

HESI PSYCH MENTAL HEALTH 5 LATEST VERSIONS 2023-2024 (V1,V2,V3,V4 AND V5) COMPLETE EACH VERSION CONTAINS 55 QUESTIONS AND CORRECT DETAILED ANSWERS WITH RATIONALES|ALREADY GRADED A+

VERSION 1

A 19-year-old female client with a diagnosis of anorexia nervosa wants to help serve dinner trays to other clients on a psychiatric unit. What action should the nurse take?

A) Encourage the client's participation in unit activities by asking her to pass trays for the rest of the week.

B) Provide an additional challenge by asking the client to also help feed the older clients.

C) Suggest another way for this client to participate in unit activities.

D) Tell the client that hospital policy does not permit her to pass trays. -
ANSWER- Anorexics gain pleasure from providing others with food and watching them eat. Such behaviors reinforce their perception of self-control. These clients should not be allowed to plan or prepare food for unit activities and their desires to do so should be redirected (C). (A and B) are contraindicated for a client with anorexia nervosa. (D) avoids addressing the problem and is manipulative in that the nurse is blaming hospital policy for treatment protocol.

Correct Answer(s): C

A male client is admitted to a mental health unit on Friday afternoon and is very upset on Sunday because he has not had the opportunity to talk with the healthcare provider. Which response is best for the nurse to provide this client?

A) Let me call and leave a message for your healthcare provider.

B) The healthcare provider should be here on Monday morning.

C) How can I help answer your questions?

D) What concerns do you have at this time? - ANSWER- It is best for the nurse to call the healthcare provider (A) because clients have the right to information about their treatment. Suggesting that the healthcare provider will be available the following day (B) does not provide immediate reassurance to the client. The nurse can also implement offer to assist the client (C and D), but the highest priority intervention is contacting the healthcare provider.

Correct Answer(s): A

A woman arrives in the Emergency Center and tells the nurse she thinks she has been raped. The client is sobbing and expresses disbelief that a rape could happen because the man is her best friend. After acknowledging the client's fear and anxiety, how should the nurse respond?

A) "I would be very upset and mad if my best friend did that to me."

B) "You must feel betrayed, but maybe you might have led him on?"

C) "Rape is not limited to strangers and frequently occurs by someone who is known to the victim."

D) "This does not sound like rape. Did you change your mind about having sex after the fact?" - ANSWER- A victim of date rape or acquaintance rape is less prone to recognize what is happening because the incident usually involves persons who know each other and the dynamics are different than rape by a stranger. (C) provides confrontation for the client's denial because the victim frequently knows and trusts the perpetrator. Nurses should not express personal feelings (A) when dealing with victims. Suggesting that the client led on the rapist (B) indicates that the sexual assault was somehow the victim's fault. (D) is judgmental and does not display compassion or establish trust between the nurse and the client.

Correct Answer(s): C

A female client with depression attends group and states that she sometimes misses her medication appointments because she feels very anxious about riding the bus. Which statement is the nurse's best response?

- A) Can your case manager take you to your appointments?
- B) Take your medication for anxiety before you ride the bus.
- C) Let's talk about what happens when you feel very anxious.

D) What are some ways that you can cope with your anxiety? - ANSWER- The best response is to explore ways for the client to cope with anxiety (D). The nurse should encourage problem-solving rather than dependence on the case manager (A) for transportation. Strategies for coping with anxiety should be encouraged before suggesting (B). (C) is therapeutic, but the best response is an open-ended question to explore ways to cope with the anxiety.

Correct Answer(s): D

The nurse is leading a "current events group" with chronic psychiatric clients. One group member states, "Saddam Hussein was my nurse during my last hospitalization. He was a very mean nurse and wasn't nice to me." Which response is best for the nurse to make?

- A) Saddam Hussein was not your nurse.
- B) What did he do to you that was so mean?
- C) I didn't know that Saddam Hussein was a nurse.

D) I agree that Saddam Hussein is not a very nice man. - ANSWER- (D) presents the reality of the situation (the individual is not nice) in relation to American culture. The fact that Saddam Hussein is not a nurse should be addressed on an individual basis. Since this is group therapy, the nurse would be illustrating the concept of universality. (A) is likely to promote defensiveness. (B and C) would support the delusion.

Correct Answer(s): D

Which statement about contemporary mental health nursing practice is accurate?

- A) There is one approved theoretical framework for psychiatric nursing practice.
- B) Psychiatric nursing has yet to be recognized as a core mental health discipline.
- C) Contemporary practice of psychiatric nursing is primarily focused on inpatient care.

D) The psychiatric nursing client may be an individual, family, group, organization, or community. - ANSWER- Mental health nursing is not only concerned with one-on-one interactions. Psychiatric stressors can impact and be reflected in the overall direction, activities, and responses involving families, groups, and entire communities (D). (A, B, and C) are incorrect statements about the status of mental health nursing.

Correct Answer(s): D

A 40-year-old male client diagnosed with schizophrenia and alcohol dependence has not had any visitors or phone calls since admission. He reports he has no family that cares about him and was living on the streets prior to this admission. According to Erikson's theory of psychosocial development, which stage is the client in at this time?

A) Isolation.

B) Stagnation.

C) Despair.

D) Role confusion. - ANSWER- The client is in Erikson's "Generativity vs. Stagnation" stage (age 24 to 45), and meeting the task includes maintaining intimate relationships and moving toward developing a family (B). (A) occurs in young adulthood (age 18 to 25), (C) occurs in maturity (age 45 to death), and (D) occurs in adolescence (age 12 to 20). These are all stages that occur if individuals are not successfully coping with their psychosocial developmental stage.

Correct Answer(s): B