**Suggested Answers to Discussion Topics, Chapter 41, Caring for People With Mental Illness**

| Suggested Answers for Topics for Discussion | Learning Objective(s) |
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| 1a. Students’ responses should include the following:   * Note any change in their appetite. * Are they sleeping more or less than usual? * Have they been crying frequently or for long periods of time? * Have they lost interest in daily activities that they used to enjoy? * Have they been unable to stay focused on a conversation? * Are they complaining of feeling tired all the time? * Have they become more irritable? * Have they expressed feelings of hopelessness or helplessness?   1b. Students’ responses should include the following:   * Your grandfather may be depressed. * They may be suicidal. * They are an elderly white male who has lost their wife, and this places them at high risk for committing suicide.   1c. Students’ response should include the following:   * Treatment may include medication, counseling, or both. | 3, 4, 5, 6, 7 |
| 2a. Students’ responses should include the following:   * Tim is hallucinating. They are hearing or seeing someone who is not real. * They are suffering from a delusion that you are trying to poison them through their food.   2b. Students’ responses should include the following:   * Try to remain calm and reassuring. * Recognize that the hallucinations they are experiencing are very real to him, and do not try to tell them they are not real. * Recognize that the delusion is a false belief and cannot be changed. Do not try to tell them it is not true. * Leave the room with the tray, and report the incident immediately to the nurse using their exact words. * Follow the nurse’s direction. | 4, 6, 8 |
| 3a. Students’ responses should include the following:   * Suggest they seek help in identifying the major causes of their stress. * Some suggestions to your friend could be:   + Physical activity/exercise   + Meditation   + Self-help support groups   + Prayer   + Engaging in a hobby | 3, 5 |