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:

   Innovative Teaching Strategy for Pharmacology in Psychiatric-Mental Health Nursing: Moving from Content to Concepts
   Joy F. Bonnivier, MSN, CNS; and April L. Magoteaux, MSN, CNS, NHA, on pages 22-29.

   Code-51: Keeping Suicidal Veterans Safe in the Emergency Department
   Rhonda K. Eisenzimmer, MSN, RN, CNL, on pages 30-35.

   Prevention of Metabolic Syndrome from Atypical Antipsychotic Medications: Applying Rogers’ Diffusion of Innovations Model in Clinical Practice
   Michael C. Parrinello, DNP, FNP-BC, MBA, on pages 36-44.

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 December 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. Discuss teaching strategies that can improve student retention of nursing content.
2. Describe interventions that can reduce the risk of suicide in veterans.
3. Examine nursing implications for patients at risk for developing metabolic syndrome.

Author Disclosure Statements
• Ms. Bonnivier and Ms. Magoteaux 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.
• Ms. Eisenzimmer 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. This material is the result of work supported with resources and the use of facilities at the Veterans Central California Healthcare System (VACCHCS) and resources from the University of San Francisco.
• Dr. Parrinello discloses that he 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 #1-6 refer to the article about an innovative teaching strategy for pharmacology in psychiatric-mental health nursing by Bonnivier and Magoteaux on pages 22-29.

1. The authors suggested that while students were attempting to learn large amounts of content related to psychopharmacology, they often failed to:
   A. learn side effects associated with medication.
   B. make a strong connection between the diagnosis and the purpose for the medication.
   C. understand the underlying concepts.
   D. prioritize nursing interventions related to medication.

2. The faculty shifted from teaching content-laden material to putting a greater emphasis on:
   A. problem-based learning.
   B. pertinent concepts.
   C. teaching about medications related to specific body systems.
   D. using a simulation lab.

3. The faculty developed a pharmacology handout that consisted of these three categories:
   A. pharmacological approaches, mechanism of action, and common side effects.
   B. pharmacological approaches, common side effects, and life-threatening potential.
   C. mechanism of action, side effects, and life-threatening potential.
   D. pharmacological approaches, mechanism of action, and life-threatening potential.

4. The use of ___ has been suggested to guide course development.
   A. course objectives.
   B. course competencies.
   C. professional competencies.
   D. student input related to learning needs.

5. Beyond the handout, the authors used the teaching strategies of textbook readings and seminar guide assignments, a Microsoft® PowerPoint® lecture, and:
   A. role-playing situations in a simulation lab.
   B. a mock interview with a patient.
   C. overnight assignments after each lecture.
   D. a film related to the content being taught.

6. Effectiveness of the new teaching strategies was indicated by:
   A. course evaluations and improvement in course grades.
   B. course evaluations and comments made by students to faculty.
   C. observation of student performance in the clinical area by faculty.
   D. course evaluations and comments made by faculty.

Questions #7-13 refer to the article about keeping suicidal veterans safe in the emergency department by Eisenzimmer on pages 30-35.

7. The rate of depression among veterans is:
   A. 27%.
   B. 31%.
   C. 35%.
   D. 38%.

8. A mental health condition has been diagnosed in ___ of military personnel returning from conflicts in Iraq and Afghanistan.
   A. 9%.
   B. 15%.
   C. 20%.
   D. 27%.

9. The time for the greatest risk of suicide is within the first ___ of military discharge.
   A. 2 weeks.
   B. 6 months.
   C. 2 years.
   D. 5 years.

10. The number of suicides in the United States during the past 17 years is estimated to be ___ people in the general public.
    A. 2 per 100,000.
    B. 3 per 100,000.
    C. 4 per 100,000.
    D. 5 per 100,000.

11. According to Joiner, the three variables that exist in completed suicides are that the individual perceived himself or herself as an inconvenience to others, had the capacity to take on a deadly act, and:
    A. was disillusioned about belonging.
    B. experienced the loss of a loved one after returning from active duty.
    C. experienced financial collapse.
    D. wanted to escape from the memories of combat.

12. The two things Joiner indicates that can increase the safety of potentially suicidal patients are:
    A. providing a 24-hour crisis number and encouraging long-term group therapy.
    B. eliminating access to firearms/Weapons and providing a 24-hour crisis number.
    C. giving support in a secure environment and encouraging long-term group therapy.
    D. eliminating access to firearms/Weapons and giving support in a secure environment.
13. According to Veterans Administration research, the association between suicide risk and the sex of the veteran revealed that female veterans are three times more apt to attempt suicide, and male veterans:
   A. were four times more likely to attempt suicide.
   B. were four times more likely to complete suicide.
   C. were five times more likely to attempt suicide.
   D. were five times more likely to complete suicide.

Questions #14–20 refer to the article about prevention of metabolic syndrome from atypical antipsychotic medications by Parrinello on pages 36–44.

14. Patients diagnosed with major mental illnesses are at increased risk for developing metabolic syndrome due to:
   A. poor eating habits and decreased ability to adequately access primary health care.
   B. medication side effects and inability to buy nutritional foods.
   C. low income and refusal to seek treatment.
   D. medication side effects and refusal to adhere to medication regimen.

15. The agents that have been successful in helping patients with schizophrenia and schizoaffective disorder lead more normal lives with excellent symptom management are:
   A. first-generation antipsychotic medications.
   B. mood stabilizers.
   C. selective serotonin reuptake inhibitors.
   D. atypical antipsychotic medications.

16. Some of the parameters established to guide practitioners in monitoring metabolic syndrome include:
   A. waist circumference, blood pressure, and thyroid stimulating hormone level.
   B. blood pressure, heart rate, and fasting plasma glucose.
   C. weight, heart rate, and fasting lipid profiles.
   D. family history, blood pressure, and fasting plasma glucose.

17. In patients prescribed antipsychotic medications, metabolic parameters should be monitored at intervals of:
   A. 4, 8, and 12 weeks; quarterly, annually; and every 5 years.
   B. 4, 6, 8, and 10 weeks; 6 months; and annually.
   C. 1, 3, and 6 months.
   D. 2 and 4 weeks; 6 months; annually; and every 5 years.

18. According to a study by Goldberg et al., people with mental illness received fewer recommended services and less education about A , compared to those without mental illness.
   A. medication.
   B. diabetes.
   C. side effects of medication.
   D. nutrition.

19. The root cause for development of hyperlipidemia, insulin resistance, inflammation, and increased blood pressure is:
   A. excessive intake of fiber in the diet.
   B. increased intake of carbohydrates.
   C. visceral adiposity.
   D. low fasting lipid levels.

20. A parameter for metabolic syndrome that should become a standard risk factor to be screened and followed in routine clinical practice is:
   A. blood pressure.
   B. fasting plasma glucose.
   C. heart rate.
   D. waist circumference.

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 December 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 _______________________________________________________

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:
   • Discuss teaching strategies that can improve student retention of nursing content.
   • Describe interventions that can reduce the risk of suicide in veterans.
   • Examine nursing implications for patients at risk for developing metabolic syndrome.
   A. Yes
   B. No

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

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

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

5. The content met my educational needs.
   A. Yes
   B. No

6. The content was relevant to my nursing practice.
   A. Yes
   B. 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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