confronts the feared emotions, situations, and thoughts associated with the trauma rather than attempting to avoid them.

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.

Answer: 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.

Answer: 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. Pg. 342 in Txtbook

- a. Risk for suicide

Outcome: The client will be safe and free from significant injury.

- b. Social Isolation

Outcome: The client will take appropriate steps to meet their own needs.

11. A patient with Anti-social personality disorder can be diagnosed at age _____?

Answer: before age 15 **Text page 336: Onset is in childhood or adolescence, although a formal diagnosis is not made until client is aged 18.**

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

–It's important because it establishes safety, trust, and structure to prevent staff burnout and managing manipulative or impulsive behaviors. **Text page 338-340 displays plan of care to include limit setting.**