

1. When the mental health nurse assesses her client, who has been admitted to an inpatient psychiatric unit for depression, she takes into account that the family will not have income while the client is hospitalized. This assessment by the nurse regarding the impact of client's hospitalization on the family system can best be described as what?
 - A) A theoretical approach, whereby the nurse uses systems-oriented theory to understand her client and to plan his care
 - B) A practical approach, wherein the nurse can now work to get some funds for the family
 - C) An outcome-oriented approach, whereby the nurse sees lack of funds as an outcome
 - D) A somewhat ineffective way to look at this hospitalization because the client is now ill

Ans: A

Feedback:

Assessing the client within the context of his family system is a way to use systems-oriented theory to understand the client. This is a theoretical approach; using theory will assist the nurse to understand the client's family as well as to assess and plan care that will best meet his needs.

2. The nursing theorist Peplau identified which of the following as the essence of psychiatric–mental health nursing?
 - A) Nursing care independent of physicians
 - B) The nurse's use of self
 - C) The nurse–patient relationship
 - D) A neurobiologic approach

Ans: C

Feedback:

Peplau was known for first highlighting the importance of the relationship between the nurse and the patient as the basis for the therapeutic relationship. She believed that this relationship was the essence of psychiatric–mental health nursing.

3. The nurse views her client as an individual who has self-care deficits that need to be addressed. The nurse works with the client to assist him or her to meet self-care needs, such as personal grooming, until the client can care for himself or herself independently. This is an example of which of the following theoretical approaches?
 - A) Parse's Theory of Human Becoming
 - B) Roy's Theory of Adaptation
 - C) Orem's Behavioral Nursing Theory
 - D) Peplau's Interpersonal Theory

Ans: C

Feedback:

Orem's theory includes the concepts of self-care and self-care deficits; the nurse's role is to assist the client to meet self-care deficits until the client can be independent.

4. A psychiatric–mental health nurse gathers information from several nursing theories and combines the client's resources as a unique person with the most suitable theoretical model. The nurse is using which of the following approaches to applying theory to practice?

A) Outcome
B) Needs
C) Eclectic
D) Interaction

Ans: C

Feedback:

An eclectic approach to practice implies the use of various models along with the client's personality and individualized resources in order to assess and plan nursing care that is tailored to meet his or her unique needs.

5. The theoretical terms “meaning, rhythmicity, and transcendence” are components of which of the following nursing theorists' work?

A) Hildegard Peplau
B) Rosemarie Parse
C) Sister Callista Roy
D) Dorothea Orem

Ans: B

Feedback:

Parse's Theory of Human Becoming posits quality of life from each person's own perspective as the goal of nursing practice. The three themes of meaning, rhythmicity, and transcendence are used by Parse when discussing the role of a nurse in guiding a client or in bearing witness to a client's experiences.

6. A client who had a stroke is experiencing left-sided paralysis. The client has become increasingly depressed because of this inability to complete all his ADLs by himself. This inability is considered a self-care deficit according to which nursing theory?

A) Peplau's Interpersonal Theory
B) Orem's Behavioral Nursing Theory
C) Roy's Theory of Adaptation
D) Parse's Theory of Human Becoming

Ans: B

Feedback:

Orem's Behavioral Nursing Theory focuses on self-care deficit. It proposes that the recipients of nursing care are persons who are incapable of continuous self-care or independent care because of health-related or health-derived limitations. The other options are not self-care deficit theories.

7. A female client is being seen in the emergency room after being physically abused by her husband. The nurse, acting as an advocate for the client, explains to the client the importance of being empowered to leave the abusive situation. Which of the following theorists' works most explicitly promotes empowerment of the client?

A) Roy
B) Peplau
C) Parse
D) Orem

Ans: C

Feedback:

Parse's theory bears witness to the client's experience and respects the individual's capacity for self-knowing and assists the client in cocreating a valuable space for the client to voice the lived experience of health.

8. According to Roy's Theory of Adaptation, coping behaviors occur in four adaptive modes. Which of the following is incongruent with the classification of an adaptive mode?

A) Interdependence
B) Role function
C) Self-concept
D) Psychologic

Ans: D

Feedback:

According to Roy's Theory of Adaptation, coping behavior occurs in four adaptive modes: physiologic, self-concept, role function, and interdependence.

9. The mental health nurse is teaching a client about a psychotropic medication that he has prescribed. The nurse, in this instance, is functioning with which type of approach to nursing practice?

A) Needs
B) Interaction
C) Outcome
D) Eclectic

Ans: B

Feedback:

The interaction-oriented approach is used by nurses who rely on interactions and include themselves in the sphere of their actions. They counsel, guide, and teach clients, helping them to find meaning in their situations. The needs-oriented approach encompasses the nurse performing physiologic and psychosocial activities for the client. The outcome-oriented approach focuses on maintaining and promoting energy and harmony with the environment. The eclectic approach is an individualized style that incorporates the client's own resources as a unique person with the most suitable theoretical model.

10. A mental health nurse is discussing potentially adverse effects of electroconvulsive therapy (ECT). According to Peplau's Interpersonal Theory, the nurse is functioning in which of the following nursing roles?

A) Therapist
B) Manager
C) Teacher
D) Socializing agent

Ans: C

Feedback:

Peplau believed that the nurse serves as a therapist, counselor, socializing agent, manager, technical nurse, mother surrogate, and teacher. In this situation, the nurse is functioning in the teacher mode.

11. The nurse is providing care for a client of Chinese descent who has been admitted to the hospital for the treatment of depression. It has become clear during the client's time of stay in the hospital that the client and his family understand his illness and treatment options in a way that is informed by their culture. Which of the following nursing theorists prioritizes the role of culture in assessment and care?

A) Roy
B) Orem
C) Leininger
D) Parse

Ans: C

Feedback:

Leininger's Theory of Cultural Care Diversity and Universality states that caring is universal and varies transculturally. It is based on the nurse's need to be aware of and sensitive to the cultural needs of clients.

12. Carolyn's course of treatment for anorexia nervosa has been largely unsuccessful, a fact that has caused frustration for some members of the interdisciplinary team. Which of the following statements would suggest that the team plans to implement the Tidal Model in Carolyn's treatment?
- A) "I think we need to accept that this may be the way that Carolyn demonstrates her self-actualization."
 - B) "Ultimately, she does have what it takes to recover and she's the only one who truly knows what is best for her."
 - C) "We need to stop trying to 'treat' Carolyn and start embracing her."
 - D) "I think we've been focusing too much on her physiological health and ignoring her felt needs."

Ans: B

Feedback:

The Tidal Model is based on the beliefs that recovery is possible, change is inevitable, clients know what is best for them, clients possess all the resources they need to begin recovery, clients are the teachers and nurses are the pupils, and nurses need to be creatively curious to learn what needs to be done to help the client. The other statements do not reflect these beliefs.

13. Which of the following statements most accurately summarizes the basis of the Tidal Model?
- A) Mental health is available to all.
 - B) The human condition is dominated by stressors.
 - C) Soul, mind, and body are separate entities.
 - D) Change is inevitable and continuous.

Ans: D

Feedback:

The Tidal Model focuses on the continuous process of change inherent in all people.

14. A psychiatric-mental health nurse is providing care for a client who lives in the community. Which of the following preconditions is necessary before Peplau's Interpersonal Theory becomes an accurate framework for the nurse's practice?
- A) Prolonged contact between the nurse and the client
 - B) Cultural similarity between the nurse and the client
 - C) Self-awareness and desire to change on the part of the client
 - D) The client's acknowledgment of the inadequacy of his coping skills

Ans: A

Feedback:

Peplau's theory focuses primarily on the nurse-client relationship in which problem-solving skills are developed. It is considered effective in long-term care, home health, and psychiatric settings where time allows for the development of a nurse-client relationship and, hopefully, a resolution to promote health.

15. Hans has schizophrenia and uses marijuana heavily. His living situation has been unstable in recent years, and he has been living in a rooming house for the past several months. His landlord, however, has contacted the home health nurse because of the squalor of Hans' room and frequent disturbances. What aspect of Hans' situation would be prioritized within the framework of Orem's Behavioral Nursing Theory?
- A) The cultural meaning that Hans assigns to his illness and substance use
 - B) Hans' inability to embrace the inevitability of change in his life
 - C) Hans' relationship with the nurse and the other care providers in his life
 - D) The gap between what Hans needs and what he can provide for himself

Ans: D

Feedback:

Orem focuses on self-care deficit in nursing. Leininger's theory prioritizes culture, while the Tidal Model emphasizes the inevitability of change. The relationship between the client and the nurse is a primary focus of Peplau's Interpersonal Theory.

16. The wife of a client has said about her husband, "I think that what it comes down to is that he really has a hard time processing and accommodating the pressures and stressors that come at him as he goes through his life." The nurse should recognize that the wife's statement summarizes the theoretical perspective of which theorist?
- A) Roy
 - B) Parse
 - C) Leininger
 - D) Orem

Ans: A

Feedback:

Roy's Theory of Adaptation, modeled from a behavioral theory, states that human beings are biopsychosocial adaptive systems who use coping mechanisms to adapt to both internal and external stimuli. As such, the theory emphasizes the individual's response to perceived stressors.

17. A new program has been launched with the goal of fostering the development of life skills for community-dwelling clients with mental illness, aiming to teach them how to shop, cook, and manage money more effectively. This program demonstrates what approach to practice?
- A) Eclectic approach
 - B) Outcome-oriented approach
 - C) Interaction-oriented approach
 - D) Needs-oriented approach

Ans: D

Feedback:

Supplementing knowledge and teaching skills to clients are activities that are central to the needs-oriented approach to nursing. Such a program is less likely to prioritize the relationship focus of the interaction-oriented approach or the emphasis on health environments that is associated with the outcome-oriented approach. The eclectic approach is more individualized to the nurse's perspectives, priorities, and skills.

18. Which of the following statements best empowers a nursing student to develop and implement the eclectic approach to nursing?
- A) "Just as every client is an individual, you too are an individual with particular strengths and skills."
 - B) "The ultimate expert on a client's condition is the care team."
 - C) "Don't let anyone tell you that you don't have the power to cause positive change in a client's life and health."
 - D) "Having a holistic approach to care means that you have to set aside things like theories, models, and frameworks."

Ans: A

Feedback:

The eclectic approach is an individualized style that incorporates the client's own resources as a unique person with the most suitable theoretical model. The emphasis in this approach is on the uniqueness of clients and nurses. This does not, however, necessitate ignoring or discarding theories or frameworks.

19. After many years of intravenous heroin use, Scott has been admitted to an inpatient treatment facility. An application of Leininger's theory of nursing would emphasize which of the following aspects of Scott's life?
- A) His physiological state
 - B) His culture
 - C) His coping skills
 - D) His awareness of needs

Ans: B

Feedback:

Leininger's Theory of Cultural Care Diversity and Universality is based on the nurse's need to be aware of and sensitive to the cultural needs of clients. This consideration supersedes the importance of physical health, coping skills, or awareness of needs.

20. Which of the following statements best describes the relationship between nursing theory and nursing research?
- A) Nursing theory and nursing research are mutually exclusive.
 - B) Nursing theory utilizes a more holistic view of caring than does nursing research.
 - C) Nursing research informs nursing theory and nursing theory informs nursing research.
 - D) Nursing research is synonymous with nursing theory.

Ans: C

Feedback:

The relationship between nursing theory and nursing research is cyclical in nature. Nursing research informs the content of nursing theories and nursing theories stimulate nurse scientists to explore significant problems in the field of nursing.