Ticket To Enter: Week 4-6 Unit 2

Autumn Eldridge

1. What are the different types of stress reduction you can teach a patient?

   Deep breathing exercises, progressive muscle relaxation, meditation, physical activity, and journaling.

2. Name 2-3 adaptive coping mechanisms.

   a. Problem solving

   b. Seeking social support

3. Name 2-3 maladaptive mechanisms that can contribute to worsening symptoms (least helpful).

   a. Denial

   b. Avoidance

4. What are the symptoms of a panic attack?

   Shortness of breath, dizziness, sweating, trembling, and chest pain or palpitations.

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

   a. Stay with the patient

   b. Speak in calm and simple sentences

   c. Encourage slow, deep breaths

5. What patient education would you provide for a patient starting on an antidepressant?

   Take medication as prescribed, report any side effects to the provider, and avoid alcohol. Medication may take 2 to 4 weeks to be effective.

6. What are the black box warnings for children and adolescents for SSRIs?

   Increased risk of suicidal thoughts. Be aware when changing the dose of medications or a change 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 negative thoughts and behaviors into realistic ones, used for anxiety and depression. Example: “I can handle this one step at a time.” “I am capable of doing hard things, and those things will become easier.”

    b. Dialectical behavioral therapy: Teaches emotional regulation and coping skills, used for borderline personality disorder. Example: The nurse will teach the patient proper techniques of deep breathing when emotions become intense.

    c. Guided imagery: Uses visualization to promote relaxation, used for anxiety disorders. Example: The patient will close their eyes and imagine a peaceful thought while taking slow, deep breaths.

    d. Play therapy: Uses play to express emotions, used for children with anxiety or trauma. Example: The nurse will have the child play with toys to express their emotions.

    e. Exposure therapy: Gradual exposure to feared objects or situations, used for phobias or OCD patients. The nurse will expose a patient with arachnophobia to a spider by first showing them a photo and then gradually exposing them to a real spider.

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. Risk for self-harm related to emotional distress.

    b. Patient will verbalize a coping mechanism to regulate intense emotions.

11. A patient with antisocial personality disorder can be diagnosed at age 18

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

    Prevent boundary violation and promote safety for the patient and staff.