

RN ATI MENTAL HEALTH ASSESSMENT 2023

QUESTION 1 OF 70

A nurse is caring for a client on an acute care mental health unit.

Exhibit 1 Exhibit 2

Nurses' Notes

Day 1 0700:

A client who has a history of borderline personality disorder is admitted with manifestations of anxiety and accompanied by their partner. The client is alert and oriented to person, place, and time. Client presents with evidence of self-mutilation on upper extremities. Perspiration noted on the face, chest, and back. The client reports a feeling of "emptiness" when asked how they are feeling at the current time. Client displays anger or sarcasm when responding to staff. The client's partner states the injuries are self-inflicted and often occur after an argument. Partner also reports the client has a history of substance use and excessive gambling.

Day 2 1000:

Client is participating in milieu therapy session. Client states that they are planning to open their own business as soon as they are discharged from the hospital. The client exhibits manipulative behavior when interacting with staff and other clients.

The nurse is planning care for a client who has borderline personality disorder.
For each potential nursing intervention, click to specify if the potential intervention is anticipated, nonessential, or contraindicated for the client.

Potential Intervention	Anticipated	Nonessential	Contraindicated
Assist the client in evaluating outcomes of their actions.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bargain with the client to establish behavioral expectations.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Assist the client in identifying situations that require impulsive behavior.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Encourage the client to self-reward for positive outcomes.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Encourage the client to write in a journal.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Communicate behavioral expectations with the client's family.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hold weekly staff meeting to allow staff time to express their feelings.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Limit consequences for undesirable behavior while receiving treatment.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

A nurse is caring for a client on an acute care mental health unit.

Nurses' Notes:

- **Day 1 0700:**

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and back. The client reports a feeling of "emptiness" when asked how they are feeling at the current time. The client displays anger or sarcasm when responding to staff. The client's partner states the injuries are self-inflicted and often occur after an argument. Partner also reports the client has a history of substance use and excessive gambling.

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Bargain with the client to establish behavioral expectations.			<input checked="" type="checkbox"/>
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Communicate behavioral expectations with the client's family.	<input checked="" type="checkbox"/>		
Hold weekly staff meeting to allow staff time to express their feelings.	<input checked="" type="checkbox"/>		
Limit consequences for undesirable behavior while receiving treatment.			<input checked="" type="checkbox"/>

Explanation:

Anticipated interventions should focus on assisting the client with evaluating their behavior and promoting

healthy coping strategies. Bargaining and limiting consequences for undesirable behavior are contraindicated in borderline personality disorder due to the risk of reinforcing manipulative behavior.

Question: 2 of 70

Time Remaining: 01:26:35
Pause Remaining: 00:05:00

A nurse on an inpatient mental health unit is admitting a client.

The nurse is reviewing the client's medical record at 0830 on day 2 of admission.
For each finding, click to specify whether the finding indicates a potential improvement in or a potential worsening of the client's condition.

Vital Signs

Day 1 at 1600:
Temperature 37° C (98.6° F)
Respiratory rate 18/min
Pulse rate 84/min
Blood pressure 114/64 mm Hg

Day 2 at 0800:
Temperature 36.9° C (98.4° F)
Respiratory rate 16/min
Pulse rate 88/min
Blood pressure 98/56 mm Hg

Findings	Indicates Potential Improvement	Indicates Potential Worsening
Blood pressure	<input type="radio"/>	<input checked="" type="radio"/>
Blurred vision	<input type="radio"/>	<input checked="" type="radio"/>
Gait when ambulating	<input type="radio"/>	<input checked="" type="radio"/>
Lithium level	<input type="radio"/>	<input checked="" type="radio"/>
Urine amount and color	<input type="radio"/>	<input checked="" type="radio"/>

CONTINUE

I need to see all options

Question 2 of 70

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Lithium level	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Urine amount and color	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Explanation:

Each finding indicates a potential worsening of the client's condition, as all the signs suggest possible clinical deterioration.