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:

   **Operation Restoration: Couples Reunification Retreats for Veterans of Operations Enduring and Iraqi Freedom**
   Louanne W. Davis, PsyD; Robin Paul, LCSW; David Tan, PhD; Amanda C. Eicher, BS; Jessica Allinger, PsyD; and Heidi Knock, PsyD, on pages 20-29.

   **Factors Related to Type of Companion Pet Owned by Older Women**
   Elsie E. Gulick, PhD, RN, FAAN; and Cheryl A. Krause-Parello, PhD, RN, on pages 30-37.

   **Anesthesia Awareness-Induced Posttraumatic Stress Disorder**
   Kathleen M. Prendergast, MSN, PMH-NP, BC; and Mary Cullen-Drill, DNP, APN-BC, DCC, on pages 39-44.

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 November 30, 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. Examine the effects of combat related trauma on veterans and their intimate partners.
2. Identify ways that companion pets can improve physical, social, and emotional well-being.
3. Describe how anesthesia awareness can impact an individual’s mental health.

Author Disclosure Statements

- Dr. Davis, Ms. Paul, Dr. Tarr, Ms. Eicher, Dr. Allinger, and Dr. Knock disclose that they have no significant financial interests in any product or class of products discussed directly or indirectly in this activity. Operation Restoration Reunification retreats were funded in part by the Lilly Endowment, USA.
- Dr. Gulick and Dr. Krause-Parello disclose that they have no significant financial interests in any product or class of products discussed directly or indirectly in this activity. This research was funded in part by Sigma Theta Tau International, The Honor Society of Nursing, Kean University’s Chapter, Lambda Iota.
- Ms. Prendergast and Dr. Cullen-Drill 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 couples reunification retreats for veterans by Davis et al. on pages 20-29.

1. Since September 11, 2001, more than ____ million American service members have been deployed in the war on terrorism.
   A. 1 million.
   B. 1.3 million.
   C. 1.6 million.
   D. 2 million.

2. From June 2005 to December 2006, approximately 20.3% of active soldiers and ____ of reserve soldiers needed referrals to mental health care.
   A. 17.8%.
   B. 25.3%.
   C. 36.9%.
   D. 42.4%.

3. According to Goff et al., partners’ marital satisfaction was negatively affected by veterans’ trauma symptoms, consisting most significantly of:
   A. sexual problems, dissociation, and sleep disturbances.
   B. sexual problems, violence, and sleep disturbances.
   C. temperament, violence, and sleep disturbances.
   D. dissociation, temperament, and sleep disturbances.

4. Between 2001 and 2004, divorce rates among active-duty Army officers tripled, while rates among Army enlisted service members increased by:
   A. 30%.
   B. 40%.
   C. 50%.
   D. 60%.

5. According to the Army Suicide Event Report, 50% of soldiers who committed suicide in 2007 had:
   A. a history of suicide attempts.
   B. a diagnosis of depression and were currently taking antidepressant medication.
   C. experienced intolerable flashbacks.
   D. a recent failed intimate relationship.

6. Galovski and Lyons indicated that veterans’ successful adjustment to combat stress was highly correlated to:
   A. family adjustment and outpatient treatment.
   B. family adjustment and positive social support.
   C. social support and outpatient treatment.
   D. the use of antidepressant medication and family adjustment.

7. Cognitive-behavioral couple’s therapy for posttraumatic stress disorder (PTSD) is a 15-session intervention that combines psychoeducation about PTSD and relationship skills training with:
   A. cognitive restructuring.
   B. personality assessment.
   C. antidepressant medication.
   D. antianxiety medication.

Questions #8-14 refer to the article about factors related to type of companion pet owned by older women by Gulick and Krause-Parello on pages 30-37.

8. According to Walsh, companion pets facilitate transitions through disruptive life changes and:
   A. meet relational needs for consistent and reliable bonds.
   B. maintain cognitive skills in those living alone.
   C. meet needs of daily living.
   D. improve social skills.

9. Campbell indicated that an individual’s sense of well-being is determined to a large extent by the degree of satisfaction with experience in the domains of perceived importance such as:
   A. marriage, family and friends, standard of living, housing and neighborhood, and health.
   B. others’ perceptions of the individual’s social network and health.
   C. financial status, marriage and friends, and standard of living.
   D. social network, financial status, standard of living, marriage, and health.

10. According to Walsh, companion pets contribute to an individual’s health in terms of:
    A. personality development.
    B. emotional and cognitive functioning.
    C. social and cognitive functioning.
    D. social, emotional, and physical well-being.

11. Smith found that feelings of loneliness are generally more common among those who are living alone and increases in those:
    A. 65 and older.
    B. 70 and older.
    C. 75 and older.
    D. 80 and older.

12. Wells suggested that companion dogs, as compared with companion cats, may serve as stronger facilitators of:
    A. socialization.
    B. recovery from ill health.
    C. daily well-being.
    D. optimal cognitive functioning.
13. The findings from a study by Cline included that dog ownership was associated with:
   A. lower depression among men and greater well-being for married individuals.
   B. greater well-being for women and single individuals.
   C. greater well-being for men and single individuals.
   D. lower depression among women and greater well-being for married individuals.

14. A study by Pachana et al. found that ____ of women who lived alone had companion cats.
   A. 18.4%.
   B. 27.5%.
   C. 39.4%.
   D. 40.8%.

Questions #15-20 refer to the article about anesthesia awareness-induced posttraumatic stress disorder by Prendergast and Cullen-Drill on pages 39-44.

15. According to Sebel et al., awareness with anesthesia is generally thought to occur in 1 to 2 cases per:
   A. 100.
   B. 500.
   C. 1,000.
   D. 2,000.

16. Errando et al. reported that risk factors for anesthesia awareness include surgery performed at night and:
   A. older ages and emergency situations.
   B. older ages and Cesarean sections with general anesthesia.
   C. younger ages and emergency situations.
   D. younger ages and Cesarean sections with general anesthesia.

17. Medications that have been identified as potential agents that may interfere with the identification of inadequate anesthesia and contribute to a greater incidence of anesthesia awareness are:
   A. beta-blockers and selective serotonin reuptake inhibitors.
   B. monoamine oxidase inhibitors and calcium channel blockers.
   C. selective serotonin reuptake inhibitors and monoamine oxidase inhibitors.
   D. beta-blockers and calcium channel blockers.

18. According to Osterman et al., the most significant factor predictive of the development of conditions meeting the full criteria for posttraumatic stress disorder (PTSD) following anesthesia awareness is:
   A. perioperative dissociative experiences.
   B. preexisting depression.
   C. two or more symptoms of acute stress disorder.
   D. unrelieved symptoms of anxiety.

19. Schwender et al. reported that ____ patients developed PTSD and required medical treatment following anesthesia awareness.
   A. 1 of 10.
   B. 3 of 45.
   C. 5 of 50.
   D. 7 of 100.

20. Prominent treatments for PTSD can include:
   A. cognitive-behavioral therapy and selective serotonin reuptake inhibitors.
   B. group therapy and benzodiazepines.
   C. cognitive-behavioral therapy and benzodiazepines.
   D. group therapy and tricyclic antidepressant medication.

CNE REGISTRATION

To: Journal of Psychosocial Nursing
PO Box 36
Thorofare, NJ 08086

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 $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 November 30, 2014. Copyright© 2012 by SLACK Incorporated. All rights reserved.

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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 ☐
   • Examine the effects of combat-related trauma on veterans and their intimate partners.
   • Identify ways that companion pets can improve physical, social, and emotional well-being.
   • Describe how anesthesia awareness can impact an individual’s mental health.

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?
   40 265 290 315 340
   (minutes spent)

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

________________________________________________________

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Internet
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