

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 value-free, 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

Psych Hesi Study Guide

K Morrison



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