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:

   Relational Agents as an Adjunct in Schizophrenia Treatment
   Kathryn Puskar, DrPH, RN, FAAN; Elizabeth A. Schlenk, PhD, RN; Judith Callan, PhD, RN; Timothy Bickmore, PhD; and Susan Sereika, PhD, on pages 22-29.

   Depression in End-Stage Renal Disease
   Margaret Fallon, MS, ANP-BC, on pages 30-34.

   The Future of (Psychiatric) Nursing
   Shirley A. Smoyak, RN, PhD, FAAN, on pages 35-41.

2. Read each question and record your answers on the CNE Registration Form on page 43.

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, 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-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. Discuss how relational agent technology can improve medication adherence in patients with schizophrenia.
2. Describe the relationship between end-stage renal disease and depression.
3. Identify ways in which the Institute of Medicine’s report could bring about change in psychiatric nursing.

Author Disclosure Statements
• Dr. Puskar, Dr. Schlenk, Dr. Callan, Dr. Bickmore, and Dr. Sereika disclose that they have no significant financial interests in any product or class of products discussed directly or indirectly in this activity. This study was funded by a grant from Eli Lilly and Company. This article was also supported in part by the National Institutes of Health, National Institute of Nursing Research, Center for Research in Chronic Disorders grant P30 NR003924.
• Ms. Fallon discloses that she has no significant financial interests in any product or class of products discussed directly or indirectly in this activity, including research support.
• Dr. Smoyak discloses that she has 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 relational agents as an adjunct in schizophrenia treatment by Puskar et al. on pages 22-29.

1. The annual cost of schizophrenia nonadherence in the United States is:
   A. $500 to $750 thousand.
   B. $23 to $50 million.
   C. $150 to $250 million.
   D. $33 to $65 billion.

2. For patients diagnosed with schizophrenia, reported rates of nonadherence to antipsychotic treatment average approximately:
   A. 35%.
   B. 50%.
   C. 62%.
   D. 71%.

3. Approximately _____ of patients with schizophrenia practice partial adherence.
   A. One third.
   B. One fourth.
   C. One fifth.
   D. One tenth.

4. In addition to inadequate understanding of the role of medication in preventing relapse, other factors contributing to nonadherence and partial adherence include:
   A. Medication side effects, severity of psychotic symptoms, and impaired cognition.
   B. Medication side effects, decreased motivation, and impaired cognition.
   C. Medication side effects, depression, and anergia.
   D. Anergia, severity of psychotic symptoms, and impaired cognition.

5. The three phases of the nurse-patient relationship identified by Peplau are:
   A. Introduction, orientation, and working.
   B. Introduction, working, and termination.
   C. Orientation, exploitation, and termination.
   D. Orientation, working, and termination.

6. According to the schizophrenia education module, schizophrenia affects:
   A. Thinking, moods, and interaction.
   B. Thinking, orientation, and response time.
   C. Thinking, moods, and orientation.
   D. Thinking, moods, and neuromuscular control.

7. The setback management module explains that:
   A. Setbacks should be avoided.
   B. Setbacks are preventable when a person is careful.
   C. One must learn from setbacks and move on.
   D. Setbacks can be prevented when medication is taken daily.

Questions #8-14 refer to the article about depression in end-stage renal disease by Fallon on pages 30-34.

8. Chronic kidney disease (CKD) is defined as a patient having at least _____ of functional or structural kidney abnormality.
   A. 2 months.
   B. 3 months.
   C. 6 months.
   D. 6 months.

9. The prevalence of CKD in the United States is estimated to be close to:
   A. 250,000.
   B. 750,000.
   C. 10 million.
   D. 20 million.

10. The most frequently observed mental illnesses that affect patients with renal disease are:
    A. Major depression and schizophrenia.
    B. Anxiety and schizophrenia.
    C. Anxiety and bipolar disorder.
    D. Major depression and anxiety.

11. A characteristic of compound depression is that it:
    A. Requires the use of two or more classes of antidepressant agents for improvement.
    B. Commonly results in a high side-effect profile, requiring additional medication.
    C. Is generally more treatment resistant than depression occurring without another comorbid illness.
    D. Only improves when the comorbid illness improves.

12. Of the population with end-stage renal disease (ESRD), those experiencing depression range between:
    A. 8% and 10%.
    B. 10% and 17%.
    C. 20% and 25%.
    D. 20% and 30%.

13. The suicide rate among patients with ESRD on dialysis is _____ higher than that of the general population.
    A. 16%.
    B. 37%.
    C. 63%.
    D. 84%.

14. The generally favored treatment(s) for depression in patients with ESRD is/are:
    A. Tricyclic antidepressant agents.
    B. Monoamine oxidase inhibitors.
    C. Selective serotonin reuptake inhibitors.
    D. St. John’s wort.
Questions #15-20 refer to the article about the future of psychiatric nursing by Smoyak on pages 35-41.

15. Psychiatric hospitals comprise _____ of the hospitals in which RNs are employed.
   A. 1%
   B. 2%
   C. 5%
   D. 10%

16. The three primary concerns targeted by health care reform are:
   A. Quality, access, and value.
   B. Quality, competency, and cost.
   C. Quality, safety, and value.
   D. Quality, access, and cost.

17. According to the Institute of Medicine's (IOM) report, health care challenges include the increasing dominance of chronic conditions, an aging population, and:
   A. Diverse population, health disparities, and limited English proficiency.
   B. Health disparities, limited English proficiency, and lack of financial resources.
   C. Health disparities, limited English proficiency, and limited numbers of health care professionals.
   D. Limited English proficiency and not enough long-term care facilities.

18. One of the four key messages of the IOM report is:
   A. The number of nurses with a master's degree should double by 2015.
   B. Nurses should practice to the full extent of their education and training.
   C. Nursing should have a forced retirement at age 65.
   D. Advanced practice nurses should work as physician extenders in acute-care settings.

19. The IOM report recommends that by 2020, the proportion of nurses with a baccalaureate degree should increase to:
   A. 50%.
   B. 60%.
   C. 70%.
   D. 80%.

20. The IOM report recommends that by 2020, the number of nurses with a doctorate should:
   A. Remain steady without decline.
   B. Begin to show an increase.
   C. Double.
   D. Triple.