# Psychiatric nursing HESI review and practice questions

- The purpose of therapeutic interaction with clients is to allow them the autonomy to make choices when appropriate. Keep statements valuefree, advice-free, and reassurance-free.
  - · All facts, no opinions!
- If the client describes a physical problem, ASSESS!!!!!!
  - Schizophrenic client complains of chest pain: take BP.
  - Obstetrical client who has delivered a dead fetus complains of perineal pain: assess perineal area.
    - Just because the focus of the client's situation is on his or her physiological needs, it does not mean that the nurse can ignore physiologic needs!
- Basic communication principles are applied to every client!
  - Establish trust.
  - Non-judgmental attitude.
  - Offer self, without being sympathetic.
  - Active listening.
  - Accept and support client's feelings.
  - Clarify and validate client's statements.
  - Use matter-of-fact approach.
- Nurse-client confidentiality is important unless some information must be shared with other team members for the client's safety and therapy.
  Suicide.
- Nausea is a common complaint after ECT.
  - Post-ECT clients are unconscious so the nurse must observe closely for the possibility of aspiration!
- Physiologic responses to anxiety include an increased HR and BP, rapid, shallow respirations, dry mouth, tight feeling in the throat, tremors, muscle tension, anorexia, urinary frequency, and sweating.
- Nurse must always assess their own level of anxiety and remain calm before dealing with an anxious client.
  - A calm nurse helps the client to gain control, decrease anxiety, and increase feelings of security.
- When a client describes a phobia or expresses an unreasonable fear, the nurse should acknowledge the feeling (fear) and refrain from exposing the client to the identified fear. After trust is established, a desensitization process may be prescribed.
  - Desensitization is the nursing intervention for phobia disorders!!!
    - The nurse should assist the client to recognize the factors associated with feared stimuli that precipitate a phobic

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