How to Obtain Contact Hours by Reading This Issue

Instructions
4.0 contact hours will be awarded by Vindico Medical Education upon successful completion of the posttest and contact hour verification. To obtain contact hours:

1. Read the following articles carefully, noting the tables and other illustrative materials, which are provided to enhance your knowledge and understanding of the content:
   - Perceptions of Successful Aging in Black Older Adults
     Meredith Troutman, PhD, MPH, RN-BC; Mary A. Nies, PhD, RN, FAAN, FAAN; and Helen Mavella, MSN, RN, on pages 28-34.
   - Alcohol Screening and Brief Interventions for College Freshmen: A Harm Reduction Approach
     Donna M. Kazemi, PhD, RN, Lisa Sun, BS; Mary A. Nies, PhD, RN, FAAN, FAAN; and Samuel M. Wolfford, MA, on pages 33-42.
   - Transforming the Culture of Caring: Getting Hurt Is Not Part of the Job
     Diane E. Allen, MN, RN, BC; Alexander de Nevers, MD; Dhappa, Kathleen Cummings, BSN, RN, BC; and Frank E. Darling, III, TS, on pages 43-49.

2. Read each question and record your answer on the CNE Registration Form provided.

3. Complete all sections of the CNE Registration Form, including indicating the total time spent on the activity (reading articles and completing quiz). Forms and quizzes cannot be processed if this section is incomplete. All participants are required by the accreditation agency to attest to the time spent completing the activity.

4. Forward the completed form with your check or money order, drawn on a US bank, for $16 (USD) made out to JPN-CNE.

CNE Registration Forms must be received no later than January 31, 2013.

Contact Hours
Vindico Medical Education is an approved provider of continuing nursing education by the New Jersey State Nurses Association, an accredited approver, by the American Nurses Credentialing Center’s Commission on Accreditation. P188-6/09-12. This activity is co-sponsored by Vindico Medical Education and the Journal of Psychosocial Nursing.

This is a Learner-Paced Program. Answers to the posttest will be graded, and you will be advised that you have passed or failed within 60 days of receipt of your completed test. A score of 70% or above will comprise a passing grade. A certificate will be awarded to participants who successfully complete the test. A contact hour is 60 minutes of instruction. Contact hour verification can be awarded only at the completion of a program.

Objectives
1. Identify the six broad categories that define successful aging in Black older adults.
2. Appraise the effectiveness of the BASICS intervention for reducing high-risk drinking among freshmen college students.
3. Formulate strategies to promote both patient and staff safety when working in psychiatric settings.

Questions #1-7 refer to the article about perceptions of successful aging in Black older adults by Troutman, Nies, and Mavella on pages 28-34.

1. According to the Theory of Successful Aging, an example of an intrapsychic factor includes:
   A. health promotion activities.
   B. religiosity.
   C. physical health mobility.
   D. personal control.

2. Six broad categories related to successful aging yielded by the study participants were:
   A. independence/ability, health, motivation, activity/service, family, and energy.
   B. independence/ability, energy, physical needs, family, living arrangements, and spirituality.
   C. independence/ability, health, mindset, activity/service, family, and spirituality.
   D. independence/ability, health, living arrangements, activity/service, family, and energy.

3. Gerotranscendence may develop as a result of:
   A. spirituality being used in a positive manner and avoidance of disease and disability.
   B. maintenance of high physical, spiritual, and cognitive function.
   C. intrapsychic factors, functional performance mechanisms, and spirituality being used in a positive manner.
   D. active engagement in social and productive activities.

4. Because intrapsychic factors are at the core of the Theory of Successful Aging, it is important to understand:
   A. the aging person’s perceptions of successful aging.
   B. the aging person’s functional ability related to activities of daily living.
   C. the person’s cognitive processes involved in problem solving.
   D. the person’s beliefs about religion and spirituality.

5. The animal fluency test discriminates individuals with dementia from those without dementia with similar degrees of sensitivity and specificity as the:
   A. Geriatric Depression Scale.
   B. Mini-Mental State Examination.
   C. Montreal Cognitive Assessment.
   D. Lockridge Functional Assessment.

6. Vital for the successful aging of Black older adults is the identification of:
   A. culturally and racially sensitive health promotion strategies.
   B. symptoms of depression and cultural influences on health.
   C. racially sensitive health disparities and cultural influences on health.
   D. symptoms of depression and available financial resources.

7. According to Tornstam, two features of gerotranscendence are:
   A. a stronger sense of connection with earlier generations and continued ability to work.
   B. a sense of pride and self-worth and ability to function interdependently.
   C. a continued ability to work and a sense of pride and self-worth.
   D. a stronger sense of connection with earlier generations and a sense of altruism.

Questions #8-14 refer to the article about alcohol screening and brief interventions for college freshmen by Kazemi et al. on pages 35-42.

8. According to Lloyd-Richardson et al., more than ______ of college students have reported consuming alcohol within the past 30 days.
   A. 30%.
   B. 53%.
   C. 70%.
   D. 78%.

9. The very high-risk period for freshmen students to drink is the first:
   A. 2 weeks of college.
   B. 1 to 4 weeks of college.
   C. 6 to 8 weeks of college.
   D. 6 months of college.

10. The most appropriate description of the Brief Alcohol Screening and Intervention for College Students (BASICS) is that it is an empirically supported cognitive-behavioral skill intervention that:
    A. addresses lifestyle changes over time.
    B. promotes abstinence throughout a lifetime.
    C. reduces drinking by at least 73%.
    D. requires an initial 6-week inpatient treatment regimen.

11. To change undesirable behaviors and establish behavioral control, the transtheoretical model (TTM) considers that the following need to be present:
    A. High motivation, a strong desire to change, and emotional maturity.
    B. Cognitive processes such as planning, organizing, and problem solving.
    C. High motivation, diversional activities, and a strong support system.
    D. A system of rewards and punishment, social support, and diversional activities.

12. The current version of the TTM has five stages. In the ______ stage, the intent to change the behavior and take action within the next month occurs.
13. A conclusion of the study described in the article is:
   A. individuals in the Action stage need behavioral-based interventions.
   B. individuals in the Precontemplation stage will benefit from consciousness-raising programs.
   C. individuals in Contemplation stage will benefit from inpatient, intensive therapy.
   D. individuals in Precontemplation stage will benefit from traditional programs to change drinking habits.

14. A population that responds well to BASICS' person-centered approach is:
   A. college students who have had a poor response to inpatient treatment.
   B. poorly motivated college students with first-degree relatives who drink.
   C. people who consider themselves as being "weekend drinkers."
   D. poorly motivated college students with high-risk drinking behaviors.

Questions #15-20 refer to the article about transforming the culture of caring by Allen et al. on pages 45-49.

15. According to Taylor, transformational learning is a learner-centered approach that promotes:
   A. problem-based learning, autonomy, and confidence.
   B. autonomy, participation, and collaboration.
   C. participation, problem-based learning, and self-regulation.
   D. self-regulation, collaboration, and autonomy.

16. When physically intervening with a patient, the nurse should get help from at least _____ people.
   A. two.
   B. three.
   C. four.
   D. five.

17. To establish and maintain a safe environment on a psychiatric unit, an appropriate strategy would include:
   A. the use emergency medication as a late intervention.
   B. consideration of staff safety to be just as important as patient safety.
   C. avoiding a discussion of rules that cause patient distress.
   D. communication to the patient that the staff is always in control.

18. In transformational learning, "meaning structures" are based on:
   A. cultural beliefs and contextual experiences.
   B. cultural experiences and spiritual beliefs.
   C. spiritual beliefs and contextual experiences.
   D. ethical beliefs and cultural experiences.

19. According to Mezirow, role behaviors of transformational educators include:
   A. helping learners examine the assumptions that underlie beliefs, feelings, and actions.
   B. providing a series of workshops to improve problem solving.
   C. helping learners strengthen existing meaning structures.
   D. exploring learning styles that promote confidence.

20. _____ is considered to be central to transformational learning.
   A. Self-regulation.
   B. Reflection.
   C. Immersion.
   D. Validation.

Please register me for the Learner-Paced program for 4.0 contact hours.

Print or Type

Name ____________________________
Address __________________________
City State Zip __________________________
Telephone number (in case we have questions) ____________
Date of Birth (used for tracking contact hours only) ____________
Education Level (Circle highest): Diploma, ADN, BSN, MSN, PhD
Other (Please specify) __________________________
Work Setting: __________________________
Position: __________________________

PAYMENT OPTIONS
A $16 payment must accompany the CNE Registration Form. Payment must be in US dollars drawn on a US bank. Checks/money orders should be payable to JPN-CNE. MasterCard, Visa, and American Express credit cards are accepted for payment. CNE Registration Forms must be received no later than January 31, 2013. Copyright © 2011 by SLACK Incorporated. All rights reserved.

If paying by credit card, you may fax your form to (856) 853-5991.
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EVALUATION: Must be completed for contact hour certificate to be awarded.
1. The content of the articles was accurately described by the learning objectives: ☐ Yes ☐ No
   • Identify the six broad categories that define successful aging in Black older adults.
   • Appraise the effectiveness of the BASICS intervention for reducing high-risk drinking among freshmen college students.
   • Formulate strategies to promote both patient and staff safety when working in psychiatric settings.

2. The content met my educational needs. ☐ Yes ☐ No
3. The content was relevant to my nursing practice. ☐ Yes ☐ No
4. How much time was required to read the articles and take the quiz? __________________________ (minutes spent)
5. Please list topics you would like to see future activities address: __________________________

Code: JPN0011
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