

Psychiatric Nursing Exam Questions with Answers correctly updated

ATI Mental Health Proctored Exam

1. A client is fearful of driving and enters a **behavioral therapy program** to help him overcome his **anxiety**. Using systematic desensitization, he is able to drive down a familiar street without **experiencing a panic attack**. The nurse should recognize that to continue positive results, the client should participate in which of the following?

- a. **Biofeedback**
- b. Therapist modeling
- c. Frequent pacing
- d. Positive reinforcement

2. A nurse is counseling a client following the death of the client's partner **8 months ago**. Which of the following client statements indicates **maladaptive grieving**?

- a. "I am so sorry for the times I was angry with my partner."
- b. "I like looking at his personal items in the closet."
- c. "I find myself thinking about my partner often."
- d. **"I still don't feel up to returning to work."**

Rationale: 8 months too long Maladaptive Grief: Distorted or exaggerated grief response - unable to perform activities of daily living.

RISK FACTORS FOR MALADAPTIVE GRIEVING

- *Being dependent upon the deceased*
- *Unexpected death at a young age, through violence, or by a socially unacceptable manner*
- *Inadequate coping skills or lack of social support*
- *Pre-existing mental health issues, such as depression or substance use disorder*

3./21 A nurse in an inpatient mental health facility is assessing a client who has **schizophrenia** and is taking **haloperidol** (anti-psychotic, 1st gen).

Which of the following clinical findings is the nurse's priority?

- a. Headache
- b. Insomnia *(sedation)*
- c. Urinary hesitancy *(Complication -- ANTicholinergic effects)*
- d. **High fever** *(Complication -- agranulocytosis)*

Other complications: Acute dystonia, Pseudoparkinsonism, Akathisia, Tardive dyskinesia, Neuroendocrine effects (Gynecomastia, Weight gain, Menstrual irregularities), NMS, Orthostatic Hypotension, Sedation, Sexual dysfunction, Skin effects, Liver impairment

Psychiatric Nursing Board Exam Questions

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