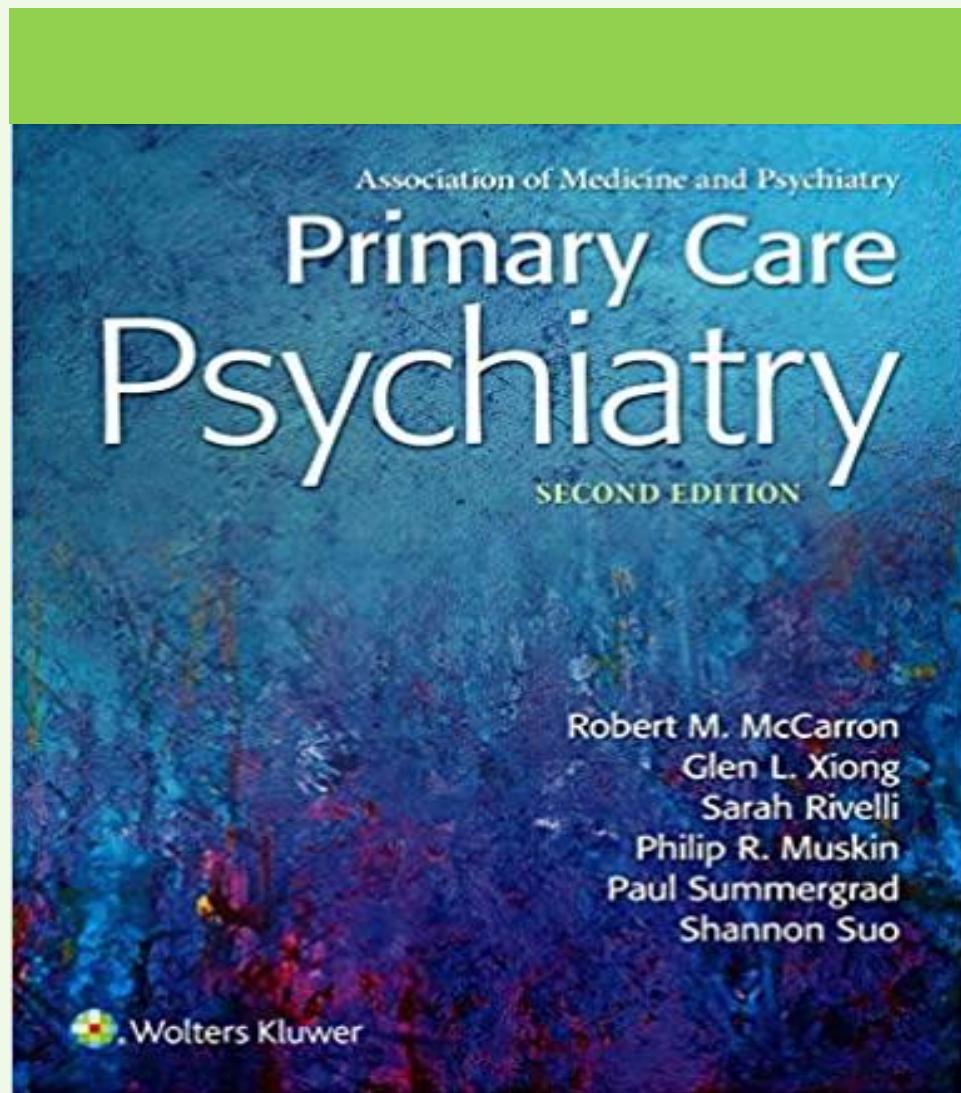


TEST BANK

PRIMARY CARE PSYCHIATRY

2nd Edition
McCarron Xiong



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Primary Care Psychiatry 2nd Edition McCarron Xiong Test Bank

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Chapter 1: The Primary Care Psychiatric Interview

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MULTIPLE CHOICE

1. A patient says to the nurse, I dreamed I was stoned. When I woke up, I felt emotionally drained, as though I hadn't rested well. Which response should the nurse use to clarify the patient's comment?

- a. It sounds as though you were uncomfortable with the content of your dream.
- b. I understand what you're saying. Bad dreams leave me feeling tired, too.
- c. So you feel as though you did not get enough quality sleep last night?
- d. Can you give me an example of what you mean by stoned?

ANS: D

The technique of clarification is therapeutic and helps the nurse examine the meaning of the patient's statement. Asking for a definition of stoned directly asks for clarification. Restating that the patient is uncomfortable with the dream's content is parroting, a non-therapeutic technique. The other responses fail to clarify the meaning of the patient's comment.

PTS: 1 DIF: Cognitive Level: Apply (Application)

REF: mcs 154 (dm 9-2) TOP: Nursing Process: Implementation

MSC: Client Needs: Psychosocial Integrity

2. A patient diagnosed with schizophrenia tells the nurse, The CIA is monitoring us through the fluorescent lights in this room. Be careful what you say. Which response by the nurse would be most therapeutic?

- a. Let's talk about something other than the CIA.
- b. It sounds like you're concerned about your privacy.

- c. The CIA is prohibited from operating in health care facilities.
- d. You have lost touch with reality, which is a symptom of your illness.

ANS: B

It is important not to challenge the patients beliefs, even if they are unrealistic. Challenging undermines the patients trust in the nurse. The nurse should try to understand the underlying feelings or thoughts the patients message conveys. The correct response uses the therapeutic technique of reflection. The other comments are non-therapeutic. Asking to talk about something other than the concern at hand is changing the subject. Saying that the CIA is prohibited from operating in health care facilities gives false reassurance. Stating that the patient has lost touch with reality is truthful, but uncompassionate.

PTS: 1 DIF: Cognitive Level: Apply (Application)

REF: mcs 154 (dm 9-2) TOP: Nursing Process: Implementation

MSC: Client Needs: Psychosocial Integrity

3. The patient says, My marriage is just great. My spouse and I always agree. The nurse observes the patients foot moving continuously as the patient twirls a shirt button. The conclusion the nurse can draw is that the patients communication is:

- a. clear.
- b. mixed.
- c. precise.
- d. inadequate.

ANS: B

Mixed messages involve the transmission of conflicting or incongruent messages by the speaker. The patients verbal message that all was well in the relationship was modified by the nonverbal behaviors denoting anxiety. Data are not present to support the choice of the verbal message being clear, explicit, or inadequate.

PTS: 1 DIF: Cognitive Level: Understand (Comprehension)

REF: mcs 150-151 TOP: Nursing Process: Assessment

MSC: Client Needs: Psychosocial Integrity

4. A nurse interacts with a newly hospitalized patient. Select the nurses comment that applies the communication technique of offering self.

- a. Ive also had traumatic life experiences. Maybe it would help if I told you about them.
- b. Why do you think you had so much difficulty adjusting to this change in your life?
- c. I hope you will feel better after getting accustomed to how this unit operates.
- d. Id like to sit with you for a while to help you get comfortable talking to me.

ANS: D

Offering self is a technique that should be used in the orientation phase of the nurse-patient relationship. Sitting with the patient, an example of offering self, helps to build trust and convey that the nurse cares about the patient. Two incorrect responses are ineffective and non-therapeutic. The other incorrect response is therapeutic but is an example of offering hope.

PTS: 1 DIF: Cognitive Level: Apply (Application)

REF: mcs 154 (dm 9-2) TOP: Nursing Process: Implementation

MSC: Client Needs: Psychosocial Integrity

5. Which technique will best communicate to a patient that the nurse is interested in listening?

- a. Restating a feeling or thought the patient has expressed.
- b. Asking a direct question, such as Did you feel angry?
- c. Making a judgment about the patients problem.
- d. Saying, I understand what youre saying.

ANS: A

Restating allows the patient to validate the nurses understanding of what has been communicated. Restating is an active listening technique. Judgments should be suspended in a

nurse-patient relationship. Close-ended questions such as Did you feel angry? ask for specific information rather than showing understanding. When the nurse simply states that he or she understands the patients words, the patient has no way of measuring the understanding.

PTS: 1 DIF: Cognitive Level: Apply (Application)

REF: mcs 154 (dm 9-2) TOP: Nursing Process: Implementation

MSC: Client Needs: Psychosocial Integrity

6. A patient discloses several concerns and associated feelings. If the nurse wants to seek clarification, which comment would be appropriate?

- a. What are the common elements here?
- b. Tell me again about your experiences.
- c. Am I correct in understanding that . . .
- d. Tell me everything from the beginning.

ANS: C

Asking, Am I correct in understanding that permits clarification to ensure that both the nurse and patient share mutual understanding of the communication. Asking about common elements encourages comparison rather than clarification. The remaining responses are implied questions that suggest the nurse was not listening.

PTS: 1 DIF: Cognitive Level: Apply (Application)

REF: mcs 154 (dm 9-2) TOP: Nursing Process: Implementation

MSC: Client Needs: Psychosocial Integrity

7. A patient tells the nurse, I dont think Ill ever get out of here. Select the nurses most therapeutic response.

- a. Dont talk that way. Of course you will leave here!
- b. Keep up the good work, and you certainly will.

- c. You dont think youre making progress?
- d. Everyone feels that way sometimes.

ANS: C

By asking if the patient does not believe that progress has been made, the nurse is reflecting by putting into words what the patient is hinting. By making communication more explicit, issues are easier to identify and resolve. The remaining options are non-therapeutic techniques. Telling the patient not to talk that way is disapproving. Saying that everyone feels that way at times minimizes feelings. Telling the patient that good work will always result in success is falsely reassuring.

PTS: 1 DIF: Cognitive Level: Apply (Application)

REF: mcs 154 (dm 9-2) TOP: Nursing Process: Implementation

MSC: Client Needs: Psychosocial Integrity

8. Documentation in a patients chart shows, Throughout a 5-minute interaction, patient fidgeted and tapped left foot, periodically covered face with hands, and looked under chair while stating, I enjoy spending time with you. Which analysis is most accurate?

- a. The patient is giving positive feedback about the nurses communication techniques.
- b. The nurse is viewing the patients behavior through a cultural filter.
- c. The patients verbal and nonverbal messages are incongruent.
- d. The patient is demonstrating psychotic behaviors.

ANS: C

When a verbal message is not reinforced with nonverbal behavior, the message is confusing and incongruent. Some clinicians call it a mixed message. It is inaccurate to say that the patient is giving positive feedback about the nurses communication techniques. The concept of a cultural filter is not relevant to the situation because a cultural filter determines what we will pay