

NUR 2459 Mental and Behavioral Health Nursing

Rasmussen: Mental Health Exam 1

An inpatient client with a known history of violence suddenly begins to pace. Which client behavior alerts the nurse to the client's escalating anger and aggression?

- (A) The client requests their prn medications
- (B) The client has a tense facial expression and body language
- (C) The client refuses to eat all three meals for the day
- (D) The client sits in group therapy with his peers

Answer:

B

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An adult seeks counseling after the spouse is murdered. The adult angrily says, "I hate the monster that did this. It has ruined my life. I don't know what I'll do if the jury doesn't return a guilty verdict." What is the nurse's best response?

- (A) "What do you mean when you say 'monster'?"
- (B) "Are you having thoughts of hurting yourself or others?"
- (C) "What resources do you need to help you cope with this situation?"
- (D) "Do you have enough support from your family and friends?"

Answer:

B

A despondent client who recently lost her husband of 30 years tearfully states, "I'll feel a lot better if I sell my house and move away." Which nursing reply is most appropriate?

- (A) "This may not be the best time for you to make such an important decision."
- (B) "Your children will be terribly disappointed to lose their childhood home."
- (C) "I'm confident you know what's best for you."
- (D) "Tell me why you want to make this change."

Answer:

A

When assessing a client in the first phase of a crisis. Which of the following would the nurse most likely observe?

- (A) Increased levels of anxiety
- (B) Reaching out for help
- (C) Effective problem solving
- (D) Short attention span

Answer:

A

During the first interview with a man from Syria who has just lost his son in a car accident, the female nurse hugs him. Which is accurate regarding the nurse's action?

- (A) It is unacceptable because it may pose a breach of cultural norms
- (B) It is an inappropriate action due to poor timing
- (C) It demonstrates caring and encourages the expression of feelings

(D) It is the therapeutic technique of offering self

Answer:

A

When working with clients of any culture, which action would the nurse avoid?

(A) Maintaining eye contact to avoid being rude and making the client uncomfortable

(B) Supporting the client to participate in cultural and spiritual rituals

(C) Using an interpreter to obtain health information during an assessment

(D) Assuming that all individuals within a culture or ethnic group are similar

Answer:

D

The nurse is caring for a client who only speaks Russian. Which intervention by the nurse would be most appropriate?

(A) Use a certified interpreter with a healthcare background

(B) Ask the client's friend who teaches Russian

(C) Ask the client's daughter to interpret the information

(D) Ask a physician who took a Russian course in high school

Answer:

A