

## RN ATI Mental Health 2024

(Actual Exam Extract with Correct Answers 100%)

### Question 1 of 70

A charge nurse is discussing the care of a client who has a substance use disorder with a staff nurse. Which of the following statements by the staff nurse should the charge nurse identify as countertransference?

- **"The client asked me to go on a date with him, but I refused." (Correct)**
- "The client generally shares his feelings during group therapy sessions."
- "The client is just like my brother who finally overcame his habit."
- "The client needs to accept responsibility for his substance use."

**Explanation:** Countertransference refers to the emotional reaction of the healthcare provider toward a client, often rooted in their own personal feelings. In this case, the nurse projecting a personal boundary issue (being asked on a date) reflects countertransference, which can blur professional lines.

---

### Question 2 of 70

A nurse is caring for a client who was involuntarily committed and is scheduled to receive electroconvulsive therapy (ECT). The client refuses the treatment and will not discuss why with the healthcare team. Which of the following actions should the nurse take?

- Ask the client's family to encourage the client to receive ECT.
- Inform the client that ECT does not require client consent.
- **Document the client's refusal of the treatment in the medical record. (Correct)**
- Tell the client he cannot refuse the treatment because he was involuntarily committed.

**Explanation:** Even if a client is involuntarily committed, they retain the right to refuse treatment, including ECT. Documenting the refusal respects client autonomy and ensures transparency in the client's care.

---

### Question 3 of 70

A nurse is caring for a client who is undergoing electroconvulsive therapy (ECT). Which of the following tasks should the nurse delegate to an assistive personnel (AP)?

- Give the client atropine 30 minutes before the procedure.
- **Assist the client to ambulate for the first time following the procedure. (Correct)**
- Witness the client's signature on the consent for the procedure.
- Check the client's condition after the procedure.

**Explanation:** Assistive personnel (AP) are qualified to assist with basic care tasks such as helping a client ambulate. Administering medications or assessing the client's condition are nursing responsibilities.

---

### Question 4 of 70

A nurse is assessing a child in the emergency department. Which of the following findings places the child at greatest risk for physical abuse?

- The child has cystic fibrosis.
- The child has no siblings.
- The child is 10 years old.
- **The child is homeschooled. (Correct)**

**Explanation:** Homeschooling, while not inherently linked to abuse, can sometimes isolate a child, reducing external oversight by teachers or other professionals. This lack of external observation could increase the risk of unreported abuse.

---

### Question 5 of 70

A nurse is planning care for a client who demonstrates prolonged depression related to the loss of her partner 6 months ago. Which of the following actions should the nurse take?

- Direct the client to maintain an unstructured daily routine.
- Discourage the client from reliving the events surrounding her loss.
- **Explain that it can take a year or more to learn to live with a loss. (Correct)**
- Suggest that the client avoid social interactions that remind her of her partner.

**Explanation:** Grieving is a long and individual process, and it is important for the nurse to provide supportive counseling. The acknowledgment that grief can take a year or more helps normalize the client's experience and provide comfort.

---

### Question 6 of 70

A nurse is assessing a client who is taking chlorpromazine. The client's dosage was decreased 3 months ago to reduce adverse effects. Which of the following findings should the nurse identify as an indication that the reduced dosage of chlorpromazine is effective?

- Decreased ringing in the ears.
- **Decreased salivation. (Correct)**
- Increased heart rate.
- Improved gait.

**Explanation:** Chlorpromazine is known to cause excessive salivation as a side effect. A decrease in salivation indicates that the adverse effects are being managed with the reduced dosage.

---

### Question 7 of 70

A nurse is providing teaching to a client who has a substance use disorder and a new prescription for methadone. Which of the following information should the nurse include in the teaching?

- "You might experience constipation while taking this medication."
- "Discontinue this medication if you develop a productive cough."
- "You should expect this medication to cause insomnia."
- **"Monitor yourself for weight gain while taking this medication." (Correct)**

**Explanation:** Methadone can cause weight gain, and clients should be advised to monitor for this change as part of the long-term management of their condition.

---

### Question 8 of 70

A nurse is evaluating the medication response of a client who takes naltrexone for the treatment of alcohol use disorder. The nurse should identify which of the following as a therapeutic effect of this medication?

- Blocks aldehyde dehydrogenase.
- Decreases the likelihood of seizures.
- Prevents the anxiety of abstinence.
- **Reduces substance craving. (Correct)**

**Explanation:** Naltrexone works by reducing cravings for alcohol or opioids, making it an effective treatment for substance use disorders by blocking the euphoric effects of alcohol or opioids.