# **Suggested Answers to Assignments, Chapter 41, Caring for People With Mental Illness**

| Written Assignments | Learning Objectives |
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| Assignment #1. Students will complete Chapter 41 of *Lippincott Workbook for Nursing Assistants.* | 1–8 |
| Assignment #2. Students’ essays could include the following:   * Descriptive terms such as:   + Crazy   + Nuts   + Loony   + Whacky   + Loopy   + Nutcase   + Zany   + Loony tunes   + Whacko   + Mental case   + Off his rocker * Attitudes   + Fearful   + Ridiculing   + It’s a character weakness   + Superior   + Condescending | 4,5,6,7 |

| Group Assignment | Learning Objective |
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| Assignment #1. Assign the following defense mechanisms to student groups who will act them out or describe them. Each group will try to guess which ones the other groups are describing.   * Compensation   + Making up for a loss by substituting something else * Conversion   + Developing a physical problem to avoid participating in an activity * Denial   + Refusing to believe something is true, especially if the truth is unpleasant * Displacement   + Shifting an emotion from one person to another who is less threatening * Projection   + Blaming someone else for your own unacceptable actions or feelings * Rationalization   + Making excuses or creating acceptable reasons for poor behavior or actions * Regression   + Reverting to a former or earlier state * Repression or suppression   + Refusing to remember or think about a frightening or painful memory | 3 |

| Clinical Assignments | Learning Objective(s) |
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| Assignment #1. Students will review signs and symptoms of alcohol withdrawal with you before caring for new patients or residents in clinical.   * Body tremors * Mental status and mood changes * Delirium * Hallucinations * Restlessness * Anxiety and fear * Insomnia * Sweating * Heart palpitations and rapid pulse * Seizures | 7,8 |
| Assignment #2. Arrange for the class to visit a mental health care facility that can provide students with observation of:   * Anxiety disorders * Obsessive-compulsive disorders * Phobias * Depression * Bipolar disorder * Schizophrenia * Eating disorders * How mental health care team members assist and communicate with persons who have mental illness. | 6–8 |
| Assignment #3. Request a mental health nurse to speak to the class to include:   * Types of mental illness * Care and treatment methods currently being used * Communication techniques used by nurses and nursing assistants while assisting those persons with mental illness | 8 |

| Web Assignment | Learning Objective |
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| Assignment #1. Students can research the Internet by entering “mental health treatment” to find information at such web sites as:  [https://www.mentalhealth.gov](https://www.mentalhealth.gov/)  <https://www.nami.org/Learn-More/Treatment>  <https://www.samhsa.gov/treatment/mental-disorders> | 5, 6 |