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:

   **Providing Mental Health Care to Veterans in Rural Areas: Using Telehealth in Mobile Clinics**
   Stephanie D. Wynn, DNP, RN-BC, PMHNP-BC; and Roy Ann Sherrod, DSN, RN, CNE, CNL, on pages 22-28.

   **Neuropsychology and Cognitive Health in Healthy Older Adults: A Brief Overview for Psychiatric Nurses**
   David E. Vance, PhD, MGS; Pariya L. Fazeli, PhD, MA; Jaspreet Kaur, BS; Patricia Pearce, PhD, MPH, RN, FNP-BC, FAANP; and Teena McGuinness, PhD, CRNP, FAAN, on pages 30-37.

   **Psychiatric Nurses in the Age of Health Care Reform**
   Denise A. Wilson, MSN, RN, on pages 39-45.

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 June 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 ways that telehealth can improve access to mental health services in rural areas.
2. Describe how age-related changes in the brain affect cognition in healthy older adults.
3. Discuss challenges associated with defining core measures for behavioral health care.

Author Disclosure Statements
- Dr. Wynn and Dr. Sherrod 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. Vance, Dr. Fazeli, Mr. Kaur, Dr. Pearce, and Dr. McGuinness 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. Wilson 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 #1-6 refer to the article about providing mental health care to veterans in rural areas by Wynn and Sherrod on pages 22-28.

1. Emerging research in the area of telehealth, especially _____, suggests that applications within mental health can be an effective intervention for veterans in rural areas.
   A. e-mail
   B. chat rooms
   C. videoconferencing
   D. the use of the telephone

2. To be adequate, rural mental health services require that a mobile clinic be equipped with:
   A. clinical video telehealth (CVT) and a mental health specialist
   B. a psychiatric technician
   C. CVT
   D. a psychiatrist

3. Through the use of telehealth, health care costs may be lowered overall because of:
   A. early diagnosis and treatment.
   B. measures taken to prevent mental disorders.
   C. decreased need for prescription medications by patients.
   D. more frequent hospitalizations at earlier stages of disease.

4. Shore et al. found the initial establishment of a telehealth clinic ranged between:
   A. $10,000 and $17,393.
   B. $14,899 and $21,326.
   C. $18,424 and $20,199.
   D. $21,849 and $28,827.

5. A goal of Healthy People 2020 is to improve mental health and ensure access to appropriate, quality mental health services, highlighting access to treatment by mental health providers:
   A. in acute care settings.
   B. within 200 miles of patients’ homes.
   C. in rural areas.
   D. by providing transportation of patients in rural areas to larger medical clinics.

6. When implementing a mobile clinic, administration and a project manager with at least _____ to _____ years of experience are needed.
   A. 1 to 2.
   B. 3 to 5.
   C. 5 to 10.
   D. 8 to 12.

Questions #7-13 refer to the article about neuropsychology and cognitive healthy older adults by Vance, Fazeli, Kaur, Pearce, and McGuinness on pages 30-37.

7. By the year 2020, the U.S. population will include approximately _____ million adults 65 and older.
   A. 13.
   B. 37.
   C. 54.
   D. 71.

8. Damage to neurons and dendritic connections can occur from various age-related insults, including prolonged exposure to the stress hormone:
   A. estrogen.
   B. cortisol.
   C. thyroxine.
   D. leptin.

9. Negative neuroplasticity occurs in response to:
   A. an impoverished environment.
   B. the exertion of energy to form neuronal connections.
   C. an enriched environment.
   D. a more complex environment.

10. An example of fluid intelligence is:
    A. accumulated knowledge from one’s culture.
    B. learned skills associated with a job.
    C. learned skills needed to ride a bike.
    D. an innate ability to problem solve.

11. Cognitive domains are considered to peak in one’s:
    A. childhood and teens.
    B. teens and 20s.
    C. 20s and 30s.
    D. 30s and 40s.

12. Planning, organizing, and reasoning are part of a range of cognitive abilities referred to as:
    A. memory.
    B. executive functioning.
    C. psychomotor ability.
    D. speed of processing.

13. Antidepressant medication can increase the size of the hippocampus, which is the brain structure associated with:
    A. the formation and consolidation of memory.
    B. the speed-of-processing sensory input.
    C. coordination of cognitive domains to perform a task.
    D. the development of vocabulary.
Questions #14-20 refer to the article about the role of psychiatric nurses in an age of health care reform by Wilson on pages 39-45.

14. Many changes that have restructured health care's framework began in 2001 when the Joint Commission established the first:  
   A. core measures for acute care hospitals.  
   B. guidelines for safe practices within primary care settings.  
   C. core measures for preventive services in outpatient settings.  
   D. guidelines for ancillary services in acute and primary care settings.

15. The use of Hospital-Based Inpatient Psychiatric Services (HBIPS) measures became mandatory in:  
   B. 2005.  
   C. 2009.  
   D. 2011.

16. Barriers to the development of a standardized set of core measures for behavioral health include:  
   A. lack of valid and agreed-on standards of care.  
   B. a large body of rigorous scientific testing.  
   C. consistency in utilization of practice guidelines in services for specific psychiatric diagnoses.  
   D. a comprehensive set of measures being used for mental health and substance abuse.

17. The Joint Commission's HBIPS core measures include admission screening for violence risk, substance use, trauma history, and:
   A. family history of depression.  
   B. individual's strengths.  
   C. patients' level of self-esteem.  
   D. family history of schizophrenia.

18. The Center for Medicare & Medicaid Services' proposed behavioral health core measures include:
   A. alcohol screening.  
   B. metabolic screening for patients taking antidepressant medication.  
   C. metabolic screening for patients taking anti-anxiety medication.  
   D. screening within 7 days of inpatient hospitalization.

19. Value-based purchasing and Pay for Performance pilot programs for behavioral health will begin in:
   A. 2013.  
   B. 2014.  
   C. 2015.  
   D. 2016.

20. People with serious psychiatric illness are now dying _____ years earlier than the general population.
   A. 10.  
   B. 15.  
   C. 20.  
   D. 25.