

## **Elder: Psychiatric and Mental Health Nursing, 3rd Edition**

### **Chapter 01: The effective nurse**

#### **Test Bank**

#### **MULTIPLE CHOICE**

1. In order to provide holistic care, nurses must acknowledge the spiritual needs of clients. Choose the answer that least supports this approach
  - A. Effective interpersonal skills.
  - B. Being open to the belief systems of other people.
  - C. Encourage all clients to attend the local church.
  - D. Practising self-awareness and reflective skills.

ANS: C

2. The development of a therapeutic alliance as part of evidenced-based practice is pivotal to:
  - A. a reduction in admission rates.
  - B. increased waiting times for admission.
  - C. a decrease in staffing numbers.
  - D. increased fees payable by clients.

ANS: A

3. It is particularly important to understand and observe professional boundaries in a mental health setting so:
  - A. the therapeutic intent is maintained and focus is on the patient's needs.
  - B. nurses avoid taking on extra duties.
  - C. nurses continue to enjoy a paternal relationship with their clients.
  - D. clients can demand extra time and favours from their primary nurse.

ANS: A

4. Nurses employ self-disclosure in mental health care to:
  - A. show the patient that they have problems too.
  - B. provide a realistic perspective and promote the normalisation of clients' fears and difficulties.
  - C. demonstrate the descriptive phase of reflective practice.
  - D. demonstrate the value of an education.

ANS: B

5. A mentor is a person who:
  - A. has been practising in the area for many years.
  - B. knows most, if not all, there is to know about mental healthcare.
  - C. generates mutual learning as well as positive growth and development for new staff.
  - D. is paid to take care of new staff members.

ANS: C

**TRUE/FALSE**

1. A preceptor in mental health nursing is expected to provide the commencing clinician with opportunities to develop new skills.

ANS: T

2. It is important for mental health nurses to impart empathy to their clients in order to show interest.

ANS: F

3. It is irrelevant to the client's eventual outcome if their clinician does not feel hopeful about their provisional diagnosis.

ANS: F

4. Nurses may display symptoms of burnout evidenced by diminished work performance alongside the misuse of drugs and alcohol.

ANS: T

5. The journey of healing for mental health clients runs a smoother course if supported by quality evidence-based practice, follow-up and development of an informed support network.

ANS: T