

199. When collecting a urine, stool or sputum specimen, you should always
- A. make sure the client washes his or her hands first.
 - B. collect specimens at bedtime.
 - C. leave the specimen container at the bedside.
 - D. wear protective gloves.
200. The proper temperature for a cleansing enema is
- A. 80° F.
 - B. 96° F.
 - C. 105° F.
 - D. 115° F.
201. To help a client with autism develop more effective communication you should
- A. have as many caretakers as possible interact with the client.
 - B. use only verbal communication.
 - C. use humor when possible.
 - D. use verbal and sign communication.

193. Two adults with severe intellectual disorder (mental retardation) are touching sexually in their bedroom. You should:
- A. interrupt them non-judgmentally as they aren't able to give informed consent.
 - B. allow them to continue because they are consenting adults in a private place.
 - C. interrupt their behavior and provide instructive consequences such as time out.
 - D. arrange for them to receive training in proper sexual expression.
194. If you're asked to help in the next room while giving a client a bath, you should
- A. tell the client to be careful and you'll be right back, and then go help.
 - B. stay with your client and take whatever time you need to finish the bath.
 - C. hurry up and finish the client's bath so you can go help.
 - D. leave the client briefly to make a phone call about the short staffing.
195. Immobility and pain meds may cause a patient with a full leg cast to have
- A. constipation.
 - B. arrhythmia.
 - C. dehydration.
 - D. enuresis.
196. To safely transfer a client from a bed to a wheelchair, you should
- A. place a cushion for the client in back of the wheelchair.
 - B. use a footstool.
 - C. lock the wheels on the wheelchair.
 - D. raise the bed to high position.
197. At a neighborhood meeting where a half-way house for individuals with mental illness is being proposed, a member of the community states, "We don't want the facility. We don't want violent people living near us." The best response by the mental health worker is:
- A. Most individuals with psychiatric disorder are passive and withdrawn.
 - B. We can give you training in how to defend yourselves so that you will be more comfortable.
 - C. Patients with psychiatric disorders are so well medicated that they do not display violent behaviors.
 - D. If you do not antagonize people with psychiatric illness, you have nothing to fear.
198. The "master gland" of the body is the
- A. pituitary gland.
 - B. adrenal gland.
 - C. endocrine gland.
 - D. thyroid gland.

186. Which situation is NOT a sign of mental illness?
- A. The person feels he is disliked and/or avoided by everyone he used to know.
 - B. Repeated cycles of working constantly for weeks, then sleeping for weeks.
 - C. The person says: "I feel sad and discouraged and have the blues."
 - D. The person is not president but believes he is.
187. In trying to get a patient with anorexia nervosa to eat, you should
- A. give the patient one large meal per day.
 - B. give smaller meals frequently, such as six times per day.
 - C. spoon feed the patient.
 - D. tell the patient if she doesn't eat, you'll restrain her and force-feed her.
188. Patients with mental illness typically exhibit the following behaviors:
- A. all of the actions listed in this question.
 - B. testing the facility's limits to see how much they can get away with.
 - C. constantly requesting staff's help or attention.
 - D. withdrawing and not talking to anyone.
189. To make a patient with a leg cast more comfortable watching TV, you should
- A. keep the leg wrapped in a blanket to keep it warm.
 - B. massage the toes of the affected leg.
 - C. keep the leg elevated to prevent edema.
 - D. powder the affected foot liberally to prevent odor from diaphoresis.
190. To help a patient with a history of nighttime incontinence maintain continence, you should:
- A. make the patient clean up the bed whenever he or she wets it.
 - B. restrict the patient's toileting times.
 - C. toilet the patient at regular intervals during the night.
 - D. try to find out what is disturbing the client at night.
191. The main concern about a patient who eats only food provided by the family is
- A. how to add protein to the diet to make sure the patient's muscle tone is good.
 - B. explaining the nutritious meals prepared by the facility's dietary department.
 - C. discussing how to select food from the menu provided by the facility.
 - D. whether the food the patient consumes meets nutritional requirements.
192. Psych Techs are important to providing individual client care because
- A. they are the eyes and ears of the doctors and nurses.
 - B. they are role models for personal interaction by patients.
 - C. of all the answers listed here.
 - D. they usually spend more time with the patient than any other staff member.

179. Patients exhibit INCONTINENCE when they
- A. are continually "discontented," meaning depressed or unhappy.
 - B. have a fluid intake that is greater than their output.
 - C. are not making any sense, their conversation cannot be understood.
 - D. are unable to control urination.
180. The normal daily intake of fluids to maintain proper fluid balance in an adult is
- A. 1500 to 2000 ml.
 - B. 1000 to 1500 ml.
 - C. 2500 to 3000 ml.
 - D. 1200 to 2500 ml.
181. Medications that are used as ANXIOLYTICS (anti-anxiety agents) include:
- A. Xanax, Librium and Ativan.
 - B. Haldol, Navane and Loxitane.
 - C. Lithium, Eskalith and Tegretol.
 - D. Thorazine, Stelazine and Mellaril.
182. Which of the following is a communication technique that would be most helpful in establishing empathy:
- A. "Why did you do that?"
 - B. "I had a similar experience."
 - C. "You must have felt pretty badly to do what you did."
 - D. "Life will get better. You just need to wait."
183. FLIGHT OF IDEAS as a sign of mental illness is defined as
- A. a phobia in which the patient has frightening ideas that include flying.
 - B. a nearly continuous flow of accelerated speech with abrupt changes in topic.
 - C. a situation in which a patient has flight-or-fight reaction and chooses "flight."
 - D. a situation in which a patient gets fixed on flying.
184. As a side-effect of psychotropic drugs, ACUTE DYSTONIA / DYSKINESIA is
- A. tongue movement, increased blinking, sucking and repeatedly smacking lips.
 - B. restlessness, inability to sit still, agitation and excitability.
 - C. impaired muscle control, such as jerking movements, and lack of coordination.
 - D. rigidity, shuffling gait, drooling and muscle tremors.
185. SOAP charting refers to
- A. nursing note categories of Subjective, Objective, Assessment and Plan.
 - B. charting categories of Successes, Opposition, Analysis and Prognosis.
 - C. an allergy control method in which you chart the kind of soap the patient uses.
 - D. treatment plan categories of Supervision, Obsessions, Anxieties and Pain.

173. Commonly employed non-pharmacological interventions to reduce anxiety Include:
- A. Relaxation techniques.
 - B. Light therapy.
 - C. ECT (Electroconvulsive therapy)
 - D. Dialectical behavior reframing.
174. Which indicates a possible emergency involving a psychotropic medication?
- A. Retropelvic crisis – painful counter-rotation of the pelvis.
 - B. Hyperocular crisis – rapid blinking of the eyelids.
 - C. Subcutaneous crisis – shrinking of the skin around the eyes.
 - D. Oculogyric crisis – upward rotation of the eyes into the head.
175. Which of the following best describes the mental health recovery model?
- A. It emphasizes patient empowerment, hope, and respect.
 - B. It emphasizes providing the patient with formal supports.
 - C. It emphasizes reaching every patient/consumer with mental illness and providing treatment that will eliminate their symptoms of mental illness.
 - D. It emphasizes empowering the patient to develop skills that will lead to gainful Employment.
176. Which statement best describes the primary purpose of boundaries in the helper/patient relationship?
- A. Define responsibilities and duties of patients in relationship to staff.
 - B. Determine objectives of the working stage of the relationship.
 - C. Prevent the possibility for undesired material to emerge during interaction.
 - D. Maintain the integrity of the therapeutic relationship.
177. Unless a court of law intervenes, a patient admitted involuntarily has the right to:
- A. Refuse medications.
 - B. Leave when they have been in the facility for 24 hours.
 - C. Destroy property as long as they do not injure others.
 - D. Wear their own clothing and keep their property.
178. ECHOLALIA is a symptom of mental illness and is defined as
- A. shaking violently when confused or when anger or anxiety is raised.
 - B. repetition of the words or phrases of others, usually repetitive & persistent.
 - C. eating dirt or other non-food substances.
 - D. speaking in an echo-like manner, with words trailing off at the end.

167. A patient is admitted with a co-occurring disorder: PTSD and Substance Use Disorder. 48 hours after admission, the patient is shaky, irritable, and anxious and tells of having vivid nightmares for 2 nights. An hour later, the mental health worker finds the patient restless and perspiring. His pulse is 130 beats/min. He shouts "There are bugs crawling on my bed. I have got to get out of here," and begins to thrash about. The most accurate assessment of the situation would be the patient:
- A. Is attempting to obtain attention by manipulating staff.
 - B. May have sustained a head injury before admission.
 - C. Is demonstrating symptoms consistent with withdrawal delirium.
 - D. Is having a recurrence of an acute psychosis.
168. Among other reasons, MAKING ROUNDS is important because
- A. of all the answers listed below.
 - B. a patient may be attempting suicide.
 - C. a patient may have eloped.
 - D. a patient may be hurting another patient.
169. What is the most common STANDARD PRECAUTION you should take?
- A. Have the patient clean up his or her own body fluids.
 - B. Wear gloves when touching body fluids and wash hands after patient contact.
 - C. Clean anything the patient touches with a solution of disinfectant.
 - D. Avoid touching patients if at all possible.
170. The term that describes increasing need for quantity of substance abused is:
- A. Tolerance.
 - B. Co-dependence.
 - C. Co-occurring.
 - D. Toxicity.
171. The purpose of seclusion or any form of stimulus reduction is:
- A. isolation from other patients to control difficult interpersonal relationships.
 - B. to decrease sensory input to relieve the patient's sensory overload.
 - C. preventing injurious actions to self and others.
 - D. punishment.
172. Which blood pressure is within normal (measured in mm Hg) range?
- A. 88 / 54.
 - B. 152 / 90.
 - C. 120 / 82.
 - D. 210 / 100.

161. When writing down a blood pressure reading, which of these is correct:
- A. The pressure when the heart contracts over the pressure when it's at rest.
 - B. The pressure in the heart over the pressure in the arm.
 - C. The pressure you hear second over the one you hear first.
 - D. The diastolic pressure over the systolic pressure.
162. A mental illness symptom called PRESSURE OF SPEECH is speech that is
- A. stuttering and confused.
 - B. increased in amount, rapid and difficult to interrupt.
 - C. decreased in amount, sounding squeezed out like it's under pressure.
 - D. very quiet and often slurred.
163. A teacher who bores students but thinks he's dynamic and interesting is being
- A. refractory toward reality.
 - B. hyperactive and agitated.
 - C. delusional in a persecution manner.
 - D. delusional in a grandiose manner.
164. In deciding a physical restraint to use on a particular client, you should choose
- A. the one that you are most familiar with.
 - B. the one you believe the client likes the least.
 - C. the least restrictive one.
 - D. the one that is most easily accessible.
165. Aside from washing, a purpose of bathing a patient is
- A. refreshing and relaxing the patient.
 - B. exercising the patient's body parts.
 - C. all of the answers listed here.
 - D. increasing blood circulation.
166. When talking about medications, a CONTRAINDICATION means
- A. when the medication should not be used.
 - B. when the medication must be taken.
 - C. what type of "contrary" side effects are possible.
 - D. the indications of toxicity or overdose.

155. NPO means:
- A. Newly Post-Operative.
 - B. New Patient Order.
 - C. Nothing by Mouth.
 - D. Normal Patient Observation.
156. After an argument, a young woman who lies in the fetal position is using
- A. projection.
 - B. regression.
 - C. reaction formation.
 - D. repression.
157. Your patient (diagnosis: Schizophrenia) believes the fact that it is raining outside is a message from God that the world is impure and that they (the patient) have been sent to save the earth. This is an example of:
- A. A hallucination.
 - B. A paranoid delusion.
 - C. An idea of reference.
 - D. Flight of ideas.
158. In medical terminology, the letters "dys" at the start of a word means:
- A. Disconnected, or not part of the whole.
 - B. Good, perfect or normal.
 - C. Someone bad, as in disrespectful.
 - D. Bad, difficult or abnormal.
159. The normal shedding of the lining of the uterus on a regular basis is called
- A. menstruation.
 - B. ovulation.
 - C. fertilization.
 - D. flagellation.
160. If a patient hits you and another patient, the paperwork that must be filled out is
- A. an incident report, but only if someone was injured.
 - B. the progress notes if someone was injured.
 - C. the shift report sheet if someone was injured.
 - D. all the paperwork listed, even if no one was injured.

148. A patient who is diabetic does not believe they need to follow a special diet resulting in a hyperglycemic coma. This patient is using the defense mechanism of:
- A. denial.
 - B. projection.
 - C. regression.
 - D. displacement.
149. During periods of laughter, talkativeness, and banter, a client with manic behavior is noted to abruptly become irritable. Such changes in mood should be identified as:
- A. Lability.
 - B. Dissociation.
 - C. Undoing.
 - D. Flight of ideas.
150. Parts of a physical exam that a Psych Tech is allowed to perform are
- A. observation of the perineum and rectum.
 - B. examination of the eyes and ears.
 - C. all the procedures listed here.
 - D. measurement of height, weight and vital signs.
151. The basic unit of body structure is the
- A. neuron.
 - B. nephron.
 - C. cell.
 - D. ganglion.
152. When a patient has bronchitis, the bronchi suffer from
- A. inflammation.
 - B. excessive flow.
 - C. bleeding.
 - D. infection.
153. When making a bed with a patient in it, which procedure is NOT done?
- A. Rolling the patient onto the made side so you can do the unmade side.
 - B. Having the patient sit up so you can make the head of the bed.
 - C. Making one half of the bed at a time.
 - D. Positioning the patient on the side of the bed away from you.
154. According to Sigmund Freud, the SUPER-EGO is characterized by
- A. conscious thoughts and feelings.
 - B. working cooperatively with the id.
 - C. rules directing thoughts, feelings and actions.
 - D. unconscious thoughts and feelings.

141. Second generation antipsychotics have which of the following advantages?
- A. They have powerful sedative effects during the bipolar phase of mania.
 - B. They are effective in addressing hallucinations and delusions for a variety of diagnoses.
 - C. They are effective for both positive and negative symptoms of schizophrenia.
 - D. They are less expensive than first generation or typical antipsychotics.
142. The legal requirements of charting include
- A. all the answers below.
 - B. each patient's right to a written record that documents the care given.
 - C. never erasing an error. Instead, put a line through it and write "error."
 - D. the patient's chart being designated a legal document that can be used in court.
143. The symptoms of AKATHISIA, a side-effect of psychotropic drugs, include
- A. rigidity, mask-like face, shuffling gait and drooling.
 - B. muscle tightness in throat, neck, tongue and mouth.
 - C. tongue movement and increased blinking.
 - D. restlessness, inability to sit still, agitation and shifting from foot to foot.
144. Neuroleptic malignant syndrome (NMS) is
- A. an often-fatal malignancy (cancer) of the neuroleptosis.
 - B. a rare and potentially deadly reaction to neuroleptic drugs.
 - C. frequent protruding tongue movements that can become permanent.
 - D. a malignant cancer related to Acquired Immune Deficiency Syndrome (AIDS).
145. Which pulse is reported to the nurse immediately?
- A. An adult with a pulse of 80 beats per minute.
 - B. A newborn baby with a pulse of 130 beats per minute.
 - C. All the answers listed here.
 - D. An adult with a pulse of 120 beats per minute.
146. A young male who has repressed attraction toward another male refuses to socialize with them. This maladaptive defense mechanism is known as:
- A. Identification.
 - B. Projection.
 - C. Reaction formation.
 - D. Displacement.
147. In medical terminology, the letters "algia" at the end of a word mean
- A. excessive growth.
 - B. inflammation.
 - C. pain.
 - D. removal.

- A. Tell the patient she is not allowed to use the phone until she is in better control.
 - B. Invite the patient to go to her room to see a new fashion magazine.
 - C. Suggest the patient have someone shop for her and bring purchases to the unit.
 - D. Ask whether the patient has enough money to pay for the purchases.
135. Generally, the three legal types of admission are
- A. outpatient, inpatient and overnight patient.
 - B. voluntary, emergency and involuntary.
 - C. crisis, emergency and commitment.
 - D. finite, indefinite and outpatient.
136. It is important for the patient to do ADLs because
- A. facility costs are lower by having ADLs done by patients and not staff.
 - B. the patient will be able to teach others to help perform ADLs.
 - C. this will keep patients occupied so they don't get into trouble.
 - D. it will help restore the patient to highest functioning level possible.
137. Which drugs below are antipsychotic/neuroleptic agents?
- A. Haldol, Zyprexa, Seroquel.
 - B. Norpramin, Cymbalta, Effexor.
 - C. Prozac, Zoloft, Paxil
 - D. Lithium, Eskalith and Tegretol.
138. When physically restraining a patient,
- A. one person acting as team leader is the only one who talks to the patient.
 - B. all other attempted interventions must be documented.
 - C. a doctor's order is required either before or shortly after the restraint begins.
 - D. all the answers above apply.
139. An assault
- A. is an action that may result in criminal charges, but not civil charges.
 - B. by definition means physical contact, such as hitting or slapping.
 - C. can legally be reported only by the person who is assaulted.
 - D. includes touching or threatening to touch someone without his or her consent.
140. What environmental temperature range (Fahrenheit) is usually comfortable for healthy people?
- A. 79° to 84°.
 - B. 68° to 74°.
 - C. 65° to 68°.
 - D. 75° to 78°.

129. A patient demonstrating the psychotic symptoms of schizophrenia says "It's beat, It's eat. No room. The cat." The mental health worker can correctly identify this verbalization as:
- A. Ideas of reference.
 - B. Neologisms.
 - C. Associative looseness.
 - D. Thought broadcasting.
130. A client with schizophrenia who admits to auditory hallucinations anxiously tells the nurse "The voice is telling me to do things." The priority question the mental health worker should ask is:
- A. "Do you recognize the voice speaking to you?"
 - B. "What is the voice telling you to do?"
 - C. "How long has the voice been telling you what to do?"
 - D. "Does what the voice tells you to do frighten you?"
131. Because suicides are more likely at that time, rounds are more important
- A. between 1:00 and 4:00 a.m.
 - B. at dinner time.
 - C. at breakfast time.
 - D. at shift change when reports and assignments are being given to on-coming staff.
132. Which is a barrier to initiating and maintaining a therapeutic relationship?
- A. Establishing rapport.
 - B. Responding to emergency situations.
 - C. Counter-transference.
 - D. Transference.
133. Negative symptoms of schizophrenia include:
- A. Hallucinations and delusions.
 - B. Impaired judgment and poor problem solving skills.
 - C. Suicidality and hopelessness.
 - D. Blunted affect and loss of motivation.
134. A client displaying behaviors consistent with acute mania approaches the nurse, waves a newspaper, and says "I need to make a phone call right this minute. I need to call this department store while their sale is going on. I am going to order 10 dresses and four pairs of shoes." The most appropriate intervention would be to:

122. Which statement is NOT an OBJECTIVE OBSERVATION?
- A. The patient has put on an excessive amount of perfume that you can smell.
 - B. You hear the patient saying he feels depressed.
 - C. You touch a patient and feel the skin is hot and dry.
 - D. You see a patient hit another patient.
123. The outer layer of the skin is called the
- A. dermis.
 - B. integument.
 - C. epidermis.
 - D. pigment.
124. The process of digestion begins in the
- A. mouth.
 - B. small intestine.
 - C. stomach.
 - D. colon.
125. Which diseases can be transmitted through the air?
- A. Syphilis and gonorrhea.
 - B. Chicken pox, German measles, mumps and whooping cough.
 - C. Meningitis, hepatitis A and malaria.
 - D. AIDS.
126. During the initial phase of the therapeutic relationship
- A. the patient gets help in verbalizing thoughts and feelings.
 - B. security is being established through the development of trust.
 - C. all the answers listed here occur.
 - D. strengths and weaknesses are being assessed.
127. Negligence is:
- A. Verbally threatening to "tie down", restrain, or harm a patient.
 - B. Purposefully doing something that causes harm to a patient.
 - C. Failure to provide reasonable care which results in unintentional injury to a patient.
 - D. Unauthorized physical touching of a patient.
128. A patient's care plan includes observation for auditory hallucinations. Indicators that suggest the patient may be hallucinating include:
- A. Aloofness, haughtiness, and suspicion.
 - B. Elevated mood, hyperactivity, and distractibility.
 - C. Darting eyes, tilted head, and mumbling to self.
 - D. Performing rituals and avoiding open places.

109. Which statement is NOT true about SUBJECTIVE OBSERVATIONS?
- A. They are the opposite of objective observations.
 - B. You report that a patient says he is having pain.
 - C. They are observations using the senses of sight, hearing, touch, smell or taste.
 - D. You report things you cannot observe through the above senses.
110. Which foods provide the most protein?
- A. Corn and lettuce.
 - B. Meats and fish.
 - C. Butter and cream.
 - D. Tomatoes and potatoes.
111. Which is NOT a function of the skin?
- A. It provides the basic shape of the body.
 - B. It acts as a protective covering.
 - C. It helps regulate body temperature.
 - D. It senses cold, pain, touch and pressure.
112. Vital signs are measured in order to
- A. perform all the functions listed below.
 - B. recognize life-threatening situations.
 - C. detect changes in normal body functions.
 - D. determine a person's likely response to treatment.
113. Which of the following is an OBJECTIVE OBSERVATION?
- A. The patient reports that the skin on her calf feels hot.
 - B. A nurse tells you the patient has been coughing a lot.
 - C. You see a reddened and swollen calf area on the patient.
 - D. The patient says she is extremely tired but cannot sleep.
114. When recording intake and output, 30 cc is equivalent to:
- A. 30 ml.
 - B. ½ oz.
 - C. 15 ml.
 - D. 2 oz.
115. Indications of a PHYSICAL illness include
- A. hunger, weakness and headache.
 - B. confusion and fatigue.
 - C. cold, clammy skin.
 - D. all the symptoms listed above.

116. HIV (Human Immunodeficiency virus) is primarily spread through direct contact with:
- A. Antibiotic resistant bacteria.
 - B. Blood, semen, and/or vaginal secretions.
 - C. Exposure to contaminated surfaces.
 - D. Airborne respiratory droplets.
117. Word elements used in medical terminology IN THE CORRECT ORDER are
- A. suffix, prefix and root.
 - B. root, prefix and suffix.
 - C. prefix, root and suffix.
 - D. suffix, root and prefix.
118. According to the latest AHA (American Heart Association) guidelines for CPR (cardiopulmonary resuscitation), the most important intervention sequence is:
- A. Chest compressions, airway, breathing.
 - B. Maintaining airway, ventilation, chest compression.
 - C. Ventilation, maintaining airway, chest compression.
 - D. Chest compressions, breathing, airway.
119. SSRI's (selective serotonin inhibitors) have an advantage over older antidepressants in which of the following ways?
- A. They are effective specifically to depression.
 - B. They do not cause sensitivity to sunlight.
 - C. They have fewer side-effects.
 - D. They work immediately.
120. The therapeutic purpose of cognitive behavioral therapy is to:
- A. Address unconscious drives and impulses.
 - B. Provide reality orientation.
 - C. Punish negative behaviors.
 - D. Expose the patient's distorted attitudes and assumptions.
121. A person with Borderline Personality Disorder is likely to see staff members as 'all good' or 'all bad'. This symptom is known as:
- A. Splitting.
 - B. Attention seeking.
 - C. Manipulation.
 - D. Depression.

102. Protein is needed for
- A. body heat and the protection of organs from injury.
 - B. energy and the fiber for proper bowel elimination.
 - C. improving the taste of food so it's eaten properly.
 - D. tissue growth and repair.
103. Side-effects of antidepressants that should be reported immediately include:
- A. Severe constipation, urinary retention, heart rate irregularities.
 - B. Protruding tongue, palpitations, rigidity and mask-like face.
 - C. Restlessness, inability to sit still, agitation, excitement.
 - D. Muscle tightness in throat, neck, tongue, mouth and upper back.
104. Which is NOT true about a patient with emphysema?
- A. Cigarette smoking is a common cause.
 - B. Dyspnea occurs, but only with strenuous activity.
 - C. The patient will probably breathe easier sitting upright and slightly forward.
 - D. The patient's sputum may contain pus.
105. The most urgent action to take with an elderly client on slip/fall precautions is
- A. have a hand rail installed in the client's bathroom.
 - B. wipe up a water spill on the client's bedroom floor.
 - C. when walking with the client, put one hand under the client's elbow.
 - D. make sure a physical therapy consult was filled out for the client.
106. TARDIVE DYSKINESIA is a side-effect of psychotropic drugs and is defined as
- A. muscle tightness in throat, neck, tongue, mouth, eyes and back.
 - B. tongue protrusion, sucking, smacking lips, chewing jaw movement.
 - C. rigidity, mask-like face, shuffling gait, drooling, action tremors.
 - D. restlessness, inability to sit still, agitation, excitability.
107. The type of pulse usually taken is called the
- A. apical-radial pulse.
 - B. apical pulse.
 - C. radial pulse.
 - D. brachial pulse.
108. Observing and reporting is an important part of a Psych Tech's job because
- A. the Psych Tech is with the patient more than others on the treatment team.
 - B. the coordination of care given by the treatment team requires communication.
 - C. of all the answers listed here.
 - D. the Psych Tech is the eyes and ears of the nurses and doctors.

96. The one thing that soap CANNOT do is
- A. dry the skin.
 - B. remove all pathogens.
 - C. remove skin oil and perspiration.
 - D. remove dirt and dead skin.
97. PTSD is a disorder
- A. in which the individual has a maladaptive reaction to an event considered within the realm of normal.
 - B. that can be caused by common marital problems, financial distress, or family illness.
 - C. that can occur in anyone who has experienced sudden trauma outside the range of normal.
 - D. that occurs before the age of forty.
98. A concept that describes a pattern of observable behaviors that express emotions or feelings is:
- A. Anxiety.
 - B. Orientation.
 - C. Affect.
 - D. Effect.
99. Parkinsonism or Pseudoparkinsonism (a side-effect of psychotropic drugs) is
- A. muscle tightness limited to throat, neck, tongue, mouth and jaw.
 - B. restlessness, inability to sit still, agitation, excitement, rapid speech.
 - C. muscular rigidity, mask-like face, shuffling gait, drooling, tremors.
 - D. rapid tongue movement, faster blinking, more arm swinging while walking.
100. You can tell if a patient has proper orientation by
- A. seeing whether the patient sits and eats properly.
 - B. observing if the patient wanders around and makes wrong turns.
 - C. asking the patient's name, the day of the week, where the patient is now.
 - D. listening to the patient's conversations with others.
101. In relation to Alzheimer's Disease, SUNDOWNING means:
- A. Patient behavior slows and calms at night.
 - B. The person becomes sleepy when the sun sets.
 - C. Patient behaviors of confusion, frustration and agitation increase.
 - D. The person is in the third – "sundown" – stage of the disease.

89. The abbreviation for instructions meaning to do something "when necessary" is
- A. Prn.
 - B. wh/ne.
 - C. w/nec.
 - D. Wn.
90. Schizophrenia is a
- A. mental disorder usually caused by a mother's abuse of her child.
 - B. disease that always manifests in multiple personalities.
 - C. severe disturbance of thought, usually with hallucinations or delusions.
 - D. mental disorder usually caused by poor nutrition.
91. When recording in patient's chart, which of the following is NOT true:
- A. Use ink, include the date and time, and make sure to list the patient's name.
 - B. Use white-out to cover mistakes then write in the correct information in ink.
 - C. Use only the abbreviations approved by your facility and sign all entries.
 - D. Do not skip lines and record only what you have observed or done yourself.
92. Which is the correct procedure for a patient with a urinary catheter?
- A. Tape the catheter to the inner thigh.
 - B. Coil the drainage tubing on the bed.
 - C. Secure the drainage bag to the bottom frame of the bed.
 - D. Keep the drainage bag at least 10 inches away from the patient.
93. Establishing rapport refers to which of the following?
- A. Developing a relationship with a sense of understanding and trust.
 - B. Developing a relationship of mutual acceptance and emotional closeness.
 - C. Developing a relationship of identification and role diffusion.
 - D. All of the answers listed above.
94. A patient with PTSD (Post Traumatic Stress Disorder) is having a flashback, you should:
- A. Allow the patient privacy and leave the area.
 - B. Address the patient in a loud voice to snap him or her out of the flashback.
 - C. Stay calm and stay with the patient.
 - D. Have them blow into a paper bag.
95. A person who steals money but says it's OK because others do it is using
- A. sublimation as a coping mechanism.
 - B. reaction formation as a coping mechanism.
 - C. rationalization as a coping mechanism.
 - D. suppression as a coping mechanism.

82. Chemical restraints are:
- A. Substances used to disinfect equipment.
 - B. Medications affecting mood and behavior.
 - C. Harmful and should never be used.
 - D. Medications applied to the patient's skin.
83. When talking to a person with a hearing loss, you should:
- A. Raise your voice.
 - B. Limit your facial expressions.
 - C. Lower your voice tone and make sure your face is well-lit.
 - D. Position yourself so the light is behind you.
84. AIDS and hepatitis require:
- A. Enteric precautions.
 - B. Respiratory precautions.
 - C. Drainage and secretin precautions.
 - D. Standard precautions.
85. If the treatment plan is for the patient to not vomit after eating, which is progress?
- A. The patient was unfriendly before hospitalization but now is very friendly.
 - B. The patient was overeating but now is not eating and not vomiting.
 - C. The patient vomited after every meal but now vomits after only one meal a day.
 - D. The patient had anger fits five times a day but now has one per week.
86. The female sex gland is the
- A. uterus.
 - B. vagina.
 - C. ovary.
 - D. fallopian tube.
87. A patient falls on glass and is bleeding profusely from the arm, you should first
- A. tell the patient to run to the nursing station to get help.
 - B. call 911.
 - C. stop the bleeding.
 - D. call the nurse then go back to the nursing station.
88. Which statement is true about Alzheimer's disease?
- A. Diet and medications can control the disease.
 - B. The chance of it occurring increases with age.
 - C. It occurs only in the elderly.
 - D. The disease does not cause an earlier death.

76. Which gives the most accurate measurement of body temperature?
- A. Rectal temperature.
 - B. Oral temperature.
 - C. Femoral temperature.
 - D. Axillary temperature.
77. When caring for a patient with obsessive compulsive disorder, which of the following applies?
- A. Obsessions are behaviors that decrease anxiety.
 - B. Compulsions are ongoing, repetitive worries.
 - C. The startle response occurs routinely but inconsistently.
 - D. Rituals that require completion serve to decrease anxiety.
78. Urine is formed by the
- A. bladder.
 - B. liver.
 - C. kidneys.
 - D. jejunum.
79. Regarding sexuality, a teenager who has moderate intellectual disability (mental retardation) would benefit most from:
- A. Appropriate supervision to prevent possible sexual exploitation.
 - B. Providing activities that don't give the client an opportunity to masturbate.
 - C. Teaching mutual rights and responsibilities of sexual behavior.
 - D. Being with peers of the same sex to promote appropriate gender identification.
80. The most common signs and symptoms of major depression include:
- A. Lack of pleasure; sleep and appetite disturbance.
 - B. Self-mutilation and emotional detachment.
 - C. Grandiosity and increased spending.
 - D. Lack of initiative and bizarre posturing.
81. The most important method of preventing the spread of infection is:
- A. Washing your hands.
 - B. Wearing a mask.
 - C. Wearing gloves.
 - D. Washing the bed linens routinely.

70. Observing for EPS includes:
- A. Observing for excessive water consumption.
 - B. Observing for unusual body movements or rigidity.
 - C. Observing for unusual bruising.
 - D. Observing for excessive napping.
71. A patient on a sodium-restricted diet can eat all below except
- A. carrots.
 - B. hot dogs.
 - C. broccoli.
 - D. apples.
72. Which of the following methods of repositioning a bedridden patient will increase the risk for skin damage or injury?
- A. Lifting the patient.
 - B. Using a turning sheet.
 - C. Sliding the patient.
 - D. Rolling the patient.
73. Safety precautions to take with a patient who is suicidal include:
- A. Providing special observation.
 - B. Removing glass, sharp objects, belts, rope and any other dangerous items.
 - C. Watching for sudden happiness or increased interaction with other patients.
 - D. All of the above answers.
74. Which question below is the most important question to ask of a patient who tells you they are thinking about killing themselves?
- A. What are the reasons you have not acted on this yet?
 - B. Why do you want to do that?
 - C. Have you thought about the impact this will have on your family?
 - D. Do you have a plan of how you would kill yourself?
75. When recording I&O, which APPROXIMATE conversion factor is WRONG:
- A. 5 cc = 1 ml
 - B. 8 oz = 250 ml
 - C. 1 oz = 30 ml
 - D. 1 pt = 500 ml

63. A patient who is constipated because of taking antidepressants should
- A. reduce the intake of water and other fluids.
 - B. try to reduce the amount of exercise so proper digestion can occur.
 - C. eat foods high in bulk and fiber (brans, fruits and vegetables).
 - D. all the answers listed in this question.
64. The purpose of defense mechanisms is to
- A. decrease anxiety by protecting one's ego.
 - B. assist progress through developmental stages.
 - C. keep people from getting too close.
 - D. resist boundary setting by parental figures.
65. The number of breaths per minute during a normal rate of respiration is
- A. between 21 and 31.
 - B. between 3 and 8.
 - C. between 9 and 13.
 - D. between 14 and 20.
66. The blood vessels that carry blood away from the heart are the
- A. veins.
 - B. capillaries.
 - C. arteries.
 - D. venules.
67. Early signs of toxicity from lithium used as a mood stabilizer include
- A. headaches, backaches or sinus drainage.
 - B. constipation, hunger or dry mouth.
 - C. protruding tongue, mask-like facial appearance or mumbling.
 - D. diarrhea, vomiting, drowsiness, muscular weakness or lack of coordination.
68. Most food absorption takes place in the
- A. large intestine.
 - B. small intestine.
 - C. colon.
 - D. stomach.
69. Examples of EPS (extrapyramidal side effects) of antipsychotic medication includes
- A. dry mouth, blurred vision, ringing in the ears or weight gain.
 - B. bad breath, cold sweats, fever or drowsiness.
 - C. pseudoparkinsonism, akathisia, dystonia, tardive dyskinesia.
 - D. jaundice, blurred vision, weight loss or severe headaches.

56. Difficult, painful or labored breathing is known as
- A. bradypnea.
 - B. apnea.
 - C. dyspnea.
 - D. tachypnea.
57. A person can express anger by
- A. being consistently late.
 - B. all the answers listed here.
 - C. moralizing or preaching.
 - D. belittling and ridiculing.
58. Diet planning for the diabetic diet involves
- A. measuring fluid intake.
 - B. giving insulin with meals.
 - C. exchange lists.
 - D. calculating the amount of sodium.
59. Which of the following is NOT true:
- A. Many people manage their colostomies without assistance.
 - B. A colostomy bag should be changed every 4 hours.
 - C. The appliance is a disposable plastic bag applied over the stoma.
 - D. A stoma in the abdomen is a surgically created opening to the colon.
60. DEPERSONALIZATION as a symptom of mental illness is defined as
- A. not taking personally anything someone tells you, even when it's meant to be.
 - B. feeling that someone is not a person but an inanimate object like a chair or rock.
 - C. feeling that an inanimate object like a chair or a rock is actually a person.
 - D. an altered perception of the self, feeling that one's own reality is lost for a while.
61. Infection control measures are important because
- A. some infections are very serious and can cause death.
 - B. microorganisms are in the air, food, mouth, nose, respiratory tract and stomach.
 - C. all of the answers listed here.
 - D. infections are a major safety and health hazard.
62. Which of the following is NOT an indicator of a major medical emergency:
- A. The patient is holding his throat with both hands making wheezing sounds.
 - B. The patient unconscious.
 - C. The patient is dizzy.
 - D. The patient's BP is 230/120.

49. Which contribution to modern psychiatric practice was made by Freud?
- A. Oral and anal mastery.
 - B. Conscious and unconscious levels of awareness.
 - C. Cultural and societal influences on personality.
 - D. Psychosocial developmental stages encompassing the entire lifespan.
50. POVERTY OF SPEECH as a symptom of mental illness is defined as
- A. an obsession with language and slang used in the poor inner cities.
 - B. mispronunciation caused by one's speech missing letters from the alphabet.
 - C. restriction in the amount of speech so that replies are brief and unelaborated.
 - D. obsessively talking about lack of money or other aspects of poverty.
51. Nutrition is described as
- A. the many processes involved in the ingestion, digestion and absorption of food.
 - B. the balance between fluids taken in and lost by the body.
 - C. fats, proteins, carbohydrates, vitamins and minerals.
 - D. the four basic food groups.
52. The first thing to do when receiving a phone call from a person who is suicidal is
- A. discreetly put the person on hold briefly and have the call traced.
 - B. listen and respond with interest and concern – and without judgment.
 - C. invite the patient to come to the facility to see a therapist at no cost.
 - D. without disclosing names, tell the caller about patients with worse problems.
53. The systolic blood pressure is
- A. the point where the last sound is heard.
 - B. the point at which the pulse is no longer felt.
 - C. the point where the first sound is heard.
 - D. the point where the second sound is no longer heard.
54. If you receive an electric shock when touching some equipment you should
- A. disconnect the equipment and plug it into a grounded outlet.
 - B. check to see if the 3rd prong on the plug has been cut or broken off.
 - C. report it immediately.
 - D. make sure you are wearing rubber soled shoes next time.
55. The PREDOMINANT CRITERIA for a diagnosis of MENTAL DISORDER is
- A. dissatisfaction with one's character, abilities or accomplishments.
 - B. inability to hold down a job and demonstrate independence.
 - C. ineffective or unsatisfying interpersonal relationships.
 - D. ineffective coping/adapting to life events resulting in dysfunction.

42. A diabetic diet
- A. requires at least 10 glasses of water a day.
 - B. balances food groups and eating routines to manage blood glucose.
 - C. limits sodium levels.
 - D. provides nutrient rich and high protein meals.
43. A breach of confidentiality by a Psych Tech can
- A. affect the patient's insurance benefits and future medical insurance.
 - B. affect the patient's future employment and promotions.
 - C. lead to a lawsuit against the Psych Tech, the hospital and others.
 - D. cause all of the above.
44. Which observation does NOT need to be reported immediately?
- A. A visitor says he is OK after being tripped by a patient he did not come to see.
 - B. You observe that both patients from the same room are coughing.
 - C. Two patients had a fist fight but you were able to stop it and calm them down.
 - D. A patient charted as often having high blood pressure has a BP of 230/120.
45. The one that is NOT part of the brain is the
- A. brain stem.
 - B. cerebrum.
 - C. epiglottis.
 - D. cerebellum.
46. Which is NOT a correct thing to do when bathing a patient:
- A. Cover the patient for warmth and privacy.
 - B. Pat the skin dry.
 - C. Wash from the dirtiest area to the cleanest area.
 - D. Rinse the skin thoroughly to remove all soap.
47. A patient on a low-fat diet can have everything below except
- A. buttermilk.
 - B. pasta.
 - C. cheese.
 - D. potatoes.
48. In nursing, the word "vitals" means
- A. those medications that are vital to a patient's well-being.
 - B. the vital signs – temperature, pulse, respiration and blood pressure.
 - C. the important activities that all recovering patients should perform.
 - D. vital statistics – births, marriages and deaths.

35. In a suicidal patient, a warning sign of impending suicide is when the patient
- A. is suddenly happy and talkative and has a bright affect.
 - B. will not get out of bed all day.
 - C. continually expresses a wish to be dead.
 - D. refuses to sign a no-harm contract.
36. Prozac and Wellbutrin are both
- A. neuroleptic medications.
 - B. antipsychotic medications.
 - C. antispasmodic medications.
 - D. antidepressant medications.
37. Which activity below is NOT considered among ACTIVITIES OF DAILY LIVING?
- A. Doing washing and ironing, wearing clean clothes.
 - B. Driving to a doctor's appointment and to the grocery store.
 - C. Eating, brushing teeth, urinating and having bowel movements.
 - D. Bathing, shaving, combing hair and dressing.
38. A client snores loudly, has headaches and fatigue. You should ask his roommate:
- A. "Do you notice if there are pauses in his snoring?"
 - B. "Does his snoring bother you enough that you want to move?"
 - C. "Does his snoring keep you awake?"
 - D. "Do you notice if your roommate breathes through his mouth?"
39. When recording information in a patient's chart the thing you should NOT do is:
- A. Include the date and time.
 - B. Erase if you make an error.
 - C. Use ink.
 - D. Sign all entries with your name and title.
40. The drug benztropine (Cogentin)
- A. requires intramuscular administration.
 - B. is used in treating the symptoms of Parkinson's disease and EPS (extrapyramidal side effects) of antipsychotic medication.
 - C. may cause weight gain and photosensitivity.
 - D. is available for oral administration only.
41. The answer that does NOT apply to STANDARD PRECAUTIONS is:
- A. You should use them with all patients, not just those known to be infected.
 - B. They are the same as the standard medical asepsis and infection control.
 - C. They are ways to prevent contact with a patient's blood and other body fluids.
 - D. They were first issued by the CDC in 1987 to prevent the spread of AIDS.

28. Using Fahrenheit degrees, you should immediately report
- A. a rectal temperature of 101.6.
 - B. an axillary temperature of 97.9.
 - C. an oral temperature of 99.0.
 - D. an oral temperature of 98.4.
29. The term "nil" means
- A. "no internal lesions."
 - B. the common medication Niloxin.
 - C. "night injection list," meaning the list of meds to be given at night by injection.
 - D. nothing or zero.
30. IDEAS OF REFERENCE as a symptom of mental illness can be defined as
- A. a delusional idea that there are personal messages in totally unrelated events.
 - B. an idea that references to important matters are handed down by God.
 - C. having the idea he/she is the reference authority that everyone should consult.
 - D. a patient getting lost easily because of distorted ideas of reference points.
31. CLANGING as a symptom of mental illness is defined as
- A. delusional speech in which words are chosen by sounds, not meaning.
 - B. repeatedly clanging teeth together as a symptom of manic behavior.
 - C. obsession with finding random objects to make loud noises.
 - D. jumping every time a loud sound, such as a clang, is heard.
32. When you talk to a person who is hearing impaired, what should you NOT do?
- A. State the topic of discussion.
 - B. Chew gum while talking.
 - C. Write out important names and words.
 - D. Use short sentences and simple words.
33. What is done to prevent hypertension in a patient on MAOI antidepressants?
- A. do everything listed below.
 - B. monitor the patient's blood pressure.
 - C. have the patient avoid food with tyramine, such as aged cheese and soy sauce.
 - D. be observant for neurologic signs, headache and blurred vision.
34. A patient with a diagnosis of antisocial personality disorder is likely to exhibit which of the following?
- A. Exaggeration of accomplishments and talents.
 - B. Regressive and avoidant behavior.
 - C. Anxiety and feelings of guilt.
 - D. Aggressive behavior and a lack of remorse.

7. Which of the following is an explanation of the THERAPEUTIC SELF?
- A. The ability to use oneself therapeutically without having to plan each move.
 - B. Trust in one's instincts and a sensitivity to subtle cues about when to act.
 - C. All the answers listed in this question.
 - D. The part of a personality that comes out during group therapy.
8. I&O is shorthand for
- A. infusion and output.
 - B. intake and output.
 - C. incoming and outgoing
 - D. incontinent and obstructed
9. If a patient is suicidal and says he has a plan, which steps do you NOT take?
- A. For the patient's own safety, put the patient in four-point restraints.
 - B. Observe the patient 24 hours a day on a one-to-one basis.
 - C. Ask the patient to sign a no-harm contract.
 - D. Remove potentially harmful items such as belts, socks, strings, hair picks, etc.
10. When a patient tells you a problem, a reply using THERAPEUTIC LISTENING is
- A. "I'm sorry you feel that way."
 - B. "You seem uncomfortable when you talk about that."
 - C. "Everything will be all right."
 - D. "You're coming along just fine."
11. A patient care conference is
- A. a group therapy session where one patient is highlighted for special care.
 - B. all three of the answers listed here.
 - C. an educational seminar for professionals concerning patient care.
 - D. health team members sharing information concerning a patient's treatment plan.
12. Some indicators of suspicious or dangerous behavior include
- A. a state in which the client may be unable to communicate a warning.
 - B. increased intensity of affect, or verbalizations, or noticeable change in manner.
 - C. increased psychomotor agitation and/or threatening hallucinations/delusions.
 - D. all of the above.
13. Hypertension is
- A. emotional tension caused by various types of stress.
 - B. exhibiting excessive activity, commonly called "being hyper."
 - C. high blood pressure.
 - D. unusual tension in the muscles of the arms, legs and/or neck.

14. A sodium-restricted diet is NOT ordered for a patient who has only
- A. kidney disease.
 - B. heart disease.
 - C. liver disease.
 - D. diabetes mellitus.
15. Which medications are antidepressants?
- A. Effexor, Elavil and Zoloft
 - B. Navane, Mobar and Loxitane
 - C. Lithium, Eskalith and Tegretol
 - D. Haldol, Clozaril and Serenil
16. BLOCKING as a symptom of mental illness is defined as
- A. obsessively standing in front of people to keep them from passing.
 - B. walking in robot-like fashion.
 - C. walking in a pattern like a square block.
 - D. interruption of a train of speech before a thought or idea has been completed.
17. EMPATHY is
- A. the same thing as rapport.
 - B. the ability to sense the client's private world as if it were our own.
 - C. the same thing as sympathy.
 - D. a feeling of love and well-being toward the client.
18. A side effect of SSRI's (Selective Serotonin Reuptake Inhibitors) antidepressant medication is
- A. extrapyramidal symptoms.
 - B. urinary retention.
 - C. agitation.
 - D. sedation.
19. An explanation of OBJECTIVE *versus* SUBJECTIVE is
- A. reflects feelings & self-talk *versus* measured observed stresses.
 - B. can be measured, observed & validated *versus* reflects feelings and perceptions.
 - C. can be seen *versus* can be heard.
 - D. important clinical information *versus* unimportant personal information.
20. In medical terminology, the prefix "hypo" before a word means something is
- A. increased or more than normal.
 - B. decreased or less than normal.
 - C. unchanged, the same as at the last examination
 - D. administered by hypodermic injection.

21. If you find a client is missing, the first thing you should do is
- A. tell the charge nurse and quietly conduct a room-to-room search.
 - B. notify the local police or sheriff.
 - C. call a meeting of the unit's patients and ask who saw the missing patient last.
 - D. make sure all outside doors are locked, and then activate the alarm.
22. TWICE A DAY is abbreviated as
- A. tad
 - B. bid
 - C. bdi
 - D. td
23. To help a patient care for expensive personal belongings, you should
- A. suggest keeping the valuables in the office until a relative can get them.
 - B. have the patient's roommate keep them, if the roommate is trustworthy.
 - C. ask the patient to share them with others so no one will want to steal them.
 - D. help the patient hide them properly, such as under clothes in a dresser drawer.
24. Which is NOT true of the "clean-catch" collection of a urine specimen:
- A. It is also called a clean-voided specimen.
 - B. The patient expels stale urine, then waits 30 minutes to give the specimen.
 - C. The patient voids into the toilet, stops mid-stream, then gives the specimen.
 - D. The genital area is cleaned to reduce the number of microbes in the specimen.
25. As a general rule, charting in the patient's record covers major domains of functioning when it includes:
- A. Behavior, Incident, Results.
 - B. Thinking, feelings, behavior.
 - C. Affect, behavior, complaints.
 - D. Signs, symptoms, sadness.
26. Which is not a sign of diabetes mellitus?
- A. Hunger.
 - B. Weight gain.
 - C. Increased urine production.
 - D. Increased thirst.
27. The anticonvulsant Tegretol is also used
- A. to soften the stools of constipated patients.
 - B. to help keep lethargic patients awake.
 - C. to help patients sleep.
 - D. as a mood stabilizer to treat manic behavior.

There is only one correct answer to each question.

1. The definition of TIME OUT is
 - A. putting a patient in seclusion.
 - B. when a patient is in a disassociative state and loses track of time.
 - C. securing a patient to a bed in four-point restraints.
 - D. breaking off current interactions or postponing the next interaction.
2. Which of the following is NOT true of decubitus ulcers?
 - A. They are caused by reduced blood supply.
 - B. The patient may complain of pain, burning or tingling in the area of the ulcer.
 - C. Some of the pain is relieved by drinking milk of magnesia.
 - D. They usually occur where there is increased pressure.
3. Which of the following is true about oral hygiene?
 - A. It should be practiced on awakening, after meals and at bedtime.
 - B. Pathogens that are spread through sexual contact may be in the mouth.
 - C. Its practice is influenced by culture and personal choice.
 - D. All of the above.
4. The *first place* to report potentially dangerous behavior is
 - A. to all the other staff on the unit so they don't get hurt.
 - B. on the patient's chart so the doctor can review it.
 - C. to the charge nurse right away.
 - D. to the charge nurse at the end of the shift.
5. A neurodevelopmental disability is:
 - A. the politically correct term for any type of physical handicap.
 - B. a problem experienced by children whose bodies aren't fully developed yet.
 - C. a disability caused when certain bones don't develop properly.
 - D. a significant mental and/or physical impairment starting before adulthood.
6. Treatment for hypertension will probably NOT include
 - A. a low-calorie diet if the patient is obese.
 - B. medications to lower the blood pressure.
 - C. no smoking and regular exercise.
 - D. a high-sodium diet.