# PROFESSIONAL PRACTICE: MENTAL HEALTH

# NURS 3525

# STUDENT WORKBOOK WEEK #5

# This week we are going to Explore Electro-Convulsive Therapy (ECT) in more detail. We will also explore the CNO practice standard on Therapeutic Nurse-Client Relationships. As well, there is this week’s case study.

**Please view the ECT video presentation and view the video at** [**www.canects.org/patients.php**](http://www.canects.org/patients.php) **(actual recording of an ECT treatment) then complete the following questions.**

1.What are 2 indications for use of ECT?

2.Name 2 common types of ECT treatment?

3.Can ECT be used while the patient is taking medications? Eg. antidepressants

4.What is anterograde amnesia?

5.From the case study in the ECT presentation, what indication are present in Eve’s situation that suggest the need for ECT?

# CNO practice standard on Therapeutic Nurse-Client Relationship Questions

## You must read the CNO practice standard to answer the following questions:

1.What are the five components to the nurse-client relationship practice standard? Name them and provide a brief explanation of each.

2.What are the 4 standard statements?

3.According to the CNO practice standard, what are some warning signs that indicate that a nurse may be crossing the boundaries of the nurse-client relationship? Name 3.

4. The CNO states that employers and nurses share responsibility for creating an environment that supports quality practice. Name 3 strategies outlined by the CNO practice standard that will help employers and nurses develop and maintain a quality practice setting that supports nurses in providing safe, effective and ethical care.

# Week #5 Case Study

“Mo” is an 18 year-old female that you are seeing at a local anxiety and mood disorders clinic. Mo tells you that her anxiety “gets in the way of working” at her part-time job. Mo is taking medication (Lorazepam 1mg PO PRN) for the treatment of her anxiety but states “I don’t think it helps.” Mo says “I don’t like to take pills for my anxiety.”

1.Mo tells you that she was going for walks everyday and it was helping with her anxiety but is not working anymore. Name 2 coping strategies that could help Mo.

2.Since Mo doesn’t like the Lorazepam the doctor offered to switch her medication to Diazepam. What are some key differences between these medications? Provide a reference.

3.The psychiatrist encouraged Mo to participate in Cognitive Behavioural Therapy (CBT). Describe what CBT is and provide a reference.

4.Mo tells you that her family says “you just need to get over it” and “you have nothing to be anxious about.” You recognize the best way you can support Mo is providing her with a clinical description of anxiety disorder so she can help educate her family and bring awareness to her illness. Provide a clinical description of anxiety disorder to Mo and provide a reference.

Great job completing week 5!!

