

## Chapter 1. History of Mental Health Nursing

### Multiple Choice

Identify the choice that best completes the statement or answers the question.

- \_\_\_\_\_ 1. The act of developing a clean environment is a factor in providing effective health care as demonstrated by:

1.	Nightingale.
2.	Benner.
3.	Swanson.
4.	King.

- \_\_\_\_\_ 2. What is the name of the publication written by Florence Nightingale?

1.	<i>Nursing Sanitation Notes</i>
2.	<i>Nursing 101</i>
3.	<i>Notes on Nursing</i>
4.	<i>Nursing Notes</i>

- \_\_\_\_\_ 3. Which describes the long-term goal for inpatient mental health treatment?

1.	Return the patient to the community.
2.	Locate a facility for long-term care.
3.	Be arrested and placed in prison.
4.	Be completely cured of the disorder.

- \_\_\_\_\_ 4. The mentally ill were once housed in mental institutions known as:

1.	Hospitals.
2.	Long-term care facilities.
3.	Asylums.
4.	Free-standing treatment centers.

- \_\_\_\_\_ 5. Which nursing theorist promoted the interpersonal theory between the nurse and the patient?

1.	Hildegard Peplau
2.	Hattie Bessent
3.	Mary Mahoney
4.	Linda Richards

- \_\_\_\_\_ 6. Which described Harriot Bailey's contribution to psychiatric nursing?

1.	Harriot worked to upgrade nursing education.
2.	Harriot wrote the first textbook on psychiatric nursing.

3.	Harriot promoted the acceptance of African Americans in nursing.
4.	Harriot lobbied for the improvement of care standards.

7. Which describes the contribution to nursing by Euphemia (Effie) Jane Taylor?

1.	Assisted soldiers in learning how to write with their mouths and, in some cases, their feet.
2.	Responsible for the development of asylums or psychiatric hospitals.
3.	Initiated the first psychiatric program of study for nurses.
4.	Developed and directed a master's and doctorate program for minority nurses.

8. Which statement can be applied to the early asylums?

1.	There was inadequate funding to run them.
2.	The clients were heavily medicated.
3.	Custodial care was absent.
4.	Clients often volunteered for experiments.

9. Which law protects people with mental illness who lack insurance coverage and live below the poverty line from being turned away for care?

1.	Patient Bill of Rights
2.	Affordable Care Act
3.	Hill-Burton Act
4.	National Mental Health Act of 1946

10. According to Hildegard Peplau, which describes the nurse as a "resource" person?

1.	Provides the client information.
2.	Coordinates professional services.
3.	Helps the client explore their current thoughts and feelings.
4.	Role plays to help the client identify their feelings from the past.

11. According to Hildegard Peplau, which stage of the nurse-client relationship focuses on the client developing self-responsibility and showing personal growth?

1.	Orientation
2.	Identification
3.	Exploration
4.	Resolution

12. Which factor contributed to deinstitutionalization?

1.	Decline in mental illness.
2.	Development of phenothiazines.

3.	Increase in incarceration.
4.	Development of free-standing treatment centers.

\_\_\_\_\_ 13. Which act recognized the needs of people with mental health challenges and established mental health care as an essential part of complete health coverage?

1.	Hill-Burton Act
2.	Patient Bill of Rights
3.	Affordable Care Act
4.	Community Mental Health Centers Act of 1963

\_\_\_\_\_ 14. Which classification of medication was the first to revolutionize the treatment of clients with mental illness?

1.	Antianxiety agents
2.	Mood stabilizers
3.	Phenothiazines
4.	Tricyclic antidepressants

**Multiple Response**

*Identify one or more choices that best complete the statement or answer the question.*

\_\_\_\_\_ 15. What trends contributed to the deinstitutionalization of mental health facilities to outpatient care (select all that apply)?

1.	Cost of the facilities.
2.	The increased use of antidepressants.
3.	Staff cost.
4.	Establishment of outpatient clinics.
5.	Development of the Patient Bill of Rights.

**Chapter 1. History of Mental Health Nursing  
Answer Section**

**MULTIPLE CHOICE**

1. ANS: 1

Page: 1

Integrated Processes: Teaching/Learning

Heading: Florence Nightingale

Cognitive Level: Application

Client Need: Safe and Effective Care Environment: Safety and Infection Control

Chapter 1: History of Mental Health Nursing

Concept: Clinical Judgment; Health Promotion

	Feedback
1.	The relationship between sanitary conditions and healing became known and accepted due to Nightingale's observations and diligence. Her commitment to improved outcomes at a military hospital was directly related to introducing sanitation methods.
2.	Benner did not emphasize developing a clean environment as a factor in providing effective health care.
3.	Swanson did not emphasize developing a clean environment as a factor in providing effective health care.
4.	King did not emphasize developing a clean environment as a factor in providing effective health care.

2. ANS: 3

Page: 2

Integrated Processes: Teaching/Learning

Heading: Florence Nightingale

Cognitive Level: Knowledge

Client Need: Health Promotion and Maintenance

Chapter 1: History of Mental Health Nursing

Concept: Health Promotion

	Feedback
1.	Although Florence Nightingale did write a book on the relationship of sanitary techniques to medical facilities, it was called <i>Notes on Hospitals</i> , not <i>Nursing Sanitation Notes</i> .
2.	Florence Nightingale did not write <i>Nursing 101</i> .
3.	Florence Nightingale wrote the book <i>Notes on Nursing</i> , which was the most respected nursing textbook of its day.
4.	Florence Nightingale did not write <i>Nursing Notes</i> .

3. ANS: 1

Page: 7

Integrated Processes: Teaching and Learning

Heading: Deinstitutionalization

Cognitive Level: Comprehension

Client Need: Safe and Effective Care Environment: Coordinated Care

Chapter 1: History of Mental Health Nursing

Concept: Clinical Judgment; Health Promotion

	Feedback
1.	People who had formerly required long hospital stays were now able to leave the institutions and return to their communities due to appropriate medications and deinstitutionalization.
2.	Locating a facility for long-term care is not a long-term goal for inpatient mental health treatment.
3.	Being arrested and placed in prison is not a long-term goal for inpatient mental health treatment.
4.	The long-term goal is not to be completely cured of the disorder but control unwanted behaviors.

4. ANS: 3

Pages: 5

Integrated Processes: Teaching/Learning

Heading: Asylums

Cognitive Level: Comprehension

Client Need: Safe and Effective Care Environment; Coordinated Care

Chapter 1: History of Mental Health Nursing

Concept: Clinical Judgment; Health Promotion

	Feedback
1.	Hospitals are not mental institutions but can handle patients with psychological needs according to the size of the hospital and its resources.
2.	Long-term care facilities are not mental institutions.
3.	Early on, these special facilities were called asylums, which Webster's online dictionary defines as "an institution for the care of the needy or sick and especially of the insane."
4.	Free-standing treatment centers are not mental institutions but can handle patients who need detoxification (detox centers) or help managing a crisis (crisis centers).

5. ANS: 1

Pages: 4

Integrated Processes: Communication and Documentation

Heading: Hildegard Peplau

Cognitive Level: Knowledge

Client Need: Safe and Effective Care Environment: Coordinated Care

Chapter 1: History of Mental Health Nursing

Concept: Clinical Judgment; Health Promotion

	Feedback
1.	In her book <i>Interpersonal Relations in Nursing</i> (1952), Peplau brought together interpersonal theories from psychiatry and melded them with theories of nursing and communication.
2.	Dr. Hattie Bessent is credited with the development and directorship of a grant that researched minority nurses who were choosing to upgrade to master's and doctorate levels of practice.
3.	Mary Mahoney is considered to be America's first African American professional nurse.
4.	Linda Richards worked to upgrade nursing education, opened a nursing school, and taught the care of the mentally ill.

6. ANS: 2

Page: 3

Integrated Processes: Teaching/Learning

Heading: Harriet Bailey

Cognitive Level: Knowledge

Client Need: Safe and Effective Care Environment: Coordinated Care

Chapter 1: History of Mental Health Nursing

Concept: Clinical Judgment; Health Promotion

	Feedback
1.	Linda Richards worked to upgrade nursing education.
2.	The first textbook focusing on psychiatric nursing was written in 1920 by Harriet Bailey. It included guidelines for nurses who provided care for those with a mental illness.
3.	Mary Mahoney promoted the acceptance of African Americans in nursing.
4.	Dorothea Dix lobbied in the United States and Canada for the improvement of care standards.

7. ANS: 3

Page: 3

Integrated Processes: Teaching/Learning

Heading: Effie Jane Taylor

Cognitive Level: Knowledge

Client Need: Safe and Effective Care Environment: Coordinated Care

Chapter 1: History of Mental Health Nursing  
Concept: Clinical Judgment; Health Promotion

	Feedback
1.	Bessie Blount Griffin was a practical nurse, physical therapist, and forensic scientist specializing in handwriting, and assisted soldiers who lost limbs to learn how to write with their mouths and, in some cases, their feet.
2.	Dorothea Dix was responsible for the development of asylums or psychiatric hospitals.
3.	Euphemia (Effie) Jane Taylor initiated the first psychiatric program of study for nurses in 1913.
4.	In the early 1980s, the National Institute of Mental Health (NIMH) granted money to be used for the education and research of minority nurses who were choosing to upgrade to master's and doctorate levels of practice. Dr. Hattie Bessent is credited with the development and directorship of that program.

8. ANS: 2  
Pages: 5  
Integrated Processes: Teaching/Learning  
Heading: Asylums  
Cognitive Level: Knowledge  
Client Need: Physiological Integrity: Pharmacological Therapies  
Chapter 1: History of Mental Health Nursing  
Concept: Clinical Judgment; Health Promotion

	Feedback
1.	Lack of funding is not an issue identified for asylums.
2.	Patients were often heavily medicated in asylums.
3.	Custodial care was provided to the clients in asylums, but the physical and nutritional care was minimal.
4.	The clients did not volunteer for experiments, they were volunteered.

9. ANS: 3  
Page: 9  
Integrated Processes: Teaching/Learning  
Heading: Hill-Burton Act  
Cognitive Level: Knowledge  
Client Need: Psychosocial Integrity  
Chapter 1: History of Mental Health Nursing  
Concept: Clinical Judgment; Health Promotion

	Feedback
1.	The Patient Bill of Rights protects the rights of all patients, including those who

	are vulnerable.
2.	The Affordable Care Act recognized the needs of people with mental health challenges and established mental health care as an essential part of complete health coverage.
3.	Clients with mental illness who lack insurance coverage and who live below the poverty level cannot be turned away because of financial difficulties; they are protected by the Hill-Burton Act.
4.	The National Mental Health Act of 1946 provided money for nursing and several other disciplines for training and research in areas pertaining to improving treatment for people with mental illness.

10. ANS: 1

Page: 4

Integrated Processes: Teaching/Learning

Heading: Hildegard Peplau

Cognitive Level: Knowledge

Client Need: Safe and Effective Care Management: Coordinated Care

Chapter 1: History of Mental Health Nursing

Concept: Clinical Judgment; Health Promotion

	Feedback
1.	As a resource person, the nurse provides the client information.
2.	Technical support refers to coordinating professional services.
3.	As a counselor, the nurse helps the client explore their current thoughts and feelings.
4.	In the role of a surrogate, the nurse role plays, as well as uses other means to help the client identify their feelings from the past.

11. ANS: 4

Page: 4

Integrated Processes: Teaching/Learning

Heading: Hildegard Peplau

Cognitive Level: Knowledge

Client Need: Safe and Effective Care Environment: Coordinated Care

Chapter 1: History of Mental Health Nursing

Concept: Clinical Judgment; Health Promotion

	Feedback
1.	The first stage of the nurse-client relationship is the orientation stage in which the client feels a need and a will to seek out help.
2.	The second stage of the nurse-client relationship is the identification stage. During this stage, expectations and perceptions about the nurse-client

	relationship are identified.
3.	The third stage of the nurse-client relationship is the exploration phase. During the exploration phase, the patient will begin to show motivation in the problem-solving process, but some testing behaviors may be seen; patient may have a need to “test” the nurse’s commitment to their individual situation.
4.	The fourth stage of the nurse-client relationship, the resolution phase, focuses on the patient developing self-responsibility and showing personal growth.

12. ANS: 2

Page: 6

Integrated Processes: Teaching/Learning

Heading: Psychotropic Medications

Cognitive Level: Knowledge

Client Need: Safe and Effective Care Environment: Coordinated Care

Chapter 1: History of Mental Health Nursing

Concept: Clinical Judgment; Health Promotion

	Feedback
1.	A decline in mental illness is not the reason for deinstitutionalization.
2.	Phenothiazines were so effective that state hospitals and other facilities dedicated to the care and treatment of people with mental illness saw a large decline in population. In addition to the cost to run an institution and the changing laws, the movement of deinstitutionalization occurred.
3.	An increase in incarceration is not the reason for deinstitutionalization.
4.	The development of free-standing treatment centers did not contribute to deinstitutionalization. Free-standing treatment centers can provide crisis care to more traditional stays.

13. ANS: 3

Page: 9

Integrated Processes: Teaching/Learning

Heading: Affordable Care Act

Cognitive Level: Knowledge

Client Need: Safe and Effective Care Environment: Coordinated Care

Chapter 1: History of Mental Health Nursing

Concept: Clinical Judgment; Health Promotion

	Feedback
1.	The Hill-Burton Act protects clients with mental illness who lack insurance coverage and who live below the poverty level ensuring that they cannot be turned away because of financial difficulties.
2.	The Patient Bill of Rights protects the rights of all patients, including those who

	are vulnerable.
3.	The Affordable Care Act recognized the needs of people with mental health challenges and established mental health care as an essential part of complete health coverage.
4.	The main purpose of the Community Mental Health Centers Act of 1963 was to provide a full set of services to people within a community.

14. ANS: 3

Page: 6

Integrated Processes: Teaching/Learning

Heading: Psychotropic Medications

Cognitive Level: Knowledge

Client Need: Safe and Effective Care Environment: Coordinated Care

Chapter 1: History of Mental Health Nursing

Concept: Clinical Judgment; Health Promotion

	Feedback
1.	Antianxiety agents were not the first classification of medication to revolutionize the treatment of clients with mental illness.
2.	Mood stabilizers were not the first classification of medication to revolutionize the treatment of clients with mental illness.
3.	Phenothiazines were discovered in 1955 to have the effect of calming and tranquilizing people, thus being the first classification of medication to help treat clients with mental illness.
4.	Tricyclic antidepressants were not the first classification of medication to revolutionize the treatment of clients with mental illness.

## MULTIPLE RESPONSE

15. ANS: 1, 3, 4

Pages: 7

Integrated Processes: Teaching/Learning

Heading: Deinstitutionalization

Cognitive Level: Analyzing

Client Need: Safe and Effective Care Environment: Coordinated Care

Chapter 1: History of Mental Health Nursing

Concept: Clinical Judgment; Health Promotion

	Feedback
1.	Correct. It became costly to run these large buildings even though the patient population was declining.
2.	Incorrect. Antidepressants are not responsible for the large decline in the mental

	health client population.
3.	Correct. It became costly to continue to employ staff even though the patient population was declining.
4.	Correct. Other facilities, such as outpatient clinics, dedicated to the care and treatment of people with mental illness caused a decline in state hospitals' patient population.
5.	Incorrect. The Patient Bill of Rights provides "vulnerable" people with certain rights.