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 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:
   • A Comparison of Multisensory and Traditional Interventions on Inpatient Psychiatry and Geriatric Neuropsychiatry Units
     Margaret Knight, PhD, RN, PMHCNS-BC; Lesley Adkison, MSN, RN; and Joan Stock Kovach, RNPC, MS, on pages 24-31.
   • Seven Habits of Highly Effective Psychiatric Nurse Authors
     Teena M. McGuinness, PhD, CRNP, FAAN; and Ellen McElroy, DSN, RN, on pages 33-38.
   • Dissecting Dementia, Depression, and Drug Effects in Older Adults
     Roy Ann Shemot, DSN, RN, CNE; Angela Collins, DSN, RN, CNS; Stephanie Wyre, MSN, RN; and Monika Gragg, MSN, RN, on pages 39-47.
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, 2012.

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-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.

Objectives
1. Integrate multisensory-based therapies in psychiatric inpatient and outpatient group programs.
2. Adapt The 7 Habits of Highly Effective People as a framework for becoming an effective psychiatric nurse author.
3. Recognize which behaviors, signs, and symptoms in older adults are the result of dementia or depression or the result of related drug therapy.

Questions #1-7 refer to the article about comparing multisensory and traditional interventions on inpatient psychiatry and geriatric neuropsychiatry units by Knight, Adkison, and Kovach on pages 24-31.

1. Kragt and van Weert et al.’s study of multisensory interventions in patients with dementia found that patients had:
   A. better relaxation ability.
   B. improved mood.
   C. less pacing.
   D. fewer verbal outbursts.

2. Inhaled essential oils have been reported to be effective in:
   A. reducing phobias.
   B. promoting sleep.
   C. decreasing hallucinations.
   D. increasing alertness.

3. The use of sensory rooms pioneered by ___ broadened the notion of sensory-based therapies in the adult psychiatry population.
   A. Ellis.
   B. Sullivan.
   C. Champagne.
   D. Buckley.

4. In the article study, how many minutes were chosen as an adequate time for individuals to respond to an intervention, whether traditional or sensory based?
   A. 10.
   B. 20.
   C. 30.
   D. 40.

5. Most individuals in the traditional group chose which kind of intervention?
   A. one-on-one staff contact.
   B. quiet time.
   C. self-release lap belt.
   D. increased supervision.

6. Which of these symptoms showed significant change in the sensory group?
   A. Anxiety.
   B. Tension.
   C. Conceptual disorganization.
   D. Blunted affect.

7. Limitations of this study included three of the following. Which one is the EXCEPTION?
   A. Small sample.
   B. Imprecise statistics.
   C. One-time intervention.
   D. One measure of change per individual.

Questions #8-13 refer to the article about a framework for increasing writing productivity among psychiatric nurse authors by McGuinness and McElroy on pages 33-38.

8. According to Covey’s 7 Habits, proactive people focus their efforts on the Circle of:
   A. Self-Discipline.
   B. Empowerment.
   C. Influence.
   D. Concern.

9. Reactive people focus their efforts on the Circle of:
   A. Self-Discipline.
   B. Empowerment.
   C. Influence.
   D. Concern.

10. Perhaps the most difficult of Covey’s habits to achieve might be:
    A. Habit 1: Be Proactive.
    B. Habit 2: Begin with the End in Mind.
    C. Habit 3: Put First Things First.
    D. Habit 4: Think Win/Win.

11. The Myers-Briggs Type Indicator includes three of the following dimensions of personality. Which one is the EXCEPTION?
    A. Developing outcomes.
    B. Focus of attention.
    C. Gathering information.
    D. Making decisions.

12. A writer has the following characteristics: writes spontaneously about life experiences without a formal plan or outline, uses imagination as a prominent aspect of writing, focuses on the content of writing, and makes a plan and follows the plan. Using the Myers-Briggs Type Indicator, this writer would be classified as:
    A. ENTP.
    B. ESTJ.
    C. INFP.
    D. ISFP.
13. One of the dimensions of Habit 7 (Sharpen the Saw) is:
   A. biophysical.
   B. spiritual.
   C. moral.
   D. ethical.

Questions #14-20 refer to the article about the differentiation of dementia, depression, and drug effects in older adults by Sherrod, Collins, Wynn, and Gagg on pages 39-47.

14. In addition to Alzheimer’s disease, other causes of dementia include:
   A. hyperadrenalinism.
   B. hypopituitarism.
   C. hypothyroidism.
   D. hyperreninism.

15. The risk of suicide in older adults is ____ higher than among younger adults.
   A. 30%.
   B. 40%.
   C. 50%.
   D. 60%.

16. The only two indicators of depression in some older adults may be:
   A. agitation or tearfulness.
   B. anorexia or insomnia.
   C. tachycardia or flat affect.
   D. forgetfulness or apathy.

17. The classic constellation of signs and symptoms of serotonin syndrome include:
   A. pupil constriction and dehydration.
   B. hypothermia and pedal edema.
   C. decreased peristalsis and increased dyspnea.
   D. hypertension and tremor.

18. Which of the following is a symptom of serotonin discontinuation syndrome?
   A. Slow response time.
   B. Rapid speech.
   C. Disorientation.
   D. Recent memory impairment.

19. Common symptoms of serotonin discontinuation syndrome include:
   A. rhinorrhea.
   B. heavy sweating.
   C. diarrhea.
   D. bradycardia.

20. Screening tools for dementia include the:
   A. Patient Health Questionnaire-2.
   B. Adult Behavior Checklist.
   C. Trail Making Test.
   D. Mini-Mental State Examination.

---

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 $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 JPNCNE. MasterCard, VISA, and American Express credit cards are accepted for payment. CNE Registration Forms must be received no later than January 31, 2012. Copyright © 2010 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 $16 for this activity.

Signature ____________________________

Name on card ____________________________________________________________

EVALUATION: Must be completed for contact hour certificate to be awarded.

1. The content of the articles was accurately described by the learning objectives.
   - Integrate multisensory-based therapies in psychiatric inpatient and outpatient group programs.
   - Adapt The 7 Habits of Highly Effective People as a framework for becoming an effective psychiatric nurse author.
   - Recognize which behaviors, signs, and symptoms in older adults are the result of dementia or depression or the result of related drug therapy.

2. The content met my educational needs.

3. The content was relevant to my nursing practice.

4. How much time was required to read the articles and take the quiz? 240 minutes

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

Code: JPN0110

Print