1. A group of nurses are reviewing information about the evolution of mental health care and are discussing the recommendations of the final report of the Joint Commission on Mental Illness and Health. The nurses demonstrate understanding of this information when they identify that the report recommended an increase in the:

A) number of mental health hospitals.
B) institutionalization of clients with mental health problems.
C) number of clinics supplemented by general hospital units.
D) use of psychotherapy by psychiatrists.

2. A nurse is reviewing the American Nurses Association's *Statement on Psychiatric Nursing Practice* published in 1967, which sanctioned the involvement of psychiatric–mental health nurses in the provision of holistic nursing care. Integrating knowledge of the various theories and views of mental health and illness, the nurse identifies which as most strongly linked to this holistic approach?

A) Sigmund Freud's psychoanalytic theory
B) Florence Nightingale's *Notes on Nursing*
C) Lavinia Lloyd Dock's *Materia Medica for Nurses*
D) Clifford Beers' *A Mind That Found Itself*
E) Hildegard Peplau's *Interpersonal Relations in Nursing*

3. A psychiatric-mental health nurse is preparing a presentation about key events and people that influenced the development of contemporary mental health and illness care. When describing the effects of World War II, which would the nurse most likely include?

A) People began to view mental illness as more commonplace and acceptable.
B) The biologic understanding of mental illness was almost fully developed.
C) Deinstitutionalization occurred in response to the community health movement.
D) Mental illnesses became categorized as psychoses or neuroses.

4. A nurse is presenting a discussion of the history of psychiatric–mental health nursing and its place within nursing history. Which would be **most** appropriate to include?

A) Certification for the psychiatric-mental health nursing specialty was first emphasized by Mary Adelaide Nutting.
B) Psychiatric nurses played a part in seeing that all deinstitutionalized clients got treatment at community mental health centers.
C) There is a historical link between the first nursing program to admit male students and the first training school for psychiatric nursing.
D) The first graduate program in psychiatric nursing was established in response to the publication of psychiatric nursing specialty journals.

5. When reviewing the evolution of mental health and illness care, which event is associated with mental disorders beginning to be viewed as illnesses requiring treatment?
A) Establishment of Pennsylvania Hospital in Philadelphia
B) Quaker establishment of asylums
C) Creation of the state hospital system
D) Freud's views on the causes of mental illnesses

6. A psychiatric–mental health nurse is working on a committee that is developing programs that integrate the objectives for mental health and mental disorders, as identified in *Healthy People 2020*. Which type of program would be **least** appropriate?
A) Single substance abuse treatment programs
B) Depression-screening programs for primary care providers
C) Mental health programs for the homeless population
D) Employment programs for those with serious mental illness

7. A nurse is describing the concept of evidence-based practice in psychiatric–mental health nursing to a group of colleagues. Which information would the nurse include as being important? (Select all that apply.)
A) research findings
B) expert opinion
C) clinical experiences
D) client data
E) established routines

8. The following events are important in the development of psychiatric–mental health nursing practice. Which event occurred first?
A) Publication of *Standards of Psychiatric-Mental Health Nursing* by the ANA
B) Publication of *Standards of Child and Adolescent Psychiatric and Mental Health Nursing Practice*
C) Establishment of the first graduate program in psychiatric nursing at Rutgers University
D) Publication of the first psychiatric nursing text, *Nursing Mental Disease*, by Harriet Bailey

9. A nurse is preparing a presentation about the current status of mental health services in the United States. Which statement would the nurse include as the **most** reflective of this status?
A) "Mental health care in the United States is equally accessible to individuals."
B) "Mental illness ranks second among conditions causing responsible for chronic disability."
C) "Mental health care primarily focuses on the cure of mental illness."
D) "Mental health care services are inadequate and fragmented."

10. A group of nurses are reviewing the goals identified by the *New Freedom Commission on Mental Health.* The nurses demonstrate understanding of this report when they identify what as a goal?
A) Mental health is viewed as an isolated component of overall health.
B) The consumer and family are the driving forces for mental health care.
C) Screening is of greater importance than assessment and referral for services.
D) Disparities in mental health services are maintained.

11. As part of a career day presentation to a group of nursing students, a psychiatric–mental health nurse plans to describe how this specialty developed. Which individual would the nurse describe as playing a major role in the development of specialty training programs for psychiatric nurses?
A) Mary Adelaide Nutting
B) Hildegard Peplau
C) Harriet Bailey
D) Linda Richards

12. A group of students is reviewing information about mental health care after World War II. The students demonstrate understanding of this information when they identify which action that took place as a result of the National Mental Health Act?
A) discovery of psychopharmacology
B) passage of the Hill-Burton Act
C) establishment of the National Institute of Mental Health
D) development of community mental health centers

13. When providing care to a client, the psychiatric–mental health nurse is implementing the therapeutic use of self. The nurse is applying the concepts based on the work of which individual?
A) Hildegard Peplau
B) Florence Nightingale
C) Dorothea Dix
D) Sigmund Freud

14. After teaching a group of nurses about the historical perspectives of mental health care, the presenter determines that the group has understood the information when they identify which as a common belief about mental illness during the later medieval period from 1000 to 1300?
A) Mental illness in an individual was the result of being possessed by demons.
B) A person was removed from a contaminated environment to protect him or her.
C) Exorcisms were used as primary mode of treatment to cleanse the person of his or her sins.
D) The focus was on moral treatment to promote the individual's safety and comfort.

15. A psychiatric–mental health nurse is implementing evidence-based practice. The nurse understands that this approach is developed by doing what first?
A) Conducting research
B) Identifying a clinical question
C) Determining outcomes
D) Collaborating with the client

16. A psychiatric-mental health nurse is describing the various programs offered by the local community mental health center. When explaining how these programs work, the nurse would emphasize which concept?
A) autocratic leadership
B) paternalistic decision-making
C) complete autonomy
D) collaboration

17. A psychiatric-mental health nurse wants to use an evidence-based approach to care. Which action would the nurse do first?
A) Analyze the evidence.
B) Define the clinical question.
C) Practically apply research findings.
D) Evaluate outcomes.

18. A psychiatric-mental health nurse is working a booth at a local community college job fair. One of the participants comes to the booth and asks the nurse about the different types of conditions for which psychiatric-mental health nurses provide care. Which condition would the nurse most likely include in the response? (Select all that apply.)

A) Issues involving self-mutilation
B) Self-esteem issues related to loss of a limb
C) Problems associated with family or group isolation
D) Substance use disorders
E) High health literacy issues for adherence

Answer Key

1. C
2. B
3. A
4. C
5. A
6. A
7. A, B, C, D
8. D
9. D
10. B
11. B
12. C
13. A
14. B
15. B
16. D
17. B
18. A, B, C, D