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:

   Don't Get Bugged: Practical Strategies for Managing Bedbug Infestation in Psychiatric Rehabilitation Programs
   Anthony M. Zipple, ScD, MBA; Catherine L. Batscha, DNP, RN; Peggy Flaherty, LCSW; and Jared L. Reynolds, on pages 22-26.

   Effectiveness of a Second Life® Simulation as a Teaching Strategy for Undergraduate Mental Health Nursing Students
   Lori I. Kidd, PhD, RN, CNS; Samantha J. Knisley, BSN, RN; and Karyn I. Morgan, MSN, RN, CNS, on pages 28-37.

   The Effect of Menstruation on Psychiatric Hospitalization
   Jaclyn Weston, BSN, BA, RN-BC; Karen Gabel Speroni, BSN, MHSA, PhD, RN; Terri Ellis, BSN, RN; and Marlon G. Daniel, MHA, MPH, on pages 39-43.

2. Read each question and record your answers on the CNE Registration Form on page 45.

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 July 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 implications associated with the management of bedbugs in psychiatric programs.
2. Identify the advantages of utilizing the Second Life simulation as a teaching strategy.
3. Describe the relationship between the phases of the menstrual cycle and mental illness.

Author Disclosure Statements

• Dr. Zipple, Dr. Batscha, Ms. Flaherty, and Mr. Reynolds 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. Kidd, Ms. Knisley, and Ms. Morgan 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. Weston, Dr. Speroni, Ms. Ellis, and Mr. Daniel 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 Shore Health System; no external funding was received for this study.

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 strategies for managing bedbug infestation in psychiatric rehabilitation programs by Zipple et al. on pages 22-26.

1. Bedbug infestation is a growing problem in:
   A. the middle-class population in rural areas.
   B. poor individuals in rural areas.
   C. the middle-class population in urban areas.
   D. poor individuals in urban areas.

2. Bedbugs can be encountered anywhere with:
   A. constant turnover of occupants.
   B. situation involving unsanitary conditions.
   C. constant temperature above 80 °F.
   D. lack of running water.

3. Some of the reasons attributed to the rapid increase in bedbug infestation include:
   A. bedbugs displaying a resistance to Pro- poxur in some areas of the United States.
   B. an increase in atmospheric temperature in the United States within the past 2 years.
   C. bedbugs displaying a resistance to pyrethroid insecticides.
   D. multiple pets living inside the home.

4. Bedbugs can live up to _____ months between feedings.
   A. 11.
   B. 40.
   C. 97.
   D. 135.

5. Bedbugs have been shown to carry more than _____ types of microorganisms.
   A. 11.
   B. 40.
   C. 97.
   D. 135.

6. The most accurate statement about bedbugs is:
   A. they pose a major health risk to human beings.
   B. they create life-threatening microorganisms in extremely crowded conditions.
   C. the most effective way of eradication is a slow response with insecticides for a long period of time.
   D. the longer bedbugs live in a setting, the more difficult they are to eradicate.

7. Provider organizations must recognize that:
   A. bedbug infestation is a significant problem in many rural areas.
   B. bedbug eradication may be an ongoing activity.
   C. bedbug eradication is not expensive and can usually be done by anyone.
   D. individuals with serious mental illness are never affected by bedbugs.

Questions #8-14 refer to the article about effectiveness of a Second Life (SL) simulation as a teaching strategy for undergraduate mental health nursing students by Kidd, Knisley, and Morgan on pages 28-37.

8. One factor driving development of virtual technology in nursing education is:
   A. the need to use electronic medical records.
   B. budget constraints.
   C. higher acuity in hospitals.
   D. recruitment of more nursing students.

9. Communication skills used to establish therapeutic relationships are often hindered by challenges of high acuity, short length of stay, and:
   A. student anxiety and stigma about psychiatric clients.
   B. student anxiety and patient unwillingness to cooperate.
   C. hospital policy prohibiting one-to-one interaction between students and clients.
   D. patient unwillingness to cooperate and stigma about psychiatric clients.

10. The Community of Inquiry framework states that core elements of a collaborative constructivist learning environment are:
    A. teaching presence, cognitive presence, and modeling.
    B. cognitive presence, modeling, and psychomotor skills.
    C. cognitive presence, social presence, and modeling.
    D. teaching presence, cognitive presence, and social presence.

11. Psychiatric nursing theorists acknowledge the importance of _____, an interpersonal process that may result in improved mental health for clients and nurses.
    A. critical thinking.
    B. reflection.
    C. presence.
    D. conceptualization.

12. When students have to make “in the present” decisions about how to respond to patients’ behavior, _____ is supported.
    A. teaching presence.
    B. modeling.
    C. cognitive presence.
    D. social presence.

13. Considerations when designing virtual worlds are:
    A. community structure, process, and emotional aspects.
    B. communication styles, process, and emotional aspects.
    C. communication styles, community structure, and process.
    D. community structure, communication styles, and emotional aspects.
14. Students in the study described in this article rated the SL simulation as being _____ as an educational strategy.
   A. highly effective.
   B. moderately effective.
   C. somewhat effective.
   D. not effective.

Questions #15-20 refer to the article about the effect of menstruation on psychiatric hospitalization by Weston et al. on pages 39-43.

15. According to Weston et al., psychiatric hospitalizations for women are significantly greater within _____ of their last menstrual period.
   A. 3 days.
   B. 5 days.
   C. 10 days.
   D. 12 days.

16. Two things warranted to decrease the potential for psychiatric readmission are:
   A. nursing education and obstetrical nursing experience.
   B. nursing education and improved documentation.
   C. improved documentation and adherence to hormone therapy.
   D. psychiatric experience and improved documentation.

17. Exacerbation of psychiatric symptoms has been found to be greater in the:
   A. menstrual phase.
   B. follicular phase.
   C. mid-cycle phase.
   D. luteal phase.

18. According to Kornstein et al., premenstrual worsening of _____ symptoms in primary or psychiatric settings has been demonstrated.
   A. acute stress disorder.
   B. psychosis.
   C. depression.
   D. anxiety.

19. According to a study by Bergemann et al., a significant increase was found in admission 3 days before the first day of menses in women with:
   A. schizophrenia.
   B. bipolar disorder.
   C. depression.
   D. generalized anxiety disorder.

20. Weston et al. suggest there is a need for research that evaluates the effect of antipsychotic medications on _____ levels.
   A. prolactin.
   B. estrogen.
   C. testosterone.
   D. progesterone.

Circle the correct answers. There is one right answer for each question.

1. A B C D
2. A B C D
3. A B C D
4. A B C D
5. A B C D
6. A B C D
7. A B C D
8. A B C D
9. A B C D
10. A B C D

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 July 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:
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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 implications associated with the management of bedbugs in psychiatric programs.
   • Identify the advantages of utilizing the Second Life simulation as a teaching strategy.
   • Describe the relationship between the phases of the menstrual cycle and mental illness.
   Yes [ ] No [ ]

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? 240 265 290 315 340 (minutes spent)

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

______________________________________________________________________

______________________________________________________________________

______________________________________________________________________

______________________________________________________________________

Code: JPN0712

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