LONG TERM CARE WORKER MENTAL HEALTH SPECIALTY
Written Final Written Exam – Test G1

INSTRUCTIONS

1. All residents in the test questions have been diagnosed with a mental disorder and live in a boarding home or adult family home.

2. For “True/False” questions, circle “True” if the statement is true or correct, or circle “False” if you think the answer is false, or wrong.

   Example:
   1. True  False  Seattle is a country.

3. For “Multiple Choice” questions, circle the letter next to the correct answer.

   Example:
   1. Washington is a
      A. City
      B. State
      C. Country

4. Each question is worth two points. You must get an 80% or higher to pass.
Circle "True" or "False" for each statement.

1. True False Schizophrenia is a chronic and disabling brain disorder.
2. True False Bipolar disorder is the most common form of mental disorders in the U.S.
3. True False Depression is common with anxiety disorders.
4. True False Major depression is the same thing as grieving.
5. True False Caregivers need to document when a person with a mental disorder refuses medication.
6. True False A “relapse plan” is a great tool for dealing with decompensation.
7. True False People with mental disorders are extremely angry people.
8. True False Symptoms of depression may be brought on by stressful life events, like the death of a loved one.
9. True False Having a mental disorder increases the likelihood of suicide.
10. True False Stigma about a mental disorder may impact how care is provided.
11. True False It is your responsibility to convince a person experiencing delusions that what they believe to be true is not real.
12. True False A person’s cultural background may influence whether a person with a mental disorder seeks help.
13. True False Changes in the environment can influence the behaviors of people with a mental disorder.
14. True False Aggressive behavior is characteristic of depression.
15. True False When caring for a resident with aggressive behaviors, safety should always be the first concern.
16. True False A “crisis plan” can help with possible interventions during relapse.
17. True False Mental disorders are easy to diagnose.
18. True False Bipolar disorder can always be managed with medication.
19. True False  Baseline is when symptoms of a person's mental disorder become worse.

20. True False  With schizophrenia, a person goes through phases of mania and depression.

21. True False  Depression is a normal part of aging.

22. True False  Talking to a person with a mental disorder about suicide increases the risk he or she will do it.

23. True False  Having an Anxiety disorder may make a person worry about his or her condition.

24. True False  A person with a mental disorder who is physically aggressive should not be physically restrained.

25. True False  Older people commit suicide more often than younger people.

Circle the letter next to the best answer.

26. Mr. Thomas is socially withdrawn and sleeps a lot during the day. His behaviors best describe which mental health disorder?

   A. Schizophrenia.
   B. Depression.
   C. Anxiety Disorder.

27. It is important to watch for changes in the resident's baseline behavior because it may be:

   A. A sign that the resident needs to be discharged.
   B. A sign that the mental disorder is going away.
   C. A sign of decompensation.

28. The best definition of anxiety disorder is when a person:

   A. Experiences feelings of fear, worry, or dread along with physical symptoms.
   B. Is extremely excited and happy, has lots of thoughts, and difficulty concentrating.
   C. Does not have the energy to do enjoyable activities, and stays in his or her room.
29. Which of the following would be the most likely contributor to a mental disorder:

A. Medications.

B. Genetics.

C. Poor diet and nutrition.

30. Mr. Smith seems to have a lot of energy and paces around the room a lot. He talks very fast and sometimes doesn’t even finish his sentences. At other times, he sleeps a lot and is so tired he doesn’t have the energy to do simple tasks. His behaviors best describe which mental health disorder?

A. Schizophrenia.

B. Bipolar Disorder.

C. Anxiety Disorder.

31. Joseph Cornell is very depressed. He does not want to eat anything and tells you that he is not hungry. You are worried about him. What is a good tip to remember when communicating with Mr. Cornell?

A. Tell him that he needs to eat or he may have to be moved to another facility.

B. Leave him alone. He will eat when he gets hungry or when he feels better.

C. Remind him that he is not alone and that you will bring him something to eat when he is ready.

32. Mrs. Marquez has no energy or desire to do anything and sleeps most of the time. She tells you that everything is horrible and that she feels hopeless. Mrs. Marquez also complains a lot about her stomach being upset and other physical problems. Her behaviors best describe which mental health disorder?

A. Bipolar Disorder.

B. Depression.

C. Anxiety Disorder.

33. Fran tells you she is going to kill herself. What is the most important thing a caregiver should do?

A. Do not leave her and keep her safe.

B. Leave the room and report it to your supervisor immediately.

C. Make sure she is observed for three weeks.
34. John Smith has a diagnosis of schizophrenia and experiences delusions. He believes that caregivers are trying to poison him with his medications. He is refusing to take his medication. Your best response would be:

A. Document that he is refusing medications and inform your supervisor.
B. Mix the medications in with his meal.
C. Continue with your shift since he is not aggressive.

35. The term “mania” is best described as a time when a resident with bipolar disorder:

A. Is in an abnormally elevated or agitated mood, along with increased energy and decreased need for sleep.
B. Is at baseline, with normal mood and energy. This is a time when the resident can stop taking medications.
C. Is severely depressed, sleeps a lot, has a change in appetite, and has no energy to do anything.

36. Josh Smith is in the depression phase of his bipolar disorder. What is the most likely behavior he may experience during this phase?

A. Walking a mile for pleasure.
B. Staying in his room instead of going to favorite activities.
C. Talking really fast about lots of different things.

37. Mabel Reed has a generalized anxiety disorder. What is the best way to respond to her repeated questions?

A. “Mabel, quit asking the same question over and over.”
B. “You seem really anxious today. Let’s go for a walk and talk.”
C. “Mabel, I’m busy helping another resident. Go for a walk.”
38. Edgar Bolender is in the dining room, waiting for breakfast. He is angry with a staff member for not having his favorite kind of jelly on the table. He stands up and threatens to make the staff person “disappear.” Your best approach would be:

A. Use a problem solving approach to understand and deal with his behavior.
B. Ignore the behavior since his threat is not a real threat.
C. Report him to your supervisor because you feel like he will hurt you.

39. A person’s cultural background may affect:

A. How a person views the mental disorder.
B. The risk of a mental disorder.
C. The age of onset of a mental disorder.

40. You are a caregiver, caring for a person with a mental disorder. One reason for you to review the resident’s “relapse plan” or “crisis plan” is to:

A. Identify symptoms to watch for and interventions to try.
B. Learn about mental disorders.
C. Document your concerns.

41. What is the best option to de-escalate or reduce aggressive behavior?

A. Keep your voice steady and calm when speaking to the resident.
B. Tell the resident to stop upsetting the other residents and relax.
C. Tell the resident that you know exactly how he or she feels.

42. Tom Chance has a bipolar disorder. He likes to shake your hand each time you see him, and he always wants to talk to you about ways to “get out of here.” He stands really close to you when he talks, which makes you uncomfortable. A good way to deal with Tom would be:

A. Sit with him in the dining room, and place the chairs on opposite sides of the table.
B. Tell him to go and talk to someone else because you need to get back to work.
C. Tell him that you are really uncomfortable with his standing too close to you.
43. A person experiencing depression may:
   A. Talk really fast.
   B. Have difficulty concentrating.
   C. Experience an increased heart rate.

44. Jessica Jones has major depression. She chooses not to leave her room all day, claiming that she would rather stay in bed, with the lights off and the curtains closed. Your best response to her would be:
   A. “Fine. I’ll check on you later to see if you’re feeling better.”
   B. “I’d like to sit with you for awhile. Is that ok?”
   C. “Why are you so depressed? You have a good life”

45. Earl Miner tends to become very animated when he is in a manic phase. When working with Earl, it is important to:
   A. Remind and encourage Earl to slow down and relax.
   B. Give him medication to sedate him.
   C. Encourage him to exercise and keep busy.

46. Jeff Briggs is hallucinating. He hears voices telling him that he needs to hurt himself. He asks you if you hear the same voices. Your best response would be:
   A. “Yes, I hear the voices, but they are telling you NOT to hurt yourself.”
   B. “You are not well. I’m calling my supervisor, then 911.”
   C. “No, I don’t hear the voices, but I believe that you hear them.”

47. Mrs. Smith says, “I’ve lived long enough and I want to die now.” Your best response to Mrs. Smith would be:
   A. “We’re all getting older, and everyone’s time will come.”
   B. “I’m worried about you. Are you planning to hurt yourself?”
   C. “It’s up to a higher power to decide when it’s your time.”
48. A good tip to remember when working with a person with a mental disorder who is actively hallucinating is to:

A. Enter his or her reality and validate the hallucination.
B. Find out the nature of the hallucination to assure safety.
C. Sit down next to him or her and introduce yourself.

49. Ted Webber has an anxiety disorder. He spends a lot of time asking staff when the next meal is, and is very nervous that he will miss a meal. A good thing to remember when working with Ted would be to:

A. Allow Ted to talk about his fears or concerns.
B. Tell Ted that he needs to not worry so much.
C. Make sure Ted has had his medication.

50. Andrea Church, a resident with schizophrenia is sitting in the hallway telling each person who walks by that the lunch has been poisoned. Other residents are beginning to complain about Mrs. Church. Your best intervention would be to:

A. Tell the other residents to ignore her, and you will take care of it.
B. Tell Mrs. Church that her behavior is annoying the other residents.
C. Ask Mrs. Church to tell you how she is feeling today and how you can help.