
In 2006, the National Alliance on Mental Illness (NAMI) conducted the “first comprehensive survey and grading of state adult mental health care systems conducted in more than 15 years” (NAMI, 2006). Their results revealed a fragmented system with an overall grade of D. Recommendations focused on increased funding, availability of care, access to care, and greater involvement of consumers and their families.

DIF: Cognitive Level: Knowledge OBJ: 9 TOP: 21st Century
KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

Chapter 02: Current Mental Health Care Systems

Morrison-Valfre: Foundations of Mental Health Care, 8th Edition

MULTIPLE CHOICE

1. Mental health care is available under the universal health care system in Britain, which is funded primarily by:
 - a. employers.
 - b. private donations.
 - c. small businesses.
 - d. tax revenues.

ANS: D

Tax revenues are the primary funding source for Britain’s universal health care system. All aspects of health care, except for eye care and limited dental care, are covered under the standard benefit package for citizens of Britain.

DIF: Cognitive Level: Knowledge OBJ: 1
TOP: Mental Health Care in Britain KEY: Nursing Process Step: Assessment
MSC: Client Needs: Psychosocial Integrity

2. The _____ model views clients holistically with the goal of creating a support system designed to encourage independence in the client with a mental health disorder.
 - a. community support systems
 - b. case management
 - c. multidisciplinary health care team
 - d. client population

ANS: A

The community support systems (CSS) model works by coordinating social, medical, and psychiatric services. Case management refers to individual management of clients and takes into consideration psychosocial rehabilitation, consults, referrals, therapy, and crisis intervention. A multidisciplinary health care team is made up of all of the professionals who work within a mental health care system, and client population simply refers to individuals who may potentially seek mental health care.

DIF: Cognitive Level: Knowledge OBJ: 3 TOP: Outpatient Care
KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

-
3. The home mental health nurse visits a female client to assess her ability to care for herself at home after discharge from an inpatient setting. Which component of the case management system does this demonstrate?
- Consultation
 - Crisis intervention
 - Resource linkage
 - Psychosocial rehabilitation

ANS: D

Psychosocial rehabilitation assists clients in gaining independence in activities of daily living to the best of their individual capabilities. Consultation refers to assistance obtained from specialists, such as a psychiatrist; crisis intervention refers to care provided during a crisis event; and resource linkage indicates referral to community resources.

DIF: Cognitive Level: Comprehension OBJ: 5 TOP: Case Management Systems
KEY: Nursing Process Step: Intervention MSC: Client Needs: Health Promotion and Maintenance

4. A client with a severe, treatment-resistant mental illness has been assigned to an assertive community treatment (ACT) team. An ACT treatment strategy that helps to prevent recurrent hospitalizations for mental health reasons is to meet with the client in the community setting:
- once per week.
 - two to four times per week.
 - five to six times per week.
 - seven to eight times per week.

ANS: B

The continuous care team that meets with a client two to four times per week has been found to be effective in directing the client's treatment on a more continuous basis, resulting in greater stability for the client who is living in the community with the help of appropriate systems.

DIF: Cognitive Level: Knowledge OBJ: 5 TOP: Case Management Systems
KEY: Nursing Process Step: Intervention
MSC: Client Needs: Safe and Effective Care Environment

5. Which member of the multidisciplinary mental health care team is primarily responsible for evaluating the family of the client, as well as the environmental and social surroundings of the client, and plays a major role in the admission of new clients?
- Psychiatric nurse
 - Clinical psychologist
 - Psychiatrist
 - Psychiatric social worker

ANS: D

These are the primary responsibilities of the psychiatric social worker. The psychiatric nurse's primary responsibilities include assisting with the client's activities of daily living and managing individual, family, and group psychotherapy. The clinical psychologist is involved in the planning of treatment and diagnostic processes, and the psychiatrist is the leader of the team.

DIF: Cognitive Level: Comprehension OBJ: 6
TOP: Multidisciplinary Mental Health Care Team

KEY: Nursing Process Step: Intervention
MSC: Client Needs: Safe and Effective Care Environment

6. It is estimated that approximately _____million adults in the United States experience some form of mental or emotional disorder.
- 35.5
 - 61.5
 - 28.2
 - 59

ANS: B

Although exact statistics are unavailable, it is estimated that at any given time at least 61.5 million adults in the United States suffer from mental-emotional disorders. “Approximately 18.1% of American adults—about 42 million people—live with anxiety disorders” (National Alliance on Mental Illness, 2014).

DIF: Cognitive Level: Knowledge OBJ: 7 TOP: Impact of Mental Illness
KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

7. A male client with a diagnosis of bipolar disorder is admitted to an inpatient unit during a severe manic episode. As a result of guidelines implemented by the Health Care Financing Administration in 1983, the client’s Medicare will pay for his stay in this unit for:
- the length of time necessary for his condition to be stabilized.
 - up to 6 months with appropriate documentation.
 - a pre-determined length of time based on the diagnosis.
 - 2 to 4 weeks.

ANS: C

Medicare payment guidelines are based on the diagnosis, which is classified under a diagnosis-related group (DRG), and specify a pre-determined payment for a particular diagnosis. This cost containment strategy has also been adopted by some private insurance companies. After the pre-determined time, the facility is responsible for additional costs incurred by the client’s stay.

DIF: Cognitive Level: Comprehension OBJ: 1
TOP: Economic Issues of Mental Illness KEY: Nursing Process Step: Assessment
MSC: Client Needs: Safe and Effective Care Environment

8. A female client was given the diagnosis of schizophrenia and recently has lost her job. She tells the nurse that she has enough money for only two more house payments, and if she does not find a job, she fears she will become homeless. The nurse knows that this client falls into the group of nearly _____of U.S. citizens who live below the poverty level.
- 1%
 - 6%
 - 12%
 - 25%

ANS: C

Approximately 12% of Americans (or 45 million people) live below the poverty level. Living in poverty often precipitates mental disorders, or mental disorders may occur while an individual is living in poverty.

DIF: Cognitive Level: Knowledge OBJ: 7
TOP: Social Issues of Mental Illness KEY: Nursing Process Step: Assessment
MSC: Client Needs: Psychosocial Integrity

9. Addiction to recreational drugs, such as crack, cocaine, and heroin, combined with use of psychotherapeutic drugs is associated with:
- permanent psychotic states.
 - bipolar disorder.
 - generalized anxiety disorder.
 - obsessive-compulsive disorder.

ANS: A

Permanent psychotic states are occurring in mental health clients who combine their psychotherapeutic medications with the abuse of recreational drugs. The combination of these two types of drugs is not commonly associated with bipolar disorder, generalized anxiety disorder, or obsessive-compulsive disorder.

DIF: Cognitive Level: Knowledge OBJ: 7
TOP: Social Issues of Mental Illness KEY: Nursing Process Step: Assessment
MSC: Client Needs: Psychosocial Integrity

10. A 9-year-old girl is given the diagnosis of depression. She has low self-esteem, does not enjoy group therapy, and does not show her emotions. The nurse has had difficulty establishing rapport with this client and decides to ask for assistance from another treatment team member. Which team member would best assist in this situation?
- Psychiatric assistant
 - Dietitian
 - Occupational therapist
 - Expressive therapist

ANS: D

Expressive therapists work well with children who have difficulty expressing their thoughts and feelings. Expressive therapists use creative methods that appeal to children. The dietitian would not be the best team member to meet the needs of the client at this time. The psychiatric assistant, or technician, assists the nurse with daily activities and in monitoring clients during leisure activities. The occupational therapist works primarily with rehabilitation therapy, such as socialization and vocational retraining.

DIF: Cognitive Level: Application OBJ: 6
TOP: Multidisciplinary Mental Health Care Team
KEY: Nursing Process Step: Intervention
MSC: Client Needs: Safe and Effective Care Environment

11. Nearly _____ of all countries in the world have no clear governmental policy that addresses mental health issues.
- 7%
 - 26%
 - 50%
 - 75%

ANS: C

In addition to nearly half of the countries in the world that have no policy on mental health issues, approximately one-third have no program for coping with the increasing numbers of mental health disabilities.

DIF: Cognitive Level: Knowledge OBJ: 1

TOP: Current Mental Health Care Systems

KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

12. A woman is admitted to an inpatient psychiatric unit after a suicide attempt by overdose. The primary rationale for her admission is to:
- have limited supervision by health care personnel.
 - maintain responsibility for her own behavior.
 - receive treatment in the least restrictive manner.
 - provide her with a safe and secure environment.

ANS: D

The most important advantage of inpatient psychiatric care is that it provides clients with a safe and secure environment where they can focus on and work with the problems that brought them there.

DIF: Cognitive Level: Knowledge OBJ: 2 TOP: Inpatient Care

KEY: Nursing Process Step: Planning MSC: Client Needs: Psychosocial Integrity

13. A 35-year-old client with a long history of schizophrenia who often forgets to take his medication is admitted to an inpatient unit after police find him threatening passengers on a bus. This is his fourth admission in 3 months. This frequent re-hospitalization is an example of:
- recidivism.
 - symptom exacerbation.
 - noncompliance.
 - rejection.

ANS: A

Unable to cope in the community setting, people with chronic psychiatric problems often return to institutions or use community services on a revolving-door basis. This behavior pattern is known as recidivism and means a relapse (return) of a symptom, disease, or behavior.

DIF: Cognitive Level: Knowledge OBJ: 4 TOP: Outpatient Care

KEY: Nursing Process Step: Planning MSC: Client Needs: Psychosocial Integrity

MULTIPLE RESPONSE

1. Which principles characterize mental health care in Canada? (*Select all that apply.*)
- Portability
 - Universality
 - Accessibility
 - Comprehensiveness
 - Private insurance models
 - Public administration

ANS: A, B, C, D, F

Portability refers to retaining services in the event of moving; universality means that everyone in the nation of Canada is covered; accessibility indicates that everyone has access to health care; comprehensiveness means that all necessary treatment is covered; and public administration reveals that the health care system is publicly run and accountable. Private insurance models are the types of insurance provided in the United States.

DIF: Cognitive Level: Knowledge

OBJ: 1

TOP: Mental Health Care in Canada

KEY: Nursing Process Step: Evaluation

MSC: Client Needs: Psychosocial Integrity

2. In the United States, which factors determine whether a client requires inpatient rather than outpatient care? (*Select all that apply.*)
- Severity of the illness
 - Level of dysfunction
 - Suitability of the setting for treating the problem
 - Anticipated diagnosis
 - Level of client cooperation
 - Ability to pay

ANS: A, B, C, E, F

These options are the determining factors for inpatient mental health care. If a client meets the criteria, the diagnosis does not matter in the determination of whether the client requires inpatient or outpatient care.

DIF: Cognitive Level: Comprehension

OBJ: 2

TOP: Care Settings

KEY: Nursing Process Step: Assessment

MSC: Client Needs: Safe and Effective Care Environment

3. Which client populations are at greater risk for the development of mental health disorders? (*Select all that apply.*)
- Homeless
 - Clients infected with HIV or AIDS
 - Those in crisis
 - Nurses
 - Clients living in rural areas
 - Older adults
 - Psychiatrists
 - Children

ANS: A, B, C, E, F, H

These individuals are considered to be at high risk for various reasons. Nurses and psychiatrists are not considered at high risk for developing mental health disorders.

DIF: Cognitive Level: Knowledge

OBJ: 7

TOP: Client Populations

KEY: Nursing Process Step: Assessment

MSC: Client Needs: Psychosocial Integrity

4. The case management for a client requiring community mental health services would include which of the following? (*Select all that apply.*)
- Advocacy

-
- b. Crisis intervention
 - c. Provision of referrals to a shelter
 - d. Administration of psychotropic medications
 - e. Developing a client's plan of care

ANS: A, B, C

Case management is a system of interventions designed to support mentally ill clients living in the community. The major components of case management are psychosocial rehabilitation, consultation, resource linkage (referral), advocacy, therapy, and crisis intervention. Administration of medications is performed by an individual, not a system, and clients are involved in planning their care.

DIF: Cognitive Level: Knowledge OBJ: 5 TOP: Case Management
KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

Chapter 03: Ethical and Legal Issues

Morrison-Valfre: Foundations of Mental Health Care, 8th Edition

MULTIPLE CHOICE

1. A male teenage client tells the nurse that his friends like to drink alcohol occasionally to get drunk. The client's friends see nothing wrong with their drinking habits. The client states that he was taught by his parents and agrees that underage drinking is not acceptable. Also, he has never seen his parents drunk; therefore, he refuses to drink with his friends. Which mode of transmission best describes how this client's particular value was formed?
 - a. Moralizing
 - b. Modeling
 - c. Reward-punishment
 - d. Laissez-faire

ANS: B

Modeling best describes how the teenage client developed this value because his parents not only discussed this issue but also behaved in a way for the teen to copy. Moralizing sets standards of right and wrong with no choices allowed; the reward-punishment model rewards valued behavior and punishes undesired behavior; and the laissez-faire model imposes no restriction or direction on choices.

DIF: Cognitive Level: Application OBJ: 1 TOP: Acquiring Values
KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

2. A female client becomes combative when the nurse attempts to administer routine medications. The nurse would like to ignore the client but chooses to talk with the client to calm her. The nurse is successful in calming the client, and the client takes her medications. What process best describes how the nurse decided on the course of action taken?
 - a. Values clarification
 - b. Nurse's rights
 - c. Beliefs
 - d. Morals

ANS: A

Values clarification consists of the steps of choosing, prizing, and acting. This most accurately describes how the nurse made the proper decision. The nurse chose the best action, reaffirmed the choice, and then enacted the choice. The nurse's rights were not violated, and beliefs and morals do not describe the entire decision-making process that occurred.

DIF: Cognitive Level: Application OBJ: 1 TOP: Values Clarification
KEY: Nursing Process Step: Intervention
MSC: Client Needs: Safe and Effective Care Environment

3. Twenty-three states have enacted mental health parity laws. The most accurate description of these laws is that they require insurance companies to:
- include coverage for mental illness.
 - include coverage for substance abuse treatment.
 - include coverage for mental illness that is equal to coverage for physical illness.
 - include coverage for outpatient therapy for individuals with substance abuse.

ANS: C

The mental health parity laws require insurance companies to include coverage for mental illness that is equal to coverage for physical illness. Only nine states include treatment for substance abuse in their parity laws.

DIF: Cognitive Level: Knowledge OBJ: 2 TOP: Client Rights
KEY: Nursing Process Step: Assessment
MSC: Client Needs: Safe and Effective Care Environment

4. The client is feeling very anxious and has requested that a prn. antianxiety medication be ordered. The nurse informs the client that the medication can be administered only every 4 hours and was given 3 hours ago. The nurse promises to give the client the medication as soon as it is due, but the nurse goes to lunch 1 hour later without giving the client the medication. Which ethical principle did the nurse violate?
- Fidelity
 - Veracity
 - Confidentiality
 - Justice

ANS: A

Fidelity refers to the obligation to keep one's word. The nurse violated this principle in this situation, which leads to mistrust from the client. Veracity is the duty to tell the truth, confidentiality is the duty of keeping the client's information private, and justice indicates that all clients must be treated fairly, equally, and respectfully.

DIF: Cognitive Level: Application OBJ: 3 TOP: Ethical Principles
KEY: Nursing Process Step: Intervention
MSC: Client Needs: Safe and Effective Care Environment

5. A male client is seeking help in a mental health clinic for anger management problems. He voices that he is fearful that his wife may divorce him because of his anger problem, and he is willing to do "whatever it takes" to control his anger. Later in the week, the client's wife also seeks assistance because she is going to divorce her husband. The nurse who is caring for both of these clients tries to decide the correct action to take. The nurse is experiencing:

-
- a. a moral dilemma.
 - b. value clarification.
 - c. an ethical conflict (or dilemma).
 - d. a breach of confidentiality.

ANS: C

This is an example of an ethical conflict or ethical dilemma. The nurse wants to help both clients but must maintain confidentiality for each. Use of guidelines for ethical decision-making can assist the nurse in making an ethical decision. A moral dilemma is simply a dilemma associated with making a decision between right and wrong. Value clarification is a process that helps to identify an individual's values.

DIF: Cognitive Level: Application OBJ: 3 TOP: Ethical Conflict
KEY: Nursing Process Step: Intervention
MSC: Client Needs: Safe and Effective Care Environment

6. The psychiatrist asks the nurse to perform a procedure that she is not familiar with, and the nurse is unsure whether this is something within the scope of practice. Where can the nurse find the answer to her question?
- a. National nurse practice act
 - b. State nurse practice act
 - c. Regional nurse practice act
 - d. Community nurse practice act

ANS: B

Each state's board of nursing determines the scope of practice in that state through a series of regulations that are called nurse practice acts. It is the nurse's responsibility to know his or her scope of practice. The other options do not exist.

DIF: Cognitive Level: Comprehension OBJ: 4
TOP: Legal Concepts in Health Care KEY: Nursing Process Step: Intervention
MSC: Client Needs: Safe and Effective Care Environment

7. Standards of nursing practice for mental health can best be described as helping to ensure:
- a. that certain clients receive care.
 - b. quality and effectiveness of care.
 - c. proper documentation.
 - d. proper medication administration.

ANS: B

Most health care disciplines have standards of practice documented as guidelines with measurable criteria that can be used to evaluate the quality and effectiveness of care provided. All clients have the right to receive care, so standards of nursing practice would not address who receives care. Although proper documentation and proper medication administration might be part of the evaluation process, they do not provide complete evaluation of quality and effectiveness of care.

DIF: Cognitive Level: Comprehension OBJ: 4
TOP: Legal Concepts in Health Care KEY: Nursing Process Step: Evaluation
MSC: Client Needs: Safe and Effective Care Environment

-
8. If a client is involuntarily committed to a mental health care facility indefinitely, the law requires that the case must be reviewed every:
- 3 months.
 - 6 months.
 - 12 months.
 - 15 months.

ANS: C

Although the case is being reviewed constantly by the mental health care team, the court must review the indefinite commitment on a yearly basis.

DIF: Cognitive Level: Knowledge OBJ: 5
TOP: Adult Psychiatric Admissions KEY: Nursing Process Step: Intervention
MSC: Client Needs: Safe and Effective Care Environment

9. A male client is being argumentative during a group therapy session. The psychiatric technician warns the client that if he does not cooperate with the nurse, he will be physically restrained and taken to his room for the remainder of the day. For which action could the technician be held liable?
- Assault
 - Battery
 - Privacy
 - Fraud

ANS: A

The technician is engaging in assault, which is any act that threatens a client. Battery of a client occurs when any physical act of touching occurs without the client's permission. Privacy refers to issues related to the body and confidentiality, and fraud is giving false information.

DIF: Cognitive Level: Application OBJ: 6 TOP: Areas of Potential Liability
KEY: Nursing Process Step: Intervention
MSC: Client Needs: Safe and Effective Care Environment

10. Which of the following circumstances, when it occurs on an inpatient mental health unit, would be considered false imprisonment?
- An alert and oriented client is confined to his room after being loud and argumentative with another client in the recreation area.
 - Restraints are placed on a client who has been admitted in a lethargic state because of misuse of medications and who has fallen three times since admission.
 - A client is housed in a private room with visual monitors after attempting suicide at home on the previous day.
 - An alert and oriented client who was admitted for a 72-hour involuntary commitment is prevented from leaving the facility 2 days after admission.

ANS: A

The client cannot be confined to his room if he did not pose a threat to himself or others, or if no contract was made with the client regarding consequences for inappropriate behavior. All of the other options are appropriate because they follow guidelines for client safety.

DIF: Cognitive Level: Analysis OBJ: 6 TOP: Areas of Potential Liability
KEY: Nursing Process Step: Intervention