

Module Report

Tutorial: Real Life RN Mental Health 2.0

Module: Mood Disorder



Individual Name: Kayley Sollers

Institution: Lakeview CON

Program Type: BSN

Standard Use Time and Score

	Date/Time	Time Use	Score
Mood Disorder	10/3/2019 8:31:30 PM	56 min	Satisfactory

Reasoning Scenario Details

Mood Disorder - Use on 10/3/2019 8:21:18 PM

Reasoning Scenario Performance Related to Outcomes:

*See Score Explanation and Interpretation below for additional details.

Body Function	Strong	Satisfactory	Needs Improvement
Cognition and Sensation	90.9%	9.1%	
Excretion	100%		
Integument	100%		

NCLEX RN	Strong	Satisfactory	Needs Improvement
RN Management of Care	100%		
RN Psychosocial Integrity	85.7%	14.3%	
RN Basic Care and Comfort	100%		
RN Pharmacological and Parenteral Therapies	100%		
RN Reduction of Risk Potential	100%		

QSEN	Strong	Satisfactory	Needs Improvement
Safety	100%		
Patient-Centered Care	85.7%	14.3%	
Evidence Based Practice	100%		

Decision Log:

Scenario	Nurse Ben documents his initial observations in Susan Choi's mental assessment.
Question	Nurse Ben performs Susan Choi's initial mental status assessment. Which of the following categories indicates correct nursing assessment findings? (You will find hot spots to select in the artwork below. Select only the hot spot that corresponds to your answer.)
Selected Option	3,498,211,493,211,535,3,534
Rationale	The client is experiencing a manic episode with inappropriate responses that are not within appropriate limits.

Optimal Decision	
Scenario	Nurse Ben continues to collect historical and genetic information related to Susan Choi's episode of manic behavior.

Question	Nurse Ben continues to collect information related to Susan Choi's episode of manic behavior. Which of the following responses to the question asked by the client's mother is appropriate?
Selected Option	"According to the literature, there is strong genetic predisposition for bipolar disorders."
Rationale	Bipolar disorders have a strong genetic link. The risk for the development of bipolar disorder is higher for persons who have a relative with this disorder compared to those who do not.

Optimal Decision	
Scenario	Nurse Ben is confronted with Susan Choi's seductive behavior.
Question	Susan Choi behaves seductively towards Nurse Ben. Which of the following responses by Ben is appropriate?
Selected Option	"It is the expectation on this unit that there is no inappropriate physical contact. I need you to stop."
Rationale	The nurse is providing information about unit expectations and is giving clear instructions for the client to stop the inappropriate behavior.

Optimal Decision	
Scenario	Nurse Ben is preparing to administer olanzapine to Susan Choi.
Question	Nurse Ben is preparing to administer olanzapine to Susan Choi who is in the early phase of acute mania. Which of the following are expected outcomes of the medication? (Select all that apply.)
Selected Ordering	Promote sedationDecrease agitationPrevent mania relapse
Rationale	A client who receives olanzapine can experience sedation, decreased agitation, and fewer mania relapses. Common side effects of olanzapine include an increase of premenstrual syndrome symptoms and weight gain.

Optimal Decision	
Scenario	Nurse Ben has asked Nurse Eva to double check the dosage calculation before administering olanzapine.
Question	Nurse Ben is preparing to administer olanzapine 10 mg IM to Susan Choi, who has acute mania. The nurse should reconstitute the medication with 2.1 mL of sterile water to yield 5 mg/mL. How many mL should Ben administer? (Round to the nearest whole number.)
Selected Option	2
Rationale	Desired x Quantity / Have = Amount to give $10 \text{ mg} \times 2 \text{ mL} / 5 \text{ mg} = 20 / 10 = 2 \text{ mL}$

Optimal Decision	
Scenario	Nurse Ben is attempting to administer the olanzapine (Zyprexa) IM to Susan Choi.

Question	Nurse Ben is attempting to administer the olanzapine (Zyprexa) IM to Susan Choi, but she forcefully refuses it. Which of the following actions should Ben take?
Selected Option	Explain the benefit of the injection.
Rationale	The client has the right to refuse treatment because her admission to the mental health facility was voluntary. Therefore, explaining the benefit of an intramuscular injection can increase her understanding and facilitate adherence.

Optimal Decision	
Scenario	Susan Choi has interrupted a group therapy session.
Question	Nurse Ben is leading a group therapy session and Susan Choi interrupts the session. Which of the following actions should Ben take to manage Susan's disruptive behavior?
Selected Option	Ask the AP to assist the client out of the room.
Rationale	The client is experiencing a manic episode and has little ability to benefit from group therapy. Once the client is no longer in an acute state, she can participate in the group and receive helpful peer support.

Optimal Decision	
Scenario	Nurse Ben is reviewing Susan Choi's laboratory work in preparation for initiating lithium therapy.
Question	The admission orders indicate Susan Choi is to have several laboratory tests drawn and to start therapy with lithium. Which of the following laboratory tests must be drawn prior to starting lithium therapy? (Select all that apply.)
Selected Ordering	T3, T4, TSHBUN and serum creatinineHCG
Rationale	Lithium can lead to hypothyroidism. Therefore, the nurse should check the client's baseline thyroid function (T3, T4, and TSH). Lithium can lead to kidney damage. Therefore, the nurse should check the client's baseline kidney function (BUN and serum creatinine). Lithium use is contraindicated in pregnancy. Therefore, the client should have a pregnancy test prior to starting therapy (HCG). There is no indication to check the client's baseline blood glucose or albumin levels before initiating lithium therapy.

Optimal Decision	
Scenario	Nurse Ben is recognizing the importance of patient and family teaching regarding lithium therapy.
Question	Nurse Ben is preparing to instruct Susan Choi and her family regarding lithium therapy. Which of the following instructions should Ben include in his teaching? (Select all that apply.)
Selected Ordering	Consume 2 to 3 L of fluid per day.Maintain consistent sodium intake.Take the medication with meals.

Rationale	Clients taking lithium should consume 2 to 3 L of fluid per day and maintain consistent sodium intake to prevent lithium toxicity. Sodium is reabsorbed through the kidneys; lithium decreases sodium reabsorption causing hyponatremia. With low sodium levels, the client retains lithium, producing toxicity. Taking lithium with meals helps prevent gastrointestinal distress. Lithium does not cause orthostatic hypotension so it is not necessary to instruct the client to change positions slowly. Clients taking monoamine oxidase inhibitors (MAOI) should avoid foods high in tyramine to prevent hypertensive crisis.
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Optimal Decision	
Scenario	Nurse Ben, Nurse Eva, and Nurse Jan are engaged in a care planning conference discussing nursing actions to implement in Susan Choi's recovery.
Question	Nurse Ben and the nursing staff conduct a care planning conference to discuss nursing actions to promote Susan Choi's recovery. Which of the following nursing actions should Ben implement? (Select all that apply.)
Selected Ordering	Use a firm, calm, matter-of-fact approach. Offer frequent, high-calorie drinks. Decrease noise, lights, and interactions. Use distraction to redirect the client's energy.
Rationale	Using a firm, calm, matter-of-fact approach can provide structure and offer security to a client who is feeling out of control. Offering high-calorie drinks can compensate for increased caloric expenditures during hyperactivity and prevent serious dehydration. Decreasing light, noise, and interactions can minimize anxiety and agitation. Using distraction to redirect the client to constructive behaviors makes positive use of the client's distractibility. Use of open-ended statements does not provide structure or direction for a client experiencing a manic episode. Encouraging competitive activities can increase excitability and evoke angry outbursts.

Optimal Decision	
Scenario	Nurse Ben and staff prepare a meal plan for Ms. Choi.
Question	Nurse Ben develops an initial meal plan for Susan Choi and is preparing to discuss the plan with Susan and her mother. Which of the following menus represents an appropriate diet for Susan? (Select the appropriate image.)
Selected Option	Image RN_MH_MD_25_D_800.jpg
Rationale	A client who is experiencing a manic episode is hyperactive and typically unable to sit for meals. This meal is appropriate for a client experiencing a manic episode because it offers "finger foods," which the client can eat while moving around, the non-caffeinated beverage is appropriate. The meal also offers high-protein, high-calorie foods with no utensils.

Optimal Decision	
Scenario	Nurse Ben is planning to monitor Susan for possible manifestations of lithium toxicity.
Question	Nurse Ben is planning care for Susan and is reviewing manifestations of lithium toxicity. The nurse should monitor for which of the following findings?
Selected Option	Ataxia

Rationale	The nurse should monitor for ataxia, blurred vision, and oliguria, which are signs of severe lithium toxicity and can occur with serum lithium levels between 2.0 and 2.5 mEq/L.
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Optimal Decision	
Scenario	Nurse Ben is reviewing Susan Choi's assessment information.
Question	Nurse Ben reviews Susan Choi's assessment data. Which of the following assessment tools should he use to identify suicide risk factors and the need for hospitalization?
Selected Option	SAFE-T
Rationale	Nurses should use the SAFE-T assessment tool to identify suicide risk factors and protective factors. The nurse also conducts a suicide inquiry and assesses the risk level and need for intervention.

Optimal Decision	
Scenario	Nurse Ben is reviewing the adverse effects of lamotrigine.
Question	Nurse Ben is reviewing the adverse effects of lamotrigine. Which of the following is a serious adverse effect of this medication?
Selected Option	Stevens-Johnson syndrome
Rationale	A client who is taking lamotrigine should immediately report any rashes because this symptom may indicate the presence of a potentially life-threatening syndrome known as Stevens-Johnson.

Optimal Decision	
Scenario	Nurse Ben responds to Susan's despondent behavior.
Question	Nurse Ben responds to Susan's despondent behavior. Which of the following is an appropriate response by Ben?
Selected Option	"Do you have a plan for how you would end your life?"
Rationale	When the client shares suicidal thoughts, the nurse should ask if there is a specific plan and then determine the lethality of the method and whether the client has access to the desired method.

Scenario	Nurse Ben meets with Susan Choi and her mother to plan for Susan's discharge.
Question	Nurse Ben is planning discharge outcomes for Susan Choi. Identify client outcomes for Susan in the following areas: lifestyle support/bipolar management, medication management, and crisis management. (Include three or more outcomes for each category.)
Selected Option	Nurse Ben can advise consistent sleep patterns, meals, and activities. Provide Susan and her mother with strategies to enhance her communication skills. Provide Susan with local bipolar support groups. Encourage her to take medication as prescribed and do not abruptly stop taking.

Rationale	Lifestyle support/bipolar management Client will: 1. Review educational material about bipolar disorder and its management. 2. Maintain consistent patterns in sleep, meals, and activities. 3. Identify strategies for enhancing communication and problem-solving skills. 4. Recognize support systems at home (family, friends). 5. Carry names and contact information for local bipolar support groups, such as the National Alliance for the Mentally Ill (NAMI.org) and the Depression and Bipolar Support Alliance (DBSA.org). 6. Attend all follow-up appointments. Medication management Client will: 1. Review educational materials related to current medications: Lithium and lamotrigine. 2. Carry personalized medication card, which identifies current prescribed medications. 3. Take prescribed medication, even when feeling well. 4. Identify dietary and lifestyle management related to medications (adequate fluid and sodium intake, taking medications with food, what to do when experiencing illness). 5. Describe the expected side effects and signs of toxicity of medications. 6. Identify steps to take if toxicity and/or adverse effects of medication occur. 7. Keep all appointments for regular monitoring of blood lithium levels. Crisis management Client will: 1. Identify signs of bipolar relapse and possible precipitating factors (disturbance in sleep patterns, intake of caffeine, alcohol, drug abuse, and discontinuing prescribed medications). 2. Develop a safety plan to manage relapse symptoms. 3. Identify possible emergency situations that necessitate calling 911.
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Individual Report – Score Explanation and Interpretation

Reasoning Scenario Information:

Reasoning Scenario Information provides the date, time and duration of use, along with the score earned for each attempt. A Reasoning Scenario Performance score of Strong, Satisfactory, or Needs Improvement is provided for each attempt. This information is also provided for the Optimal Decision Mode if it has been enabled.

Reasoning Scenario Performance Scores:

Strong	Exhibits optimal reasoning that results in positive outcomes in the care of clients and resolution of problems.
Satisfactory	Exhibits reasoning that results in mildly helpful or neutral outcomes in the care of clients and resolution of problems.
Needs Improvement	Exhibits reasoning that results in harmful or detrimental outcomes in the care of clients and resolution of problems.

Reasoning Scenario Performance Related to Outcomes:

A clinical reasoning performance score related to each outcome is provided. Outcomes associated with student responses are listed in the report. The number across from each outcome indicates the percentage of responses associated with the level of performance of that outcome.

NCLEX® Client Need Categories:

Management of Care	Providing integrated, cost-effective care to clients by coordinating, supervising, and/or collaborating with members of the multi-disciplinary health care team.
Safety and Infection Control	Incorporating preventative safety measures in the provision of client care that provides for the health and well-being of clients, significant others, and members of the health care team.
Health Promotion and Maintenance	Providing and directing nursing care that encourages prevention and early detection of illness, as well as the promotion of health.
Psychosocial Integrity	Promoting mental, emotional, and social well-being of clients and significant others through the provision of nursing care.
Basic Care and Comfort	Promoting comfort while helping clients perform activities of daily living.
Pharmacological and Parenteral Therapies	Providing and directing administration of medication, including parenteral therapy.
Reduction of Risk Potential	Providing nursing care that decreases the risk of clients developing health-related complications.

Physiological Adaptation	Providing and directing nursing care for clients experiencing physical illness.
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Quality and Safety Education for Nurses (QSEN)

Safety	The minimization of risk factors that could cause injury or harm while promoting quality care and maintaining a secure environment for clients, self, and others.
Patient-Centered Care	The provision of caring and compassionate, culturally sensitive care that is based on a client's physiological, psychological, sociological, spiritual, and cultural needs, preferences, and values
Evidence Based Practice	The use of current knowledge from research and other credible sources, upon which clinical judgment and client care are based.
Informatics	The use of information technology as a communication and information gathering tool that supports clinical decision making and scientifically based nursing practice.
Quality Improvement	Care related and organizational processes that involve the development and implementation of a plan to improve health care services and better meet the needs of clients.
Teamwork and Collaboration	The delivery of client care in partnership with multidisciplinary members of the health care team, to achieve continuity of care and positive client outcomes.

Body Function

Cardiac Output and Tissue Perfusion	The anatomical structures (heart, blood vessels, and blood) and body functions that support adequate cardiac output and perfusion of body tissues.
Cognition and Sensation	The anatomical structures (brain, central and peripheral nervous systems, eyes and ears) and body functions that support perception, interpretation, and response to internal and external stimuli.
Excretion	The anatomical structures (kidney, ureters, and bladder) and body functions that support filtration and excretion of liquid wastes, regulate fluid and electrolyte and acid-base balance.
Immunity	The anatomic structures (spleen, thymus, bone marrow, and lymphatic system) and body functions related to inflammation, immunity, and cell growth.
Ingestion, Digestion, Absorption and Elimination	The anatomical structures (mouth, esophagus, stomach, gall bladder, liver, small and large bowel, and rectum) and body functions that support ingestion, digestion, and absorption of food and elimination of solid wastes from the body.
Integument	The anatomical structures (skin, hair, and nails) and body functions related to protecting the inner organs from the external environment and injury.
Mobility	The anatomical structures (bones, joints, and muscles) and body functions that support the body and provide its movement.

Oxygenation	The anatomical structures (nose, pharynx, larynx, trachea, and lungs) and body functions that support adequate oxygenation of tissues and removal of carbon dioxide.
Regulation and Metabolism	The anatomical structures (pituitary, thyroid, parathyroid, pancreas, and adrenal glands) and body functions that regulate the body's internal environment.
Reproduction	The anatomical structures (breasts, ovaries, fallopian tubes, uterus, vagina, vulva, testicles, prostate, scrotum, and penis) and body functions that support reproductive functions.

Decision Log

Information related to each question answered in a scenario attempt is listed in the report. A brief description of the scenario, question, selected option and rationale for that option are provided for each question answered. The words "Optimal Decision" appear next to the question when the most optimal option was selected.

The rationale for each selected option may be used to guide remediation. A variety of learning resources may be used in the review process, including related ATI Review Modules.