How to Obtain Contact Hours by Reading Articles in This Issue

Instructions

4.0 contact hours will be awarded by Vindico Medical Education upon successful completion of the posttest and evaluation. 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:

   - **The Essential Dialogue: A Norwegian Study of Art Communication in Mental Health Care**
     Mette Holme Ingeberg, MA, PRN; Britt-Maj Wikstrøm, PhD; and Arild Berg, MA, on pages 22-30.

   - **Gambling Behaviors and Perceived Health among Incarcerated Older Adults**
     Cindy H. Kerber, PhD, APRN, BC; Kari L. Hickey, MS, RN; Kim M. Astroth, PhD, RN; and Myoung In Kim, PhD, on pages 32-39.

   - **Communicating with Children with Autism Spectrum Disorder and Their Families: A Practical Introduction**
     Cindy Lee, RN, MSc; Garry Walter, MB BS, BMedSc, PhD, FRANZCP; and Michelle Cleary, RN, PhD, on pages 40-44.

2. Read each question and record your answers on the CNE Registration Form on page 47.

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 $20 (USD) made out to JPN-CNE. CNE Registration Forms must be received no later than August 31, 2014.

Contact Hours

Vindico Medical Education, LLC is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

This activity is co-provided 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.

Activity Objectives

1. Describe how to effectively use art as a means for communicating with patients.
2. Discuss health-related issues associated with incarcerated older adults with gambling problems.
3. Identify strategies to improve communication with those affected by autism spectrum disorder.

Author Disclosure Statements

• Ms. Ingeberg, Dr. Wikstrøm, and Mr. Berg disclose that they have no significant financial interests in any product or class of products discussed directly or indirectly in this activity, including research support.
• Dr. Kerber, Ms. Hickey, Dr. Astroth, and Dr. Kim disclose that they have no significant financial interests in any product or class of products discussed directly or indirectly in this activity. The authors acknowledge research support from Mennonite College of Nursing, Illinois State University.
• Ms. Lee, Dr. Walter, and Dr. Cleary disclose that they have no significant financial interests in any product or class of products discussed directly or indirectly in this activity, including research support.

Commercial Support Statement

All authors and planners have agreed that this activity will be free of commercial bias. There is no commercial support for this activity. There is no non-commercial support for this activity.
Questions #1-7 refer to the article about a Norwegian study of art communication in mental health care by Ingeberg, Wikstrøm, and Berg on pages 22-30.

1. Research is well developed in understanding the importance of aesthetics in nursing for:
   A. psychological, social, and physical health.
   B. psychological, cardiovascular, social, and physical health.
   C. social, cardiovascular, and psychiatric health.
   D. psychological, physiological, and psychiatric health.

2. Paterson and Zderad described nursing as a lived dialogue with the collective term health-illness continuum, which concerns:
   A. the psychological state of mind.
   B. the physical state of the body.
   C. human potential.
   D. communicating within systems.

3. The term call and response refers to:
   A. patients and nurses being in the position of giving and receiving.
   B. patients communicating to each other.
   C. human potential.
   D. communicating within systems.

4. _____ refers to when nursing care is more being than the patient's and the nurse's well-being, increasing both the patient's and the nurse's well-being.
   A. wellness-being.
   B. more-being.
   C. secondary care.
   D. palliative care.

5. The term used to describe the imminent resources of a patient, increasing both the patient's and the nurse's well-being, is called:
   A. wellness-being.
   B. more-being.
   C. secondary care.
   D. palliative care.

6. When staff position themselves to know better than the patients, this process is referred to as:
   A. more-being.
   B. paternalism.
   C. providing direction.
   D. encountering.

7. This kind of art can be a door-opener to a patient's inner life:
   A. traditional art.
   B. sculpture.
   C. nontraditional art.
   D. structured.

Questions #8-13 refer to the article about gambling behaviors and perceived health among incarcerated older adults by Kerber et al. on pages 32-39.

8. Incarcerated adults have the highest rate of problem or pathological gambling, ranging from:
   A. 2% to 16%.
   B. 5% to 45%.
   C. 7% to 68%.
   D. 8% to 70%.

9. The rate of problem or pathological gambling in the general population is approximately:
   A. 0.2%.
   B. 0.6%.
   C. 5%.
   D. 6%.

10. Pathological gamblers have higher rates of:
    A. depression, anxiety, and psychosis.
    B. anxiety, depression, and personality disorders.
    C. anxiety, alcoholism, and personality disorders.
    D. depression, anxiety, and alcoholism.

11. Grinols estimated the annual cost of pathological gambling to society at:
    A. $10 billion.
    B. $32 billion.
    C. $54 billion.
    D. $473 billion.

12. The average annual cost of caring for an older prisoner is:
    A. $12,000.
    B. $31,000.
    C. $56,000.
    D. $70,000.

13. Older prisoners have _____ times as many visits to health services per year than their counterparts in the community.
    A. two.
    B. three.
    C. five.
    D. seven.
Questions #14-20 refer to the article about communicating with children with autism spectrum disorders and their families by Lee, Walter, and Cleary on pages 40-44.

14. Autism spectrum disorder (ASD) is a term often used to denote a set of _____ disorders that include severe autism and milder variants.
   A. neurodevelopmental.
   B. psychological.
   C. developmental.
   D. neurological.

15. The estimated prevalence of ASD is:
   A. 1 in 30 children.
   B. 1 in 75 children.
   C. 1 in 110 children.
   D. 1 in 150 children.

16. Of the following, the most accurate characteristic of someone with ASD is:
   A. spontaneous interaction with others.
   B. empathy for others.
   C. egocentric social judgment.
   D. average attention span.

17. The set of characteristics that best describes behavioral and sensory abnormalities in children with ASD is:
   A. repetitive behavior, hyposensitivity, and high interest in symbolic play.
   B. unusual interest in some sensation, rigid behavior, and increased social imagination.
   C. inflexible behavior, hyposensitivity, and hypersensitivity.
   D. rigid behavior, no interest in sensory input, and increased social imagination.

18. For the majority of people, the primary method of information exchange involves:
   A. verbal communication.
   B. gestures.
   C. facial expressions.
   D. multiple means of nonverbal communication.

19. The most powerful reinforcement for children or young people with ASD is:
   A. feeling protected in a social situation.
   B. socializing.
   C. playing with other children.
   D. receiving what they request.

20. Of the following, the best intervention for communicating with a child with ASD is:
   A. ask the child to focus and verbalize exactly what the request is.
   B. explain situations in terms of metaphors.
   C. use short, simple phrases.
   D. speak loudly to overcome background noise.

Circle the correct answers. There is one right answer for each question.

1. A B C D
2. A B C D
3. A B C D
4. A B C D
5. A B C D
6. A B C D
7. A B C D
8. A B C D
9. A B C D
10. A B C D

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) ________________________________

Position: ________________________________

PAYMENT OPTIONS
A $20 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 August 31, 2014. Copyright © 2012 by SLACK Incorporated. All rights reserved.

If paying by credit card, you may fax your form to (856) 853-5991.

For credit card payment, please check one:

☐ MasterCard ☐ VISA ☐ American Express

Account number: ________________ Expires: ________________
3-4 digit security code: ________________

I authorize my credit card to be charged $20 for this activity.

Signature ________________________________

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
   • Describe how to effectively use art as a means of communicating with patients.
   • Discuss health-related issues associated with incarcerated older adults with gambling problems.
   • Identify strategies to improve communication with those affected by autism spectrum disorder.

2. Based on the information I learned during this activity, I feel more confident in treating patients. ☐ Yes ☐ No

3. Knowledge acquired from this activity will be utilized to improve outcomes in my patients. ☐ Yes ☐ No

4. Future activities concerning this subject matter are necessary. ☐ Yes ☐ No

5. The content met my educational needs. ☐ Yes ☐ No

6. The content was relevant to my nursing practice. ☐ Yes ☐ No

7. How much time was required to read the articles and take the quiz? 240 265 290 315 340 (minutes spent)

8. Please list topics you would like to see future activities address: ________________________________

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